

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week we are traveling to Dubai to work on growing the Root community and expanding to different areas of the world. As I've mentioned before, traveling a lot can be tough, especially when there is a significant time change. After Dubai, we are heading to Cyprus to have a few meetings. Then it's off to London for the Mind Body Spirit Festival. I am looking forward to attending this event! With May being Mental Health Month, I wanted to talk about the importance of supporting your mental health and being there for your loved ones.

I've mentioned before that prioritizing your overall health by eating healthy, getting good sleep, and taking supplements can contribute to your mental health. There are other ways to make sure you are taking care of your mental health like exercising, and keeping stress levels low by going for a walk outside in the sunlight, especially first thing in the morning. This is something I enjoy doing, especially when I am tired or stressed because sunlight first thing when you wake up has been shown to help with anxiety, mood, and energy levels. I always recommend zero-in to friends and family when they mention their energy levels are low or they are feeling stressed. I find it helps me focus due to the caffeine content and I also notice it helps keep my stress levels lower because of the L-Theanine.

It is important to prioritize our health always, but as we honor Mental Health Month, I want to take a moment to reflect on our shared journey through life. Each of us faces our own daily challenges, and it's important to remember that struggling with mental health is a normal part of being human. We all experience ups and downs, and it's okay to seek help when the path gets tough. Let's support one another with compassion and understanding, knowing that we're all in this together. Reach out to loved ones as often as you can, check-in with your community, and just spread love. There are many resources and strategies available to help us navigate these difficult times, so never hesitate to reach out. Together, we can create a community where everyone feels seen, heard, and cared for.

Whenever I am homesick, stressed, or feeling overwhelmed, I remember how lucky I am to have the support I do. I am so thankful for this community, my family, my friends, and everyone I have the opportunity to work closely with every day. The people around me keep me going. I hope that you all do something that makes you happy today to support your mental health and overall well-being. As always, I am sending love your way. Have a great weekend everyone.

With Love and Light,

THE WEEKEND REPORT

German Inventory

Pure Clean Pets is currently out of stock and will be back in stock this week only for RPS members. We have an amount of product being manufactured now that should be finished in a few weeks. Thank you for your patience with this.

Newsletter translations

We are working on a system so that we can keep providing translations of the newsletter. Stay tuned for that!

Nowsite is live

Please visit therootbrands.ai to sign up for your account. It is free for all ROOT customers.

ROOT Prime Giveaway

We are happy to announce that we are doing a new 2024 RPS giveaway. Each quarter there will be a new prize for 1 lucky winner. There are several ways to be entered and receive a "ticket". See below for the rules.

Congrats to Bettina Rohr for her first win

You can also increase your chances by purchasing ROOT Tokens.

English <https://youtu.be/vBPHB9PIKRQ>
German <https://youtu.be/93rouMjywWl>
Slovenian <https://youtu.be/p-aHuEd63sw>
Spanish <https://youtu.be/flGZT0D7100>
French <https://youtu.be/ZiLxp5ls2kg>
Turkish <https://youtu.be/YActEiihW0U>
Czech <https://youtu.be/yAEmDr-jAk0>

Corporate HQ

Announcement Channel

We are happy to announce that HQ will be launching a channel on WhatsApp for all of the latest information. This is a post only channel. Please join for all things regarding ROOT

<https://chat.whatsapp.com/DMeHEgBhX3FAOx7TEeAgCA>

Mind Body Spirit tickets for Dr Rahm's Talk and Event





If you are planning on attending the London event to hear Dr Rahm speak here is a discount code to [purchase](#) a ticket (*only for her talk*) **CR10**

ROOT Events

Below is a tentative list of travel for the next few months. As spoken on a few calls, Dr Rahm is wanting to host round tables if Ambassadors are available to attend while we are in a city near them. Please note that some of these dates are tentative and liable to change.

May 22	Cyprus
May 24-27	London, UK Mind Body Spirit Tickets to the Event HERE Dr Rahm speaking event (Sunday)
May 26	London, UK ROOT Event (RSVP to Patrick@therootbrands.com)
May 28	Rome
May 30-June 1	Dallas, TX Biohacking Conference with Dave Asprey
June 2	Dallas, TX E sports gaming Dreamhack & IEM
June 3-10	Playa Del Carmen, MX
June 8th	Nashville, TN Music City Fit Expo
July 9	LA, CA Espy Awards
August 10	Hamptons, NY
Sept 5	NYC Catwalk Furbaby documentary Launch
Sept 13-14	LA, CA Emmy Awards
Oct 17-19	Cleveland, OH Rock and Roll Hall of Fame
Oct 26-27	Miami, FL Biohackers World Event

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COMPLIANCE STATEMENT



Root Wellness
116 Wilson Pike Circle Suite 100
Brentwood, TN. 37027

December 9, 2022

Dear Root Ambassador:

Congratulations on being a Root Ambassador! Along with the benefits of being an Ambassador come some very important responsibilities. It is critical and imperative for each of you to adhere to certain rules of behavior and this includes marketing Root products per regulatory laws which Root follows. There should never be claims that the Root products cure or prevent any illness or diseases.

Root requires that in any of your written statements or presentations of the Root Brand or Root Wellness LLC that you conspicuously include the following advisory language:

"The information provided is for educational purposes and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professional. We do not aim to diagnose, treat, cure or prevent any illness or disease. You should always consult with a doctor or other health care professional for medical advice or information about diagnosis and treatment. The information in this presentation has not been evaluated by the Food & Drug Administration or any other medical body."

This language is obligatory. Failure to remedy any violations immediately after having been warned will result in the immediate suspension of your account. In the event you have questions about this, please feel free to contact me.

Very truly,

Root Wellness LLC Legal and Executive teams!

WEEKLY CALL SCHEDULE

MONDAY

ROOT University - Ambassador training on How to host an event or booth

Zoom link:
[https://us02web.zoom.us/j/84692612526?
pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/84692612526>

Meeting ID: 846 9261 2526
Passcode: 891630

Interpreters: German, Czech, Slovenia,
Spanish, Romania, Dutch, French and
Hungary

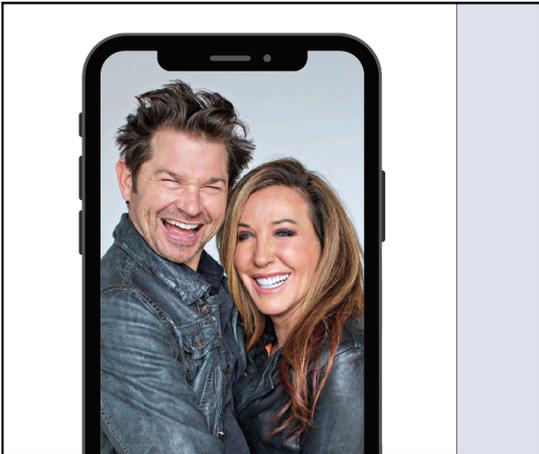


Presented By The Executive Team
Ambassador Training

Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST
5:00 PM Ghana
6:00 PM GMT (UK, Portugal, Nigeria)
7:00 PM CET (Netherlands, Germany, South Africa)
8:00 PM EET (Romania)
9:00 PM (Dubai)
3:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY



Presented By Dr. Rahm & Clayton Thomas
Live Instagram Q&A

Join us on Instagram Live!
Tune in to Dr. Christina Rahm's Instagram

Time:
TBD with travel

[Click Here To Join](#)

SCIENCE CORNER

Intermittent FASTING



Intermittent fasting (IF)

has garnered significant attention in recent years for its potential health benefits and simplicity. This dietary approach involves cycling between periods of eating and fasting, with various methods ranging from daily time-restricted eating windows to alternate-day fasting.

Research suggests that intermittent fasting can offer a myriad of health benefits. One of the primary advantages is improved metabolic health, including enhanced insulin sensitivity and blood sugar control. By allowing the body to enter a fasting state, intermittent fasting may facilitate fat-burning and support weight loss efforts. Furthermore, intermittent fasting has been linked to longevity and cellular repair mechanisms. During fasting periods, the body undergoes autophagy, a process in which damaged cells are broken down and recycled. This may help protect against age-related diseases and promote overall cellular health.

Additionally, intermittent fasting has been shown to reduce inflammation and oxidative stress, two factors implicated in the development of chronic diseases such as heart disease, cancer, and Alzheimer's disease. By promoting cellular repair and reducing inflammation, intermittent fasting may offer protective effects against these conditions. Moreover, intermittent fasting has been associated with cognitive benefits, including improved brain function, focus, and memory. Some studies suggest that fasting may stimulate the production of brain-derived neurotrophic factor (BDNF), a protein that supports the growth and maintenance of brain cells.

While intermittent fasting shows promise for improving various aspects of health, it's essential to approach it with caution and consult with a healthcare professional, especially if you have underlying health conditions or concerns. Additionally, it's crucial to prioritize nutrient-dense foods during eating windows to ensure adequate nutrition.

In conclusion, intermittent fasting represents a promising approach to promoting health and well-being through time-restricted eating patterns. By incorporating intermittent fasting into your lifestyle safely and sustainably, you may reap the benefits of improved metabolic health, longevity, cellular repair, and cognitive function.



Medical Disclaimer

The information provided is for educational purposes only and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professionals. This information is not to be used for self-diagnosis. Please always consult with your doctor for medical advice or information about diagnosis and treatment. Statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. ROOT is a company founded on improving people's understanding of how toxins and chemicals can harm your health. Instead of focusing on symptoms, ROOT targets the underlying root cause with natural wellness.

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