

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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I am so excited to be in London this weekend for the Mind Body Spirit Festival! This is one of the biggest health and wellness events around the world and I am so blessed that the Root community and our team have worked so hard to support us as we attend this event for the third year in a row! I'm very excited that I have been asked to speak at this event again. I am grateful for the opportunity to meet new people who share my love for helping cure the causes, as well as getting to speak about something I am so passionate about.

I am so thankful for this community and it is always so nice to see some familiar faces and get to reunite with people we don't get to see face to face very often. I am excited to meet new people here. This is what makes traveling feel so worth it to me. It is truly the community around me that drives me. I am so happy to share success with such a wonderful group of people dedicated to sharing this journey. By the time the newsletter comes out, you can still get tickets to the show to watch me speak. We also might go live on Instagram so be sure to subscribe to notifications around 4:45 PM UK time. If you are in London the link is below to come to the show.

I have also been posting videos and photos on my social media. If you would like to follow along and stay updated on these events you can go to my Instagram page. I have also been going LIVE when I can at these events and as we travel so stay tuned for those as well. It is such a blessing to connect with this community all over the world virtually and face to face. I am grateful for the constant support that you all have shown to me. You are the reason I love traveling to these events. I cannot wait to see some of you at Mind Body Spirit as well as the Root event here in London. I hope that you all have a great weekend and always remember we are in this life together. I am sending my love to you all!

With Love and Light,

Dr. Christina Rahm

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**THE WEEKEND REPORT**

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## 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!

## Newsite is live

Please visit [therootbrands.ai](https://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 has launched 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>

## Attention All Customers

If you spend over \$225 you will notice a new gift added to your cart for RPS and Regular orders of Pucker Performance. Please note that this is purchase price only.



## 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 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](mailto:Patrick@therootbrands.com))
- May 28      Rome
- May 30-June 1      Dallas, TX [Biohacking Conference with Dave Asprey](#)

|            |  |
|------------|--|
| June 2     | Dallas, TX E sports gaming <a href="#">Dreamhack &amp; IEM</a> |
| June 3-10  | Playa Del Carmen, MX   |
| June 8th   | Nashville, TN <a href="#">Music City Fit Expo</a>              |
| 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 <a href="#">Biohackers World Event</a>               |

## THE NEWS CORNER

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## COMPLIANCE STATEMENT

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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

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### WEDNESDAY

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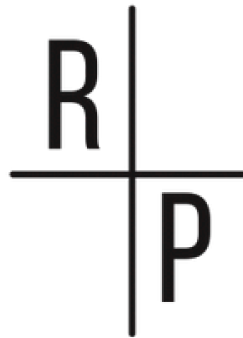
**Join us on Instagram Live!**  
**Tune in to Dr. Christina Rahm's Instagram**

Time:  
TBD with travel

[Click Here To Join](#)



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



**SUBSCRIPTION**

**ROOT PRIME SUBSCRIPTION Call for all RPS Members.**

*Please log in to your RPS Back Office in your ROOT Account to access the link for the call that is labeled ZOOM.*

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

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)

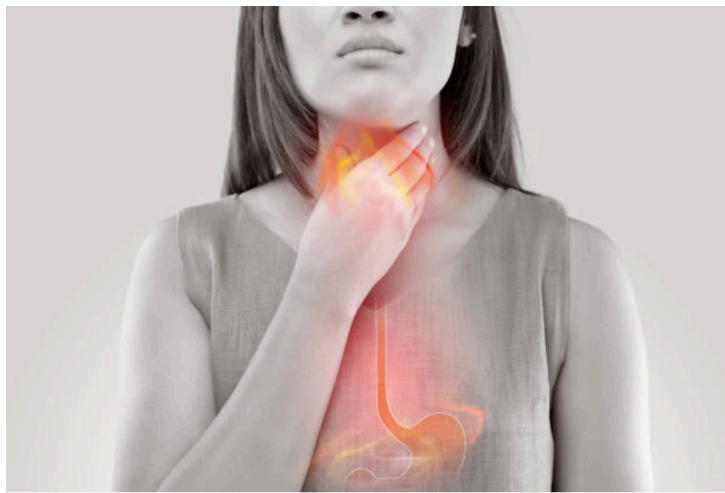
9:00 PM (Dubai)

3:00 AM (Tuesday) AEDT Melbourne

**SCIENCE CORNER**

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## Acid Reflux

Dealing with acid reflux and heartburn naturally involves several lifestyle changes and home remedies. First, it's crucial to maintain a healthy weight and avoid overeating, as excess weight and large meals can exacerbate symptoms. Next, individuals should steer clear of trigger foods like spicy or acidic items, caffeine, and fatty foods. Elevating the head of the bed can help prevent stomach acid from flowing back into the esophagus while sleeping. Consuming smaller, more frequent meals and eating slowly can also aid digestion and reduce symptoms. Additionally, incorporating ginger, aloe vera juice, or chamomile tea into one's diet may provide relief from discomfort. Finally, quitting smoking and reducing alcohol intake can significantly alleviate acid reflux and heartburn symptoms over time. By making these simple lifestyle adjustments and incorporating natural remedies, individuals can effectively manage acid reflux and heartburn without relying solely on medication.



### 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.

## The ROOT Brands

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