

Hi, {{ contact.FIRSTNAME }}

Rahm Report

We had an amazing time in Europe. We are in Dallas for the Dave Asprey Biohacking event where Clayton and I are both speaking. From here we are heading to Mexico for a Root event and a little downtime with my son Duquesne and his Fiance Kelly to celebrate their engagement. I want to quickly congratulate them, my heart is filled with so much joy and I am so excited to welcome Kelly into our family officially. I am looking forward to wedding planning this year with them!

I am missing home, my family, and the office. I have been enjoying all of these amazing events as well as the opportunity to travel and expand the Root community, but I am also looking forward to going home, spending time with my family, and getting back into routine. My daughter, Merritt, has been in Bainbridge Island with my Mother, they have been sending me pictures and I wish I was able to be there with them. I'm so glad they are enjoying time together. As you all know, my family means the world to me and I am so blessed to have a close, loving family.

I am also feeling so grateful for this amazing community we have built. All of these events, and all of the kind words and messages we have been receiving make me feel so blessed. I love getting to travel around the world and reunite with our Root family. This is what I look forward to the most about traveling and attending these great events. I am excited to be expanding the community in different parts of the world. It is so nice to meet and connect with people who are all passionate about the same things I am. We truly are all in this life together and showing love and support to each other is what matters most. I wanted to quickly thank the Root HQ team for all of their hard work and dedication to this company. Everyone who is traveling with us, as well as the team back at the office, is working so hard and I can't thank them enough. We could not do all this without them. I am looking forward to getting back to the office and seeing everyone. I hope that this weekend is filled with love, gratitude, community, and support. I hope you all do something you enjoy with the people you love most. Have a wonderful weekend.

With Love and Light,

Dr. Christina Rahm

THE WEEKEND REPORT

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 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/93rouMjywWI>

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.



Attention RPS Members

The Bill and Coo powder sale is still going on. Hurry and get yours before it ends. Check your RPS back office to order yours today!



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.

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

THE NEWS CORNER

<https://30seconds.com/food/tip/60050/Creamy-Vegan-Asparagus-Soup-Recipe-May-Help-You-Detoxify-Strengthen-Focu>

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<https://www.lefairmag.com/the-journey-of-the-root-brands/>

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<https://www.einpresswire.com/article/660775517/enviremware-and-drc-ventures-feature-a-new-collection-merci-dupre-clothiers-couture-collection-at-nyfw-23>

<https://resident.com/2023/10/14/dr-christina-rahm/>

<https://thedailycases.com/world-changers-power-women-summit-donne-al-vertice-unite-come-unorchestra-che-suona-per-il-bene-dellumanita/>

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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.

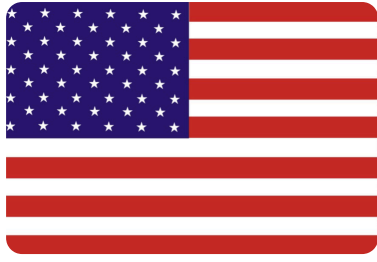
Very truly,

Root Wellness LLC Legal and Executive teams!

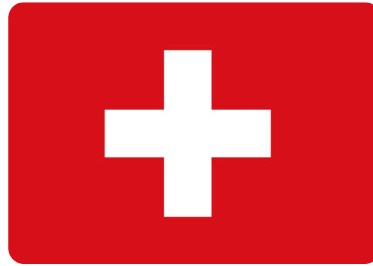
MAY COUNTRY TOP 10



#1 Germany



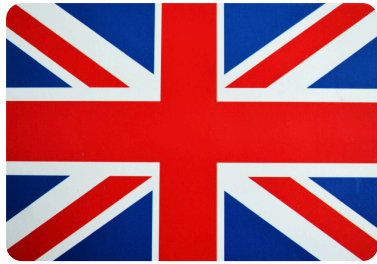
#2 United States



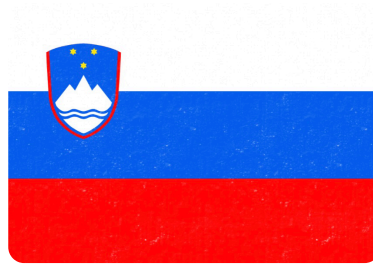
#3 Switerland



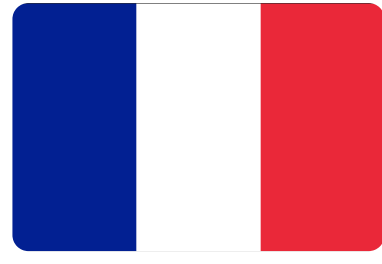
#4 Austria



#5 United Kingdom



#6 Slovenia



#7 France



#8 Australia



#9 Belgium



#Spain

WEEKLY CALL SCHEDULE

MONDAY

ROOT University - Ambassador training on Social Media and you and building a group.

Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/u/kdTB10og1w>

Meeting ID: 846 9261 2526
Passcode: 891630

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

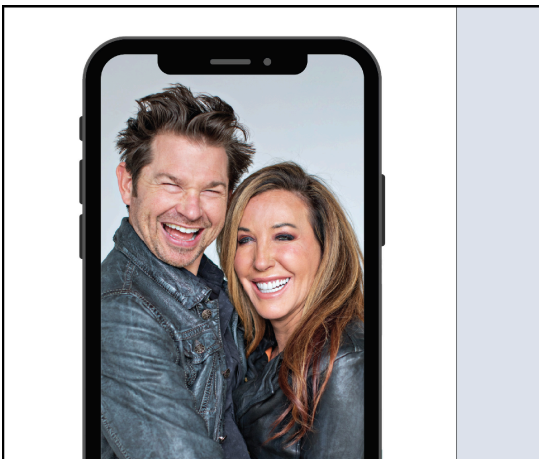


Presented By The Executive Team
Ambassador Training

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



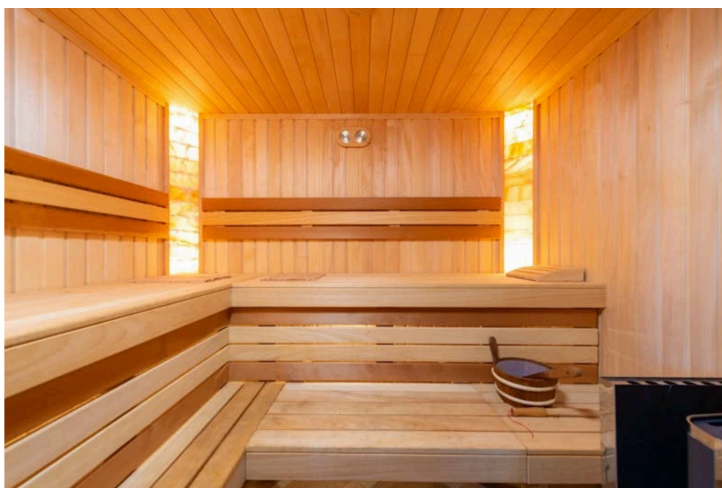
Presented By Dr. Rahm & Clayton Thomas
Live Instagram Q&A

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

Time:
TBD with travel

[Click Here To Join](#)

SCIENCE CORNER



Saunas

Offer a multitude of health benefits that extend far beyond their reputation as a place for relaxation and unwinding. Regular use of saunas has been shown to have significant positive effects on cardiovascular health. The increase in heart rate and improved blood circulation during sauna sessions can help lower blood pressure and reduce the risk of cardiovascular diseases. Additionally, the heat from saunas aids in muscle relaxation, which can alleviate tension and soreness, promoting overall physical well-being. Beyond the physical benefits, saunas also offer mental health benefits by inducing a sense of calm and reducing stress levels, leading to improved mood and better sleep quality. Furthermore, the sweating induced by sauna use helps detoxify the body by flushing out toxins through the skin, supporting the body's natural detoxification process. Moreover, frequent sauna use has been associated with enhanced immune function and may provide relief from symptoms of respiratory conditions such as asthma and bronchitis. Incorporating sauna sessions into a wellness routine can be a holistic approach to health maintenance, offering a rejuvenating experience for both the body and mind.



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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