

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

Today I woke up to messages about a bomb threat in Nashville Tennessee. I had heard three days before that there had been threats and I had warned my children. It is scary when the world we live in is under attack from so many different things. Inside of our bodies, there are also threats of attack and harm. When this happens, the body goes on high alert and a cascade occurs to heighten all the senses inside the body to protect itself.

One of the things that I love about the Root products is that they are there to assist the body day to day but also to assist if they body is under attack. People often ask me how much of each product they should take? The answer is not always simple. When the body is under attack inside or under stress, it often needs more nutrients, vitamins, and minerals to protect itself. There are times people may need to take more Clean Slate and Restore and other times they don't need as much. The good news is that the products were made to protect, provide, and to optimize our health.

I hope your lives this week are peaceful and harmonious inside your body and outside in your life. Life is short. Be careful, protect yourself, spend time laughing, and remember to love. We are fortunate to be in this life. Let's do everything we can to make it the best it can be!

I look forward to spending time with many of you over the coming weeks while we travel through Europe. Let's come together as a community with great energy and positivity. This mission is what we are called to do, and in this crazy world we live in- lets do it safely! Take care of yourselves and your loved ones.

Sending you light and love!

Dr. Christina Rahm

## SPECIAL ANNOUNCEMENT

### Updated Policies and Procedures

Please be aware that We have implemented a new step in the sign up process that makes new users registering provide their initials during the sign up process. We understand that this causes a slight increase in time to register but as we continue to become the most compliant possible - it benefits everyone. We appreciate you explaining this step to newcomers as a compliance issue.

### Roof Top Tour

Please see the details of each stop below. There are some Eventbrite with the details to sign up. Please see them below for more information to attend.

Salzburg - <https://www.eventbrite.de/e/root-rooftop-tour-in-salzburg-tickets-356919213977>

Berlin - <https://www.eventbrite.de/e/root-rooftop-tour-am-15-juni-in-berlin-tickets-356929133647>

## Shipment Tracking Error

We have become aware that there is a technical issue with our logistics partner and tracking updates syncing with our system. This is affecting orders in US, Canada, UK, Australia, New Zealand. We are working to resolve this as soon as possible. Our logistic's partner and their IT team are coordinating a solution but understand this is extremely time consuming. We will get this updated as soon as possible.

## Country Shipping Updates

We will be opening back up Ukraine logistics partner. There is a limiting factor in regards to regions. You have to go to this website to see if you are in a region that they are able to ship to your address. Please click on the link to check: <https://ua.meest.com/offices-ua>.

## Out Of Stock/Shipping Delays

**World Wide** - Please be aware there is still a 7-10 day shipping delay on all products with the exception North America and the UK.

**Zero-In** - There was a further delay last week with Zero In but we are still expecting it to be available within the next 48 hours. We should be shipping our first batch of inventory to all of our logistics partners this week. We know everyone is ready to be Zero'd In again! This has been an extreme delay we understand and are dedicated to getting it to the warehouses as soon as possible.

**Australia/New Zealand** - Our shipments should be cleared by customs this week and we expect to be fully up to date with all products by this week. Thank you for your patience as we continue to unfold these shipping delays.

**EU** - You may have received partial of your order these last two weeks. We are doing this so that you have everything but the items that are out of stock. Those orders will be delivered to you as soon as we receive them in our logistics center. There will be a potential 7 day delay on all orders and orders that were split. ROOT will be incurring the charges for double shipping.

## Monday Ambassador Training

We heard you! We are currently in the process of putting together a schedule of topics for each Monday calls training.

## Product Dosage Information

We have uploaded dosage information to each product page for all products and packs. These documents can also be found in your back office. We hope that our customers find this helpful as this was a very high topic for customer service. We are working on the translation of these as well.

## Back Office Documents

We are constantly updating the back office with new documents and different languages so keep an eye on it. Please note that we are working very hard to ensure that we are compliant in all countries. We will notify you as soon as we get anything new uploaded.

## ROOT Prime Call

Our next RPS call will be June 27th.

## Country Call Schedule

June 8th - Roof Top Tour travel  
June 15h - Roof Top Tour travel  
June 22nd - US/Canada  
June 29th - Germany  
July 6th - Czech Republic

## Importance Compliance Statement

All members of the ROOT Community must adhere to our strict company guidelines, and refrain from making medical claims or providing medical advice in conjunction with ROOT Wellness and our products, either verbally or in print. As a reminder, we are posting the FDA guideline below.

**The following is an example of what you can use in your correspondence with customers:**

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.

**FAILURE TO REMEDY OR RESPOND ONCE WARNED WILL RESULT IN SUSPENSION OF YOUR ACCOUNT**

## ROOF TOP TOUR LOCATIONS



Ljubljana,  
Slovenia



Salzburg, Austria



Prague, Czech  
Republic



Berlin, Germany



Amsterdam,  
Netherlands



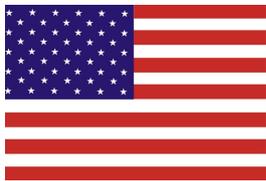
Zurich,  
Switzerland

## MAY COUNTRY SALES TOP TEN

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#1 GERMANY



#2 UNITED STATES



#3 AUSTRIA



#4 SWITZERLAND



#5 UK



#6 CANADA



#7 AUSTRALIA



#8 SLOVENIA



#9 CZECH REPUBLIC

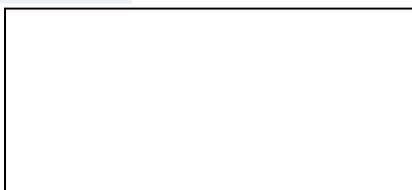


#10 BELGIUM

## WEEKLY CALL SCHEDULE

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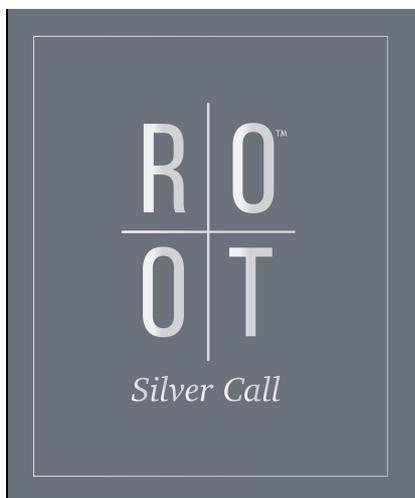
### MONDAY



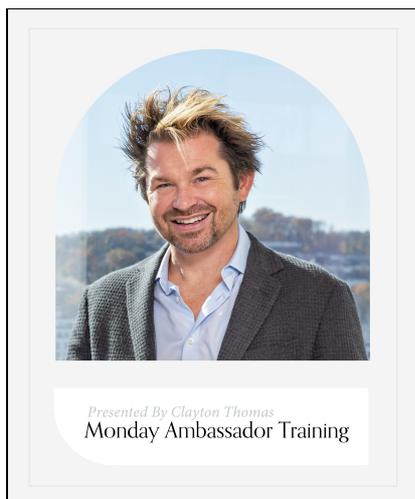
**SILVER CALL - ROOT Leadership Team and Ambassadors Silver Rank and above**

The link to the call will be provided on the WhatsApp channel

Time:



8:00 AM PDT  
9:00 AM MDT  
10:00 AM CDT (Nashville)  
11:00 AM EDT  
3:00 PM Ghana  
4:00 PM GMT (UK, Nigeria)  
5:00 PM CET, WAT (Netherlands,  
Germany, South Africa)  
7:00 PM Dubai  
1:00 AM (Tuesday) AEDT Melbourne



### **AMBASSADORS TRAINING with Clayton Thomas**

Zoom link:  
<https://us02web.zoom.us/j/84692612526>  
pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9IQ  
T09

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

Meeting ID: 846 9261 2526  
Passcode: 891630  
Interpreters: Germany, Czech  
Time:  
10:00 AM PDT  
11:00 AM MDT  
12:00 PM CDT (Nashville)  
1:00 PM EDT  
5:00 PM Ghana  
6:00 PM GMT (UK, Nigeria)  
7:00 PM CET, WAT (Netherlands,  
Germany, South Africa)  
9:00 PM (Dubai)  
3:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

## **WEDNESDAY**



### **Join us on Instagram Live!**

Tune in to Dr. Christina Rahm's  
Instagram for a Q & A with her and  
Clayton Thomas

Time:  
9:00 AM PDT  
10:00 AM MDT  
11:00 AM CDT (Nashville)  
12:00 PM EDT  
4:00 PM Ghana  
5:00 PM GMT (UK, Nigeria)  
6:00 PM CET, WAT (Netherlands,  
Germany, South Africa)  
8:00 PM (Dubai)  
2:00 PM (Thursday) AEDT Melbourne

[Click Here To Join](#)

## **THURSDAY**



### **Science Conversations With Dr. Christina Rahm**

Please note that only members of ISNS  
will be able to join the call. If you are an

 Dr. Christina Rahm	 Dr. Dori Naerbo, Ph.D
 Dr. Tina Bozicnik, MD	 Dr. Norbert Ketskes, MD
 Dr. Zsuzsa Csizsbu, LL.M	 Clare G. Harvey, ED



**ISNS**  
INTERNATIONAL SCIENCE  
NUTRITION SOCIETY

ISNS member you will receive the link to join. *Please note ISNS is not to be used for marketing purposes at all!*

Time:  
 11:00 AM PDT  
 12:00 PM MDT  
 1:00 PM CDT (Nashville)  
 2:00 PM EDT  
 6:00 PM Ghana  
 7:00 PM GMT (UK, Nigeria)  
 8:00 PM CET, WAT (Netherlands, Germany, South Africa)  
 10:00 PM (Dubai)  
 4:00 AM (Thursday) AEDT Melbourne

[Click Here To Sign up](#)

## SCIENCE CORNER



### FLAXSEED

Is one of the world's oldest crops and has been utilized throughout ancient civilizations because of the numerous health benefits flaxseed can provide. It is rich in bio-active compounds such as omega-3 fatty acids, alpha-linolenic acid, and fiber. Omega-3 fatty acids are important for heart health and aid in reducing inflammation and preventing cholesterol from being deposited in the heart's blood vessels. Flaxseed is rich in lignans, plant compounds that have been studied for their strong cancer-fighting properties. Lignans aid in protecting the body from cancer by blocking enzymes that are involved in hormone metabolism and interfering with the growth and spread of tumor cells. Flaxseed is a good source of many nutrients including protein, fiber, copper, and thiamine. Flaxseed is particularly high in thiamine, a B vitamin that plays an essential role in energy metabolism as well as cellular function. Flaxseeds are easy to use and can be added to smoothies, salads, yogurt, baked goods, and even to meat or vegetables. ROOT's ReLive Greens contains flaxseeds and provides daily greens, probiotics, and essential vitamins and minerals. It is easy to use and can be added to smoothies, juice, yogurt, and even water.



**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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