

Hi, {{ contact.FIRSTNAME }}

Rahm Report

After a short but busy week back at ROOT HQ, we're thrilled to announce the launch of our very first Bill and Coo podcast series, featuring none other than Einstein and Bibi! This isn't just a podcast; it's a fun way to dive into the adorable world of our community's pets, sharing stories and experiences that bring us closer together. It will also give us a chance to highlight the Bill and Coo products and how impactful they can be for our furry friends.

Before I dive into my travels, I want to share a personal highlight. We had an amazing time at the House of Rahmas Farm and lake house in Missouri and Kentucky with my parents and some of Clayton's family. It was a perfect break filled with relaxation and family bonding, giving us the energy we need for the busy times ahead.

I just finished traveling to South Carolina for meetings with Karen Floyd of Elysian Magazine. We held some discussions about the major CEO event we are hosting here in Nashville in August; more details to come soon! The meetings were productive and opened up new possibilities for future collaborations that I'm excited to share with you all soon!

Next up, Clay and I are heading to San Diego. Our schedule is packed with meetings at various clinics, where we'll be exploring new partnerships and opportunities for growth. These discussions are key as we strive to keep improving and making a difference, aligning with our mission of aiming to help people worldwide find empowerment and lead healthy, happy, and productive lives.

And then we end in Vegas for the IESCS Conference. This event is a major gathering in the wellness and skincare industry, bringing together experts, innovators, and enthusiasts from all over the world. It's a fantastic chance to learn, network, and get inspired by the best in the business.

I'm constantly reminded of how important community collaboration and continuous learning is. These experiences not only help us grow but also strengthen our commitment to providing healthy solutions worldwide. Stay tuned for updates, insights, and stories from our travels.

With Love and Light,

Dr. Christina Rahm

ROOT University

As stated we will be taking periodical breaks with ROOT U. Please keep an eye on the calendar for updates.

Newsletter translations

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

Australia Orders

There has been an update on our shipper in Australia and some orders have been affected with address verification issues. We are working on ensuring this gets resolved and our team is fixing these issues each day. If you have an order that is taking longer than expected please contact us at hello@therootbrands.com

Germany Inventory

As of right now we are only servicing our RPS members with Pure Clean Pets and Natural Barrier Support. We are finishing up the stock with our manufacturer and it should be done in a few weeks.

South Africa Inventory

We are experiencing some delays with our shipment to South Africa. Please be patient while we work through these issues.

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.

This Quarter we are giving away \$5,000

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>

ROOT Prime Giveaway will be June 28th

In order to win the prize you must be in attendance on the call to win. This room will cap out at 1000 so make sure to be on time!

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.

July 19-21	Las Vegas, NV EVO Esports
July 25	Park City, Utah
Aug 8/9	Nashville, TN CEO event
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>

<https://thepuristonline.com/2023/06/pure-vitality/>

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

<https://marcopoloexperience.com/technologies/world-changers-summit-was-a-day-to-remember-biohacking-evolutionary-on-the-spot1>

<https://purelivingnashville.com/the-science-behind-the-business-of-healthy-coffee/>

<https://nyweekly.com/business/meet-the-elite-and-extraordinary-minds-that-hosted-the-world-changers-summit-to-craft-a-brighter-future-july-5th/>

https://issuu.com/lefairmagazine/docs/lefair_mag_roots_brand_update_?lt_utm_source=lt_admin_share_link

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<https://purelivingnashville.com/september-marks-national-suicide-prevention-week/>

<http://www.timessquaregossip.com/2023/09/elysians-catwalk-fur-baby-wins-best.html>

<https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/>

https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/?utm_source=rss&utm_medium=rss&utm_campaign=global-health-solutions-dr-christina-rahm

<https://hauteliving.com/2023/09/benefiting-african-community-conservation-foundation-as-well-as-prince-williams-foundation-tusk-and-communities-across-the-world/736056/>

<https://bellamedia.co/around-town/times-square-fashion-week-2023-a-resounding-success-with-10000-attendees>

<https://medium.com/@salmediausa/times-square-fashion-week-shines-a-spotlight-on-sustainable-fashion-sal-media-irfan-ahson-fed0db351824>

<https://readelysian.com/rahm-roast-the-epitome-of-pure-gourmet-coffee/>

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<https://www.aninews.in/news/business/business/21st-asian-business-amp-social-forum-2023-amp-the-healthier-india-conclave-202320230925172808/>

<https://exeleonmagazine.com/clayton-thomas-transforming-wellness-from-within/>

<https://www.einpresswire.com/article/660769621/enviremware-and-drc-ventures-proud-supporter-of-celebrity-studded-cmi-sustainable-fashion-awards-2023-in-milan-italy?n=2>

<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/>

<https://www.forbes.com/sites/nadjasayej/2023/10/21/merci-dupre-clothiers-debuts-enviroware-collection-at-los-angeles-fashion-week/>

https://www.prnewswire.com/news-releases/scientific-business-entrepreneur-dr-christina-rahm-creates-innovative-line-of-neutraceuticals-for-animals-301957706.html?tc=eml_cleartime

<https://sociallifemagazine.com/2023/10/24/12744/>

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<https://hauteliving.com/hautebeauty/663183/venture-into-dr-christina-rahms-world-of-wellness-and-innovation/>

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<https://sociallifemagazine.com/2023/11/08/12954/>

<https://www.harlemworldmagazine.com/gill-tresvant-common-brown-and-more-at-dr-rahms-the-root-brand-at-the-annual-rock-roll-hall-of-fame/>

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https://issuu.com/metropolitanmagazineny/docs/dec_mm_23_-_web

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<https://resident.com/press-releases/2024/01/26/hollywoods-biggest-stars-attend-poophs-critics-choice-lounge-experience-the-root-brands>

<https://showbiz411.com/2024/01/28/celebs-drop-in-on-as-gbk-begins-its-a-new-sway-season-full-of-goodies-from-around-the-country>

<https://www.bionicbuzz.com/product-review/poophs-critics-choice-luxury-lounge-presented-by-la-smile-gbk-brand-bar/>

<https://societybee.buzz/poophs-critics-hollywood-stars-experience-root-brands/>

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https://issuu.com/eic-influencermagazine/docs/issue_1

https://www.dailymail.co.uk/femail/article-13170631/Inside-180-000-swag-bag-given-Oscar-nominees.html?ito=native_share_article-nativemenubutton

<https://societybee.buzz/root-brands-at-oscar-lounge-introducing-hollywood-stars/>

<https://resident.com/events/2024/03/12/dr-christina-rahm-and-clayton-thomas-introduce-root-brands-at-gbk-brand-bars-15th-annual-oscar-luxury-lounge>

<https://theknockturnal.com/dr-christina-rahm-and-clayton-thomas-introduce-hollywood-stars-to-the-root-brands-at-gbk-brand-bars-15th-annual-oscar-luxury-lounge/>

<https://societybee.buzz/new-book-launch-roots-military-science-dr-christina-rahm/>

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<https://www.askmen.com/fitness/nutrition/best-greens-powders-to-supercharge-your-health.html>

<https://booktrib.com/2024/04/25/spokeswoman-and-innovator-dr-christina-rahm-talks-passion-wellness-adapting-to-change/>

<https://finance.yahoo.com/news/zero-root-brands-partnered-gamer-173200874.html>

<https://www.sciencetimes.com/articles/50811/20240619/all-vitamins-are-not-the-same-tips-on-how-to-choose.htm>

<https://www.brainzmagazine.com/post/surprising-facts-and-myths-about-us-patents>

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

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

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

Interpreters: Germany, Czech Republic, Slovenia

Time:

9:00 AM PST

10:00 PM MST

11:00 AM CST (Nashville)

12:00 PM EST

4:00 PM Ghana

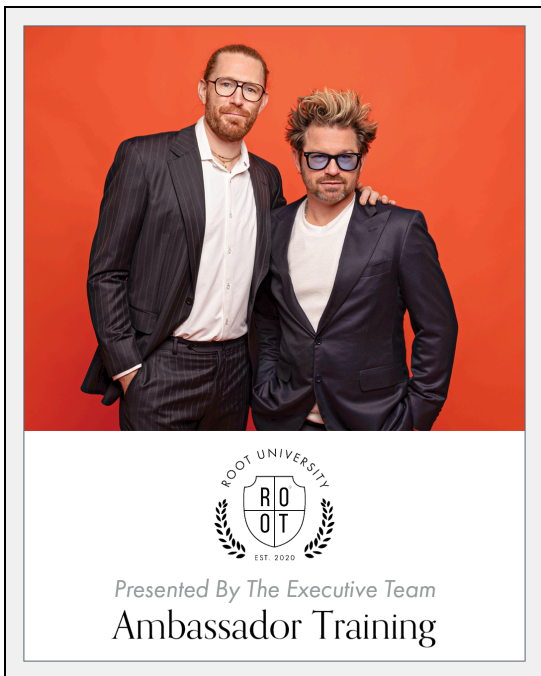
5:00 PM GMT (UK, Portugal, Nigeria)

6:00 PM CET (Netherlands, Germany, South Africa)

7:00 PM EET (Romania)

8:00 PM (Dubai)

2:00 AM (Tuesday) AEDT Melbourne



ROOT University - Ambassador training on Brick and Mortar/Retail stores.

Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhNi9lQT09>

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

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](#)

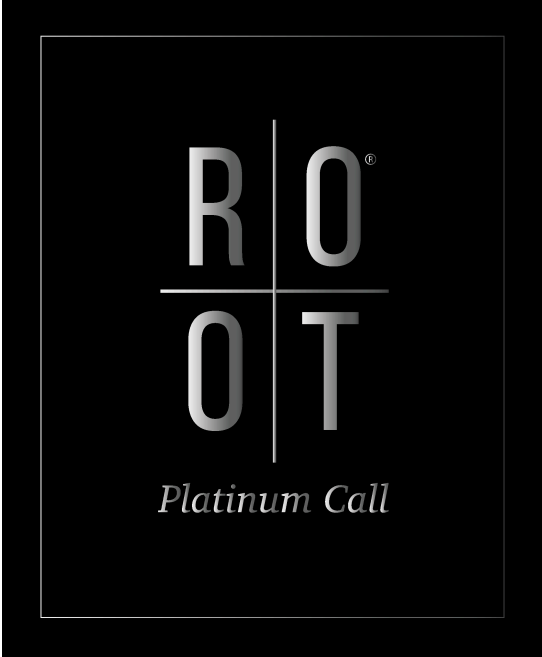
WEDNESDAY

Platinum Ambassadors Call with The ROOT Leadership team

Please check the WhatsApp group for the link to this call

Interpreters: German

Time:
9:00 AM PST
10:00 PM MST



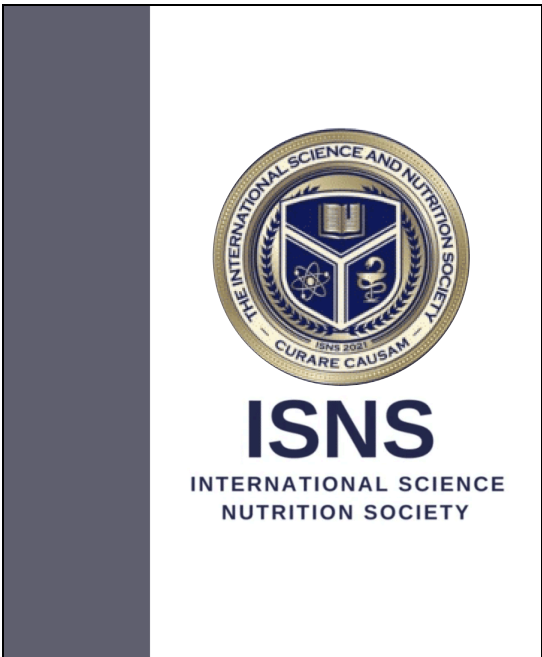
11:00 AM CST (Nashville)
12:00 PM EST
4:00 PM Ghana
5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
2:00 AM (Thursday) AEDT Melbourne



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

Time:
TBD for Summer Break

[Click Here To Join](#)



ISNS Meeting with Dr. Ketskes on Crohn's Disease

Please note that these calls are only for ISNS members ONLY. They are not to be shared or used for any marketing materials

Interpreters: German, Romanian

Time:
11:00 AM PST
12:00 PM MST
1:00 PM CST (Nashville)
2:00 PM EST
6:00 PM Ghana
7:00 PM GMT (UK, Portugal, Nigeria)
8:00 PM CET (Netherlands, Germany, South Africa)
9:00 PM EET (Romania)
10:00 PM (Dubai)
5:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

FRIDAY



ROOT Prime Subscribers Call

The link for the call will be provided in your RPS Back Office. You must be an ACTIVE RPS member in order to join and take part in the discounted launch of the product.

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

Time:
9:00 AM PST
10:00 PM MST
11:00 AM CST (Nashville)
12:00 PM EST
4:00 PM Ghana
5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
2:00 AM (Saturday) AEDT Melbourne

SCIENCE CORNER



Body Mass Index (BMI)

Is a widely used measure that provides an indication of an individual's body weight relative to their height. It's calculated by dividing a person's weight in kilograms by the square of their height in meters. While BMI is a convenient tool for assessing general body composition, it's important to note its limitations, as it doesn't consider factors like muscle mass or body fat distribution. Nonetheless, BMI serves as a valuable screening tool in healthcare settings, helping to categorize

individuals into weight classifications such as underweight, normal weight, overweight, or obese. Maintaining a healthy BMI is crucial for overall health and well-being, as numerous studies have linked high BMI with an increased risk of chronic conditions such as heart disease, type 2 diabetes, stroke, and certain cancers. Conversely, having a BMI within the recommended range is associated with better health outcomes and a reduced risk of developing such diseases. Therefore, monitoring and managing BMI can play a vital role in promoting long-term health and mitigating the risk of obesity-related health problems.



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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