

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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Let me start this week's "Rahm Report" by saying thank you so very much! I cannot say enough times how thankful I am to have had the blessings of meeting so many people in the community over the last three weeks! It felt overwhelmingly good to see so many amazing people that are spending their own lives helping others improve their minds, bodies, spirits, and souls. I am so glad I have gotten to spend time with so many of the members of the Root community

Time is one of the most important gifts we have. Therefore, we must choose the time we spend in life wisely. I am very conscious of this due to the circumstances that have surrounded my life. People often ask me how I have done so much, or they ask me how I have four kids and am still able to work this much. My answer is simple but involves a couple of key things:

1. First, because I was sick when I was a young mother, I was given the lesson of understanding that each day is precious. I have spent each day with my kids teaching them this lesson as well. I didn't know how long I would have them, so I chose what I taught them carefully. My goal was to give them my heart and my mind daily so if I died at a young age, they would remember what I taught them since I understood in my 20's that I could die at any point. Many people do not learn that lesson until they are in their 70's or 80's. BUT because I learned this at a young age, I have been able to make every minute of my life count. I try daily never to waste any of these valuable gifts and lessons.
2. Secondly, I surround myself with GREAT people that help me so I can focus and execute to get what I see as my life's mission completed. More times than not, these people have the same mission as me. They work with me to love and help others so that solutions can happen, and life can be great! They work with me to assist with health and greatness across the world. Many of these people are in this community.

Now is the time for all of us to help others. We need to do this together or we will not be able to serve and help as many people.

We need to be unified! We need to support each other even when we aren't perfect or even if we fail each other. True love and kindness are not seen during good times. True love and kindness are seen during hard times or imperfect times.

This week this letter is dedicated to simply saying thank you! Thank you for being people that have supported me. I hope you know that I support you too! Not because you are perfect but because you are you! Thank you for that! Thank you for your sincere hearts and your kindness. Root has a lot to do because we need to help people support the inside of their bodies and the outside of their bodies. We are doing this one step at a time and one person at a time. We will continue to do this in the good and bad times. We cannot waste our time on negativity or petty words/behaviors/gossip. We will continue to press forward to help others in this world. Clean Slate, Zero-In, Restore, Relive Greens, Natural Barrier Support, and soon Give me Back My Youth are here to help us on this quest for health and

greatness. We are also here to help each other!

Before I end this Rahm Report, I wanted to share the "Rahm Report Secret Sauce" recipe. Just getting back from Rome and Florence with my children, I had the opportunity to eat some of my favorite food. I wanted to share one of the recipes I love that gives tribute to the amazing history and beauty of Italy. Hopefully, many of us can share food together soon. If not in Italy, in the beautiful country of Cyprus where we will be at the end of September!

#### **Pesto Pasta Sauce**

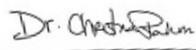
- 2 garlic cloves finely chopped
- ¼ cup olive oil or avocado oil - add more to taste if needed
- Himalayan sea salt to taste
- Black pepper medium grind to taste
- ¼ to 1/3 cup Parmigiano-Reggiano in Pesto sauce and ¼ on top of the finished pasta
- 2 teaspoon fresh basil leave chopped
- 2 teaspoon parsley finely chopped
- 2 teaspoon arugula finely chopped
- 2 teaspoon mint finely chopped
- 1 teaspoon "Relive Greens"
- 6 medium green tomatoes chopped
- 1-pound bucatini or spaghetti pasta (Gluten-free if available)

Cook the ingredients in a skillet with olive oil. Stir for approximately 8 minutes and leave slightly chunky. Boil pasta until al dente and add sauce on top. Remember you can add extra cheese or salt/pepper/oil to taste

ENJOY!

All my love

Dr Christina Rahm



## **SPECIAL ANNOUNCEMENT**

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### **Contacting Customer Service**

Please make sure that if you contact customer service that you are checking your junk mail and/or spam shortly after sending the email or filling out the contact us form. You should receive an automated message after you contact us. We are hearing from certain customers with that they are not getting our responses unless they check their spam or junk mail.

### **Out Of Stock/Shipping Delays**

**Zero In** - Due to the overwhelming demand and to ensure that we continue to serve our RPS members we have opened up Zero-In, Duo Pack, and The Family Pack for RPS orders only. All customers can create an RPS order of and of the above items. We have another very large batch of Zero-In and are trying to maintain inventory until that is produced in several weeks.

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

**United States** - One of our facilities are fully stocked and the other two will be stocked this week with the most recent batch of Zero-In. All orders are now up to date. Thank you so much for your patience.

**Australia/New Zealand** - We have been working with the government customs department and have submitted additional documents to get our products cleared. Both Clean Slate and Zero In have been affected. We also have another

shipment of product being delivered this week. We are very sorry that this delay has caused a disruption in getting you your products. We are working all that we can to get the items cleared.

**EU** - Our next large batch of Zero-In has arrived in Germany and is on it's way to our facility.

Please reach out if you have any questions  
Info@therootbrands.com

## ROOT Rewards

Please remember that if you have any questions about your wallet and or weekly payouts to contact corporate in a private channel and not in the group chats.

## Monday Ambassador Training

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

## Back Office Documents

Please make note that any document that was downloaded from the back office prior to these new documents should not be used and deleted, thank you.

## Recognitions

There is a new tab added to the back office named recognitions. This is where you can upload images to celebrate your community as they move up in rank. Please make sure to submit rank, image, and country.

## ROOT Prime Call

Our next RPS call will be tomorrow June 27th at 1:00 pm CDT. You do not want to miss it, there is a hint in the newsletter ;)

## Country Call Schedule

July 6th - Germany  
July 13th - Czech Republic  
July 20th - Slovenia  
July 27th - Australia (Special time tbd)

## 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:**

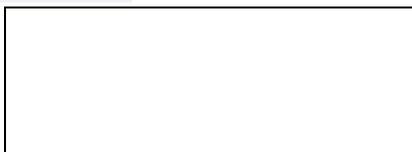
The information provided is for educational purposes and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professional. We do not aim to diagnose, treat, cure or prevent any illness or disease. You should always consult with a doctor 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**

## WEEKLY CALL SCHEDULE

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### MONDAY



**AMBASSADORS TRAINING with Clayton Thomas**

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

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

Meeting ID: 846 9261 2526  
Passcode: 891630

Interpreters: Germany, Czech

Time:  
10:00 AM PDT  
11:00 PM 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](#)



### ROOT Prime Members Call

We will be having an RPS call. Please check your ROOT PRIME back office for the link to join. If you are an active subscriber you will see the button labeled ZOOM.

Translation: German, Czech

Time:  
11:00 PM 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 (Wednesday) AEDT Melbourne

## WEDNESDAY



Country Call- North America (USA,  
Canada)

Zoom link below:  
[https://us02web.zoom.us/j/81442997826?](https://us02web.zoom.us/j/81442997826?pwd=RjZRczlhNXpjYStQnJvJnNXI1YUlsUT09)  
pwd=RjZRczlhNXpjYStQnJvJnNXI1YUlsUT0  
9

Find your local number to dial in by  
phone:  
<https://us02web.zoom.us/j/kcfV2rXBh7>

Meeting ID: 814 4299 7826  
Passcode: 820633

Time:  
11:00 PM PDT  
12:00 PM MDT  
1:00 PM CDT (Nashville)  
2:00 PM EDT

[Click Here To Join](#)



### Collagen

is the most abundant protein in the body and plays an essential role in bones, muscles, blood vessels, joints and skin. It is involved in several important functions including providing the skin with structure and strengthening the bones. Collagen is a major component of the skin and plays a role in strengthening the skin as well as the elasticity and hydration. Collagen stimulates the production of proteins that aid with the structure of the skin such as elastin and fibrillin. Collagen also plays a role in protecting the joints and cartilage in the body. Supplementation with collagen may improve symptoms of osteoarthritis and reduce overall joint pain. Collagen also provides structure to the arteries and blood vessels that carry blood from the heart to the rest of the body. Without the proper amount of collagen, arteries and vessels can become less elastic and flexible, and this could lead to atherosclerosis, the narrowing of the arteries. Collagen rejuvenates the skin, cushions the joints, and strengthens bones and muscles. ROOT's Give Me Back My Youth includes colostrum and collagen and may aid strengthening bones, rejuvenating the skin, and providing support for the joints in the body.



#### 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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