

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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Last week I wrote about how important time is. I centered the Rahm Report around how precious we are all and how we each should use our time wisely because it is a gift. This week I am going to focus more on the goals we have in life. The 4th of July is a Holiday in our country and every year it brings back so many fond memories of my past growing up, but it is also one of the markers that reminds me to focus on the future and my goals for what I will do to accomplish the mission I believe is the purpose of my life.

The products I developed for ROOT are all focused on giving the body what it needs to be the best it can be. Many of the people ROOT serves, use the products for support of various illnesses. I continuously state that ROOT cannot and will not, "claim to cure anything, rather the ROOT Brands products strive to get to the ROOT of the issues that each person's body has, and to assist the body at curing the cause of what initiates or develops the problems."

A person in this world cannot live and fully experience where they are unless they are present and want to be there. If your mind is elsewhere, your body's physical and mental capacity cannot be truly present in the moment. Likewise, I believe that a person cannot truly fulfill what their mission is in life, until they know the goals, and final accomplishments they wish to achieve.

We each have important missions in life. DO NOT ever think one mission is more important than another. Staying home and taking care of a child while loving and nurturing the child, this is an important goal with the mission to make the child feel loved unconditionally the rest of his/her life. Loving your significant other or parents are important daily goals, so they feel loved and needed and can be happier in life. Working to serve others in health and wellness so we can all be the best we can be is another mission. AND so on and so on-you get my point!

Now that we are clear that we each have important goals and missions we need to achieve, let's focus on how we can do this better every day. To begin with, the goals needed to fulfill the mission/missions must be clear in your mind before most can typically successfully occur. With no goals or mission, some people have good ideas, but simply wander forever making little progress.

So, let me ask you, what is your mission? AND what goals do you have to get you to succeed in your mission? Where will you be next 4th of July? What will you be doing to bring love, happiness, greatness, and health into your life and into others' lives?

**Know what your goals are. Know what your missions are.** Support your mind, body, spirit, and soul with healthy products and great things-like Clean Slate, Restore, Zero-In, Relive Greens, Natural Barrier Support, and Give me Back My Youth ("GMBMY"). AND since we need to practice Anti-Aging while we do this so we have more time to get our goals and missions completed, please read below how the ingredients in our new "GMBMY," and how the ingredients can help support the body while it strives daily to get rid of the bad things with Clean Slate, focus on the mission with Zero-In & RESTORE, and support with ROOT's other products.

## SPECIAL ANNOUNCEMENT

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### 4th of July - America's Independance Day

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

### Contacting Customer Service

We have launched our new Customer Service Management platform. We are very excited to increase our level of interactions with you. We will be launching this in phases.

- Phase 1 - Email and chat features that are more advanced
- Phase 2 - Integrating calls and voicemail features
- Phase 3 - Activating WhatsApp messaging

Please note that you can no longer start a new conversation from an old email conversation with us. You will have to go to our contact us page, directly email [info@therootbrands.com](mailto:info@therootbrands.com), or use our chat feature on the bottom of the website.

### Give Me Back My Youth has LAUNCHED

We are beyond excited to launch this [new product](#). ROOT Prime Members had special access to order this product at a special price during our exclusive RPS call on Monday. See below for some information from Dr. Rahm.

### 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 any of the above items. We have another very large batch of Zero-In currently being produced.

**Australia/New Zealand** - We have finally got word that Zero-In has been released from customs! We also have another batch arriving this week. All Zero-In should start shipping out by next week. We know how disruptive this has been and we are so very sorry for the delays. We are failing forward and constantly learning how to do things better.

**EU** - We are fully stocked with the exception of Give Me Back My Youth which is on its way to fulfill the remainder of the orders.

**Norway** - Zero-In is going out Monday from Germany to stock our logistics partner. We did have a delay in orders between May 31 until June 24th, all orders have been shipped on the 24th of June.

Please reach out if you have any questions  
[Info@therootbrands.com](mailto:Info@therootbrands.com)

### Monday Ambassador Training

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

### 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.

## Country Call Schedule

July 13th - Czech Republic  
July 20th - Slovenia  
July 27th - Australia (Special time tbd)  
August 3rd - United Kingdom

## 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**



## Happiest of Birthdays to Matt

The man behind so many of our operational and customer service needs. As today is his birthday, we want to take a moment to salute his hard work and recognize what a valued part of the team he is!

Srečen rojstni dan Matt



**Adults:** Take 4g (~1 tsp.) per day.  
Store in a cool-dry place.

### Supplement Facts

Serving Size: 4g (~1 tsp) Servings per Container: 30

Amount Per Serving	% DV
Hydrolized Bovine Collagen 2000mg	†
Whole Colostrum Powder 2000mg	†

(Product of USA)

† Daily value (DV)not established.

Ingredients: Hydrolized Bovine Collagen, Whole Colostrum powder

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### **Hydrolyzed Bovine Collagen Anti-Aging Effects**

Collagen is one of the primary building blocks of bones, muscles, tendons, ligaments, and skin. It is a fibrous, supportive protein that helps skin cells stick to one another and gives the skin strength and elasticity. Production of collagen decreases with age, contributing to skin sagging and wrinkling. Skin aging is distinguished into chronological skin aging and skin photoaging. Chronologically skin aging accounts for most skin aging and is more common than skin photoaging. Skin laxity is the main feature of natural skin aging and increases with age. Collagen has been reported to be beneficial in improving skin laxity and decreasing the appearance of wrinkles.

Bovine collagen is primarily obtained from cows and contains types I and III, the same kind of collagen that makes up the skin. Type I collagen forms broad bundles of fiber, and type III collagen forms smaller, narrower bundles. A decrease in diameter and number of collagen bundles can be correlated with a reduction in strength and elasticity shown in aging skin. Bovine collagen may be specifically helpful in reducing wrinkles, promoting elasticity, and increasing skin moisture. Studies show that the intake of bovine collagen peptides increased collagen content and the ratio of type I and III collagen, suggesting collagen peptides improve skin laxity by changing skin collagen quantitatively and qualitatively. Intake of bovine collagen peptides repaired collagen fibers, and the fibers appeared to be denser and more organized than aged skin. Oxidative stress also plays an essential role in initiating and driving signaling processes that result in skin aging. Therefore, antioxidants or free radical scavengers have improved skin aging by eliminating excessive reactive oxygen species. A decrease in reactive oxygen species may aid in increasing collagen biosynthesis. Superoxide dismutase and catalase are two antioxidants that inactivate superoxide anions and hydrogen peroxide. Malondialdehyde is a result of lipid peroxidation and increases with age. Bovine collagen peptide intake could increase antioxidant activities and decrease malondialdehyde content and reactive oxygen species in the skin. Decreasing the reactive oxygen species in the skin may improve the biosynthesis of collagen and reduce collagen degradation. It has been widely conveyed that the Nrf2- antioxidant response element pathway plays a central role in regulating antioxidant enzymes against oxidative stress. A recent study demonstrated that the administration of bovine collagen peptides could improve the laxity of chronologically aged skin by increasing skin collagen content and ratio of type I and III collagen but did not affect the moisture content.

### **Bovine Colostrum Anti-Aging Effects**

Colostrum is a milky fluid produced by mammals before breast milk production begins. It consists of high levels of antibodies which are proteins that fight infections. Although all mammals produce colostrum, supplements are usually made from the colostrum of cows. Bovine colostrum is similar to human colostrum and is rich in minerals, vitamins, fats, carbohydrates, disease-fighting proteins, growth hormones, and digestive enzymes. The common signs of aging are decreased muscle and bone mass and loss of skin elasticity presented as loss of muscle tone, sagging skin, and wrinkles. This results in the reduced production of growth hormones in the body. Bovine colostrum contains immune and growth factors, such as insulin-like growth factor-1 and two and

transforming growth factor-alpha and beta, which have regenerative effects which extend to almost all structured cells.

Bovine colostrum promotes healing and exerts anti-aging effects by increasing insulin-like growth factor 1 to pre-puberty levels. Growth hormone stimulates IGF-1 and IGF-2 production in the liver, responsible for cellular reproduction in all tissues. Growth factors stimulate skin regeneration and renewal and promote skin cell turnover. Other growth factors reduce “leaky gut” syndrome, aiding in decreasing inflammation in the body. Reducing inflammation in the body is beneficial for anti-aging. Bovine colostrum also stimulates collagen production, which is known to give the skin strength and elasticity. Several studies show that collagen peptides may aid in slowing the aging process of the skin by reducing wrinkles and dryness. Bovine colostrum is also a rich source of lactoferrin, a protein known to enhance skin repair in the body. Recent studies indicate lactoferrin may reduce and prevent ultraviolet-induced skin damage.

Bovine colostrum is a rich source of vitamins A, C, and E, potent antioxidants. Antioxidants fight off free radicals from the environment that may cause damage and early signs of aging, such as brown spots and wrinkles. Antioxidants also improve the efficiency of sunscreens in preventing damage to the skin caused by the sun. Vitamin C is a cofactor for lysyl and prolyl hydroxylase, which stabilizes collagen structure. Vitamins used in cosmetic products work as free radical scavengers and repair the membrane-bound oxidized vitamin E. Vitamin E is an antioxidant that scavenges free radicals, primarily reactive singlet oxygen. Administration of vitamin E has been shown to reduce sunburned cells, Chronic UVB0-induced skin damage, and photocarcinogenesis. Carotenoids are vitamin A derivatives such as b-carotene, the most prominent member of the carotenoids group found in the human diet. In several studies, b-carotene is an endogenous photoprotector and has been shown to prevent UV-induced erythema formation.

## WEEKLY CALL SCHEDULE

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### WEDNESDAY



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

**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](#)



**Presented By Dr. Christina Rahm**  
**Doctor To Doctor Call**

**Dr. to Dr. conversations with Dr. Christina Rahm**

This is an invitation call only and is exclusively for MD, ND, Ph.D., or Scientists.

Each month the Dr. to Dr. calls are at 12:00 pm/5:00 pm CDT for you to join us.

If you have medical professionals that would like to join please have them register by clicking below.

[Click Here To Join](#)



**Country Call- Germany**

Zoom link below:  
[https://us02web.zoom.us/j/81442997826  
?pwd=RjZRczlhNXpjYStQNjVJNXI1YUlsUT09](https://us02web.zoom.us/j/81442997826?pwd=RjZRczlhNXpjYStQNjVJNXI1YUlsUT09)

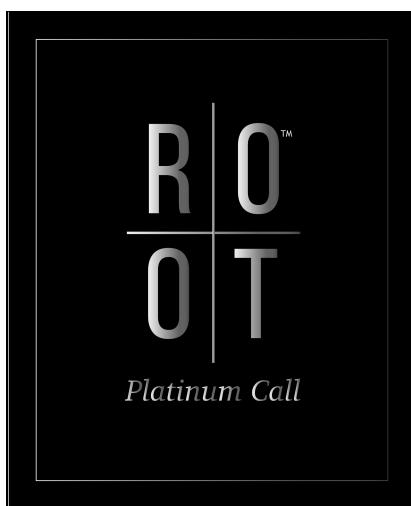
Find your local number to dial in by phone:  
<https://us02web.zoom.us/u/kcfV2rXBh7>

Meeting ID: 814 4299 7826  
Passcode: 820633

Time:  
1:00 PM CDT (Nashville)  
8:00 PM Germany

[Click Here To Join](#)

**THURSDAY**



**Country Call- North America (USA, Canada)**

Zoom link below:  
[https://us02web.zoom.us/j/81442997826  
?pwd=RjZRczlhNXpjYStQNjVJNXI1YUlsUT09](https://us02web.zoom.us/j/81442997826?pwd=RjZRczlhNXpjYStQNjVJNXI1YUlsUT09)

Find your local number to dial in by phone:  
<https://us02web.zoom.us/u/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](#)

**SCIENCE CORNER**



### Chia Seeds

Have been used for their health benefits for centuries. They contain essential antioxidants, minerals, fiber, and omega-3 fatty acids that promote heart health, support bones and regulate blood sugar levels. Chia seeds contain quercetin, an antioxidant that can reduce the risk of developing numerous health conditions such as heart disease. They are also a rich source of fiber which can aid in lowering blood pressure and reduce the risk of heart disease as well. Chia Seeds are rich in several nutrients that are important for bone health such as calcium, magnesium, phosphorus, and alpha-linolenic acid. Chia Seeds are very easy to incorporate into your diet. They can be added to oatmeal, pudding, smoothies, yogurt, cereal, and baked goods.



#### 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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