

Hi, {{ contact.FIRSTNAME }}

Rahm Report

I hope everyone had a fantastic week! We had a short week in the office as Clay and I went to San Diego for an exciting upcoming project. ROOT HQ was closed to celebrate the 4th of July on Thursday and Friday. We are fortunate to celebrate our unity, strength, and shared values, coming together with gratitude and hope for the future.

Next week, I will work remotely from our House of Rahmas Farm and our lake house. The best part is my brother, Chris, will be in town. As busy as we all are, I am looking forward to spending time with him.

I want to touch a little bit on the environment this week. Spending time away from the city reminds me of the importance of protecting our natural environment. The peace of nature is priceless, not only for our mental well-being but also for the health of our planet. Natural environments help filter pollutants and provide clean air and water. By practicing sustainability, like organic farming and water conservation, we reduce our environmental footprint, which is exactly our plan at the farm. I encourage everyone to take a moment to appreciate the natural beauty around them and consider ways to help protect it.

Thank you for being a part of our journey. Let's continue to find balance, embrace sustainability, and enjoy nature.

With Light and Love,

Christina Rahm

THE WEEKEND REPORT

New RPS Tokens

We are excited to bring another token for RPS members. RPS orders over \$350 will receive \$150 in tokens after 4

consecutive months of orders.

Rahm Effect App

We are so excited to bring to the community the Rahm Effect App. Click here to [download](#)

THE
Rahm
EFFECT
CREATED BY:
Dr. Cheshu Rahm

INTRODUCING:
THE RAHM EFFECT
TRANSFORM YOUR LIFE IN 30 DAYS

- ✓ WELLNESS ACTIVITIES
- ✓ EASY TO FOLLOW DAILY SCHEDULES
- ✓ EXAMPLE MEALS AND EXERCISE ROUTINES
- ✓ ADJUSTABLE FRAMEWORK TO FIT YOUR LIFESTYLE
- ✓ SMART PRACTICES INTEGRATED WITH PRODUCT RECOMMENDATIONS

Get Started Today!

GET IT ON Google Play Download on the App Store

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!

Germany Inventory

As of right now we are only servicing our RPS members with Natural Barrier Support. As of this week we have shipped the last bottle of Pure Clean Pets. This will be on backorder for a few weeks until stock arrives.

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/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>

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
August 2	LA Podcast
Aug 8/9	Nashville, TN CEO event
August 14/15	Hamptons, NY
Sept 1	Salt Lake City, UT Gaming Event (Halo)
Sept 3-7	NYC Catwalk Furbaby documentary Launch
Sept 13	Palm Beach, FL
Sept 16	Guadalajara, Mexico
Oct 26-27	Miami, FL Biohackers World Event

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

ROOT University - Ambassador training



Presented By The Executive Team
Ambassador Training

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>

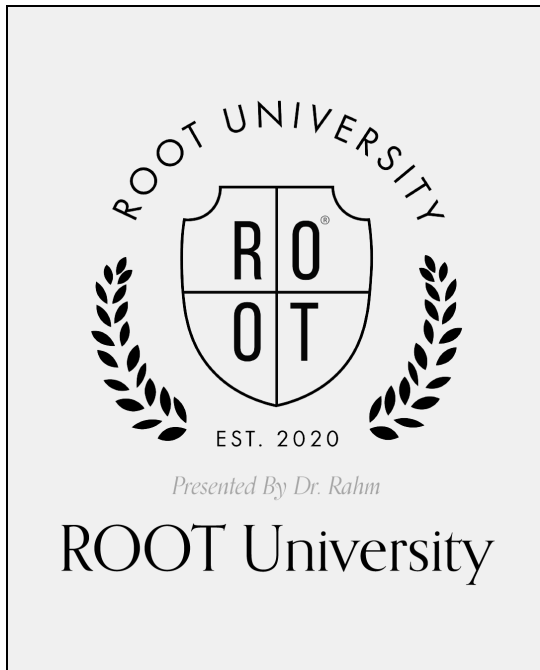
Meeting ID: 846 9261 2526
Passcode: 891630

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

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](#)

TUESDAY



ROOT University with Dr Rahm (We will announce it on Monday)

Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/u/kdX0pBQuMR>

Meeting ID: 898 4924 5403
Passcode: 394499

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

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)
4:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY



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

Time:
TBD for Summer Break

[Click Here To Join](#)

SCIENCE CORNER



Sugar

Consuming high amounts of sugar can have significant negative impacts on health. Excessive sugar intake is strongly linked to obesity, as it provides empty calories that do not satiate hunger, leading to overeating. This can also contribute to the development of type 2 diabetes by causing insulin resistance, where the body's cells become less responsive to insulin, resulting in elevated blood sugar levels. Additionally, high sugar consumption is associated with an increased risk of heart disease due to its effects on blood pressure, inflammation, and triglyceride levels. Sugar also contributes to dental problems like cavities and gum disease by feeding harmful bacteria in the mouth. Moreover, excessive sugar can affect mental health, with some studies suggesting a connection to mood swings, anxiety, and depression. Reducing sugar intake and opting for healthier alternatives, such as fruits and whole grains, can help mitigate these risks and promote overall well-being.

THE NEWS CORNER

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Medical Disclaimer

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The ROOT Brands

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