

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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As we prepare for all of our upcoming travels, I'd like to offer a glimpse into the less-seen aspects of our travels. Although the photos and stories we share on social media may depict a life of endless glamor, the reality behind the scenes often tells a different story. It is a complex tapestry of adjusting to different time zones, enduring lengthy international flights, and experiencing days that stretch long into the night. This lifestyle often means being absent from family gatherings, missing cherished friends, and being away from the familiar confines of our office. To be candid, the journey is as demanding as it is exhilarating, leaving me yearning to be in multiple places simultaneously! Yet, it's a path we choose for the ROOT community—to expand our horizons, forge meaningful connections, and broadcast our mission far and wide. From the bottom of my heart, I extend my deepest gratitude to each member of our remarkable community. Your unwavering support and kindness are the bedrock of our collective endeavor. Without you, our journey would lack its most crucial component—purpose.

In the spirit of our shared adventures, I want to emphasize the significance of self-care, especially during the travel-heavy summer months. Family getaways, as joyous as they are, can exert considerable strain on our well-being, making it imperative to maintain a healthy immune system and ensure ample rest. Often, we reserve our health vigilance for the colder months, overlooking the fact that summer, too, can challenge our health. It's a reminder I hold dear, and in line with this, I never embark on a trip without my trusted companions—Restore and ReLive Greens. These products are not just essentials in my travel kit; they are my summer lifelines. Restore, in particular, holds a special place in my heart. If you put it in the refrigerator, it transforms into a delightful treat reminiscent of an orange creamsicle, offering refreshment and rejuvenation. It makes a healthy and delicious summer treat for children.

So, as we navigate the bustling travel season, let's carry with us the essence of care—both for ourselves and for the vibrant community that binds us. Together, we journey not just across the globe, but towards a healthier, more connected world.

With Light and Love,

Christina Rahm

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THE WEEKEND REPORT

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## ISNS Partnership

[ISNS](#) is offering a 3 month free membership for ROOT customers to be a part of this amazing organization so customers can see all of the valuable data. Use code DRC

## Pinterest

Are you a user of Pinterest? We are too. Give us a follow and share your boards [here](#)

## Comp Plan

We The new comp plan has been uploaded to the documents tab.

## RPS Call

We are excited to bring you a first of its kind during our fashion Trunk show. A live RPS call during this amazing event July 26th

## 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 graphic features the 'THE Rahm EFFECT' logo at the top, created by Dr. Cheshu Rahm. Below the logo is a dark box with the text 'INTRODUCING: THE RAHM EFFECT TRANSFORM YOUR LIFE IN 30 DAYS' and a list of five benefits: WELLNESS ACTIVITIES, EASY TO FOLLOW DAILY SCHEDULES, EXAMPLE MEALS AND EXERCISE ROUTINES, ADJUSTABLE FRAMEWORK TO FIT YOUR LIFESTYLE, and SMART PRACTICES INTEGRATED WITH PRODUCT RECOMMENDATIONS. To the right is a smartphone displaying the app interface with icons for a fork and knife, a person on a treadmill, a book, and a padlock. At the bottom are two bottles of ROOT products (one labeled 'Crush') and 'Get Started Today!' buttons for Google Play and the App Store.

## 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.

## Newsite is live

Please visit [therootbrands.ai](https://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 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
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 <a href="#">Biohackers World Event</a>

# COMPLIANCE STATEMENT

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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.

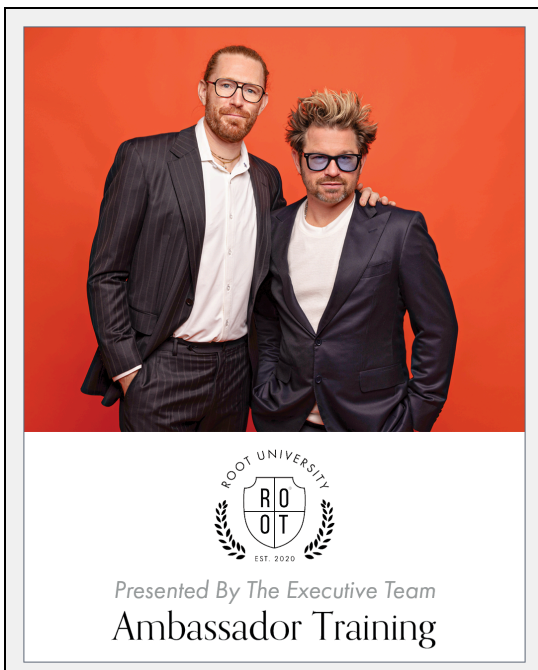
Very truly,

Root Wellness LLC Legal and Executive teams!

## WEEKLY CALL SCHEDULE

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### MONDAY



#### **ROOT University - Ambassador training on back office documents**

Zoom link:  
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDZkRk2hnOFhNi9lQT09>

Find your local number to dial in by phone:  
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDZkRk2hnOFhNi9lQT09>

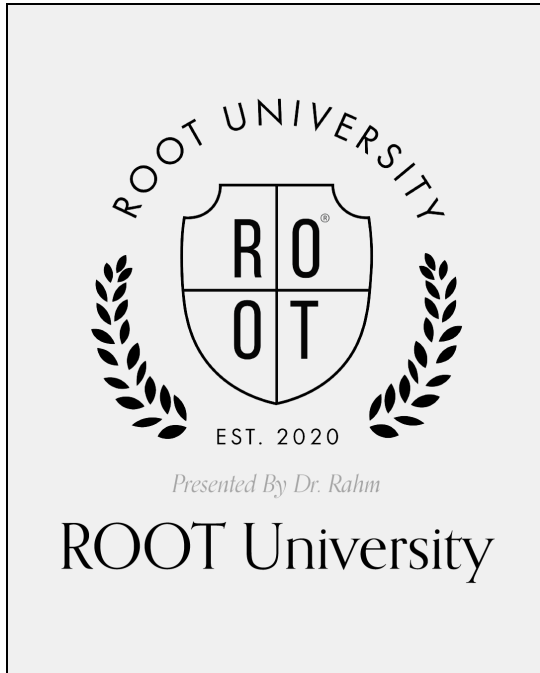
Meeting ID: 846 9261 2526  
Passcode: 891630

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 on The Rahm Effect App

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

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

Time:  
TBD for Summer Break

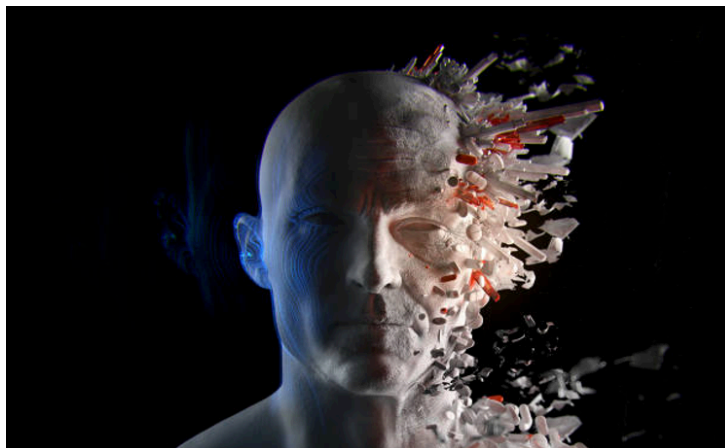
[Click Here To Join](#)



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

## SCIENCE CORNER

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### Biohacking

Biohacking, also known as DIY biology, is a practice that involves making small, incremental changes to one's lifestyle and diet to improve health, well-being, and cognitive function. This can range from using wearable technology to track sleep and exercise, to experimenting with diets and supplements, to incorporating mindfulness techniques and optimizing mental performance. One popular biohacking method is intermittent fasting, which has been linked to weight loss, improved metabolism, and better blood sugar control. Another is the use of nootropics, such as Zero-In, which may improve focus, memory, and overall brain function. Additionally, biohackers often engage in regular physical activity and prioritize sleep quality, both of which are crucial for maintaining good health. While biohacking holds promise for enhancing physical and mental performance, it's essential to approach it with caution and consult with healthcare professionals to ensure safety and efficacy.

## THE NEWS CORNER

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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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+1 (980) 400-3245

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