

Hi, {{ contact.FIRSTNAME }}

Rahm Report

Today I was thinking about the Root community and how far we've come in such a short time. I am so very grateful for this community. We have helped a lot of people and there are so many more to help in the future. Together we will do this!

Last week, Root University discussed the Triad Aer products. I have worked on environmental issues throughout my career as a scientist. Clean air is needed not just outside but also inside our homes and buildings. In fact, often the inside of our homes is worse than outside. Check out the following article:

Indoor Air Pollution, Related Human Diseases, and Recent Trends in the Control and Improvement of Indoor Air Quality

[Vinh Van Tran](#),^{1,2} [Duckshin Park](#),^{3,*} and [Young-Chul Lee](#)^{1,*}

I do not want to alarm our community. I want to present certain solutions, so you have numerous options in protecting you and your family. You are the Mayor of your city! You own your body, and you can make positive choices every day to protect and optimize your body and your life.

I discuss a lot of this in one of my books "Cure the Causes, Live the Life You Want, Not the One Prescribed." This month Root is launching the paperback edition translated in German, as well as an audiobook version that will be available in 27 languages. I am excited about this because our community can have this as a tool to spread our mission that we are on together.

"Cure the Causes" is one of my main missions in life because I think it is important for people to know they need to get rid of the bad things in their lives. It focuses on mental, emotional, physical, and spiritual betterment. It also focuses on professional and personal optimization. Sometimes, getting rid of the bad things in our lives is almost more important than putting good things into our lives. The same applies to the inside of our bodies, which is why the Root products fit perfectly into the mission of the book.

The book also talks about choices. In my book, I share many experiences when I chose different things for my body, which went against the advice of some of my doctors. One of those was when I chose to have my son when the Dr. felt like the baby needed to be terminated due to my own personal health issues. The other was when I chose to take pharmaceuticals to treat one of my illnesses but then chose a natural route to help my body heal. I am so glad I listened to my own intuition and my own mind/heart during these two times in my life. I want to encourage this community to do the same as I have done. I don't make decisions for others, but in the book, I do try to provide the knowledge I have in different areas of science and help people see that they do have options as it pertains to emotional, mental, and physical health.

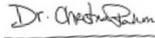
In summary, it is great to get medical advice, but sometimes listening to yourself is better than listening to anyone else. I think we are each unique, so getting rid of the bad things in our life is part of our own personal journey. But also, when we learn something that helps our lives, it is good to share with others. I tried to do this in the book as a scientist, but also as an ordinary person trying to help others with my own

experiences and knowledge—both professionally and personally.

If you haven't read my book, I encourage you to do so and to share it. It depicts a part of the foundation that the Root products are built on in this community. We each have a story. Mine isn't any more important than yours. Hopefully, the book will help you and others. That is my desire. My prayer is that we all do this together, because without each other, we are less likely to change the world for the better!

Have a great week!

Dr Christina Rahm



SPECIAL ANNOUNCEMENT

Customer Service

We recently experienced a disruption in our connection to our customer support platform that resulted in a down period for a few days. If a customer has not been responded to in more than 24 hours please create a new email message and send it to hello@therootbrands.com. you can also use the chat function on the website for a quicker response time.

Thank you for your patience with this matter

New Facebook Page

We have moved to a new facebook page. If you are active on Facebook please make sure to give the page a follow by clicking below. We will no longer be active on our old page @TheROOTBrand.

[Click here to follow us!](#)

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, Value 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 been notified that the shipments of Zero-In have been obtained now by the Department of Agriculture and are working with them to get the Zero-In released. We are hoping to come to a resolution as soon as possible.

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

ROOT Prime Members Call

Our Next RPS call will be tomorrow August 1st, Monday 1pm CDT

Country Call Schedule

August 3rd - Break
August 10th - United Kingdom
August 17th - US/Canada
August 24th - Germany
August 31st - Czech Republic

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

MONDAY



ROOT University - Ambassador training with Clayton Thomas

Zoom link:
[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhlni9lQT09)
[pwd=dU1yR1kza2o2ZDQrK2hnOFhlni9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhlni9lQT09)

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 Republic, Slovenia

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 (Tuesday) AEDT Melbourne

[Click Here To Join](#)



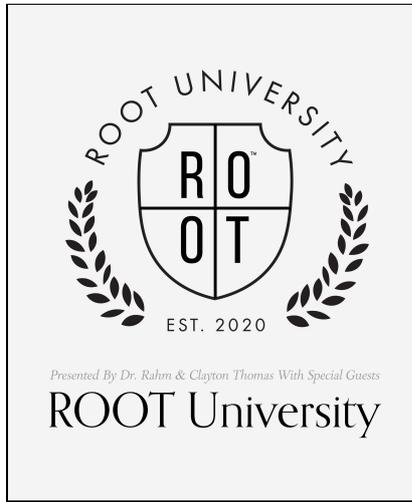
ROOT Prime Members Call

We will be having our monthly 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 Republic, Slovenia

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 (Tuesday) AEDT Melbourne

TUESDAY



ROOT University with Dr Rahm and Clayton Thomas

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 Republic, Slovenia

Time:
12:00 PM PDT
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2:00 PM CDT (Nashville)
3:00 PM EDT
7:00 PM Ghana
8:00 PM GMT (UK, Nigeria)
9:00 PM CET, WAT (Netherlands, Germany, South Africa)
11:00 PM (Dubai)
5:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY



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 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)



Dr. to Dr. conversations with Dr. Christina Rahm

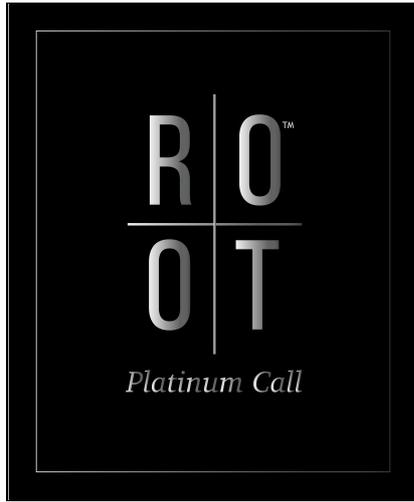
This is an invitation call only and is exclusively for MD, ND, Ph.D., or Scientists.

Each month the Dr. to Dr. call is at 12:00 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 Register](#)

THURSDAY



Platinum Ambassadors Call with The ROOT Leadership team

Please check the WhatsApp group for the link to this call

Interpreters: German, Czech Republic

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 AM (Friday) AEDT Melbourne

SCIENCE CORNER



Nicotinamide Riboside

Nicotinamide riboside also known as niagen, is an alternative form of vitamin B3 orniacin. Nicotinamide riboside is converted by the body into nicotinamide adenine dinucleotide (NAD+), a coenzyme that acts as fuel for several key biological processes. These processes include converting food into energy, repairing damaged DNA, fortifying cell defense systems, and setting the body's internal clock or circadian rhythm. NAD+ plays an essential role in helping brain cells age by aiding to control the production of a protein that helps protect against oxidative stress and impaired mitochondrial function. NAD+ may also aid in lowering the risk of cancer because it helps protect against DNA damage and oxidative stress. NAD+ can also help boost energy levels, assist in muscle recovery, and repair post-workout. Tips for increasing NAD+ levels naturally include exercise, limiting sun exposure, fasting, and ketosis diets. Ways to include NAD+ into your diet include eating whole grains, cow's milk, fish, green vegetables, and ROOT's Mitochondria Defense Shield.



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

116 Wilson Pike Circle Suite 100, 37027, Brentwood

Website: <https://therootbrands.com>

hello@therootbrands.com

This email was sent to {{contact.EMAIL}}

You've received this email because you've subscribed to our newsletter.

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[Unsubscribe](#)