

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week is shaping up to be a whirlwind of inspiration, empowerment, and connection as we gear up for the CEO event right here in Nashville! This isn't just any event; it's a beacon of empowerment for women from every corner of the globe, and a rallying point for the incredible men who stand with us in championing women's empowerment. The energy is palpable, and the anticipation is sky-high! I'm also thrilled to announce that The Root brands will be a headline sponsor for this incredible event, showcasing our unwavering commitment to empowering women and making a difference in the world.

While the HQ team is buzzing with preparations, I'll be embarking on my own journey to South Carolina, where I'll dive into business meetings alongside the remarkable Karen Floyd. Together, we are coordinating and finalizing the details for the exciting events we have lined up. But that's not all – Los Angeles will be the setting for a day full of podcasting. I'm excited to let you know that we'll be delivering some new and intriguing podcasts soon—stay tuned and keep listening!

In the midst of this busy schedule, I want to pause and extend my deepest gratitude to each and every one of you. Your continuous support and dedication are vital to the strength and success of our community. It's a privilege to stand with you, to dream with you, and to work alongside you as we strive to make a difference in the world. Together, we are unstoppable.

Thank you for being the heart and soul of this community. Let's continue to lead boldly, heal globally, and live harmoniously.

With Love and Light

Dr. Christina Rahm

THE WEEKEND REPORT

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 date. Use code DRC

ROOT U

ROOT University will be on Monday again this week. Please make note of the day change.

Dr to Dr

We will be pushing our Dr to Dr call 1 week so please look out for the day and date to be updated in next weeks newsletter

Masspay Call

We will be having a Masspay 101 call on August 19th. Please fill out [this survey](#) so we can have a call better answering your questions.

Rahm Effect App

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



Germany Inventory

As of last week we shipped our last bottle of Natural Barrier Support. Please make changes to your RPS if you need your order. We are expecting to have this back in stock in two weeks.

Canada Inventory

We are currently out of stock of Crush as of Thursday this past week. We have a shipment arriving in 1 week.

Please contact customer support if you would like your shipment shipped without Crush until it becomes in stock/

South Africa Inventory

We are experiencing some delays with our shipment to South Africa. Please be patient while we work through these issues. We are sending another shipment to try another method.

Newsite 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.

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.

Aug 8/9	Nashville, TN CEO event
August 14/15	Hamptons, NY
Sept 1	Salt Lake City, UT Gaming Event (Halo)
Sept 3-8	NYC Catwalk Furbaby documentary Launch
Sept 13	Palm Beach, FL
Sept 12-14	LA Emmys Award show
Sept 20-22	Germany ROOT Event Get your tickets here
Sept 23-28	Dubai
Sept 29-30	Kosovo Event
Oct 8/9	Dallas, TX
Oct 26-27	Miami, FL Biohackers World Event Use code ROOT40 for tickets

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.

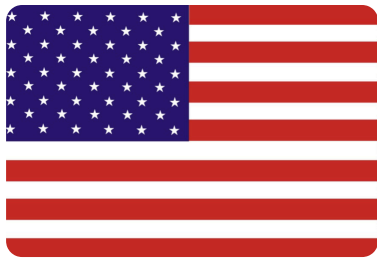
Very truly,

Root Wellness LLC Legal and Executive teams!

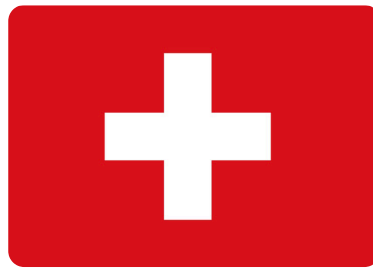
JULY TOP 10 COUNTRY LIST



#1 Germany



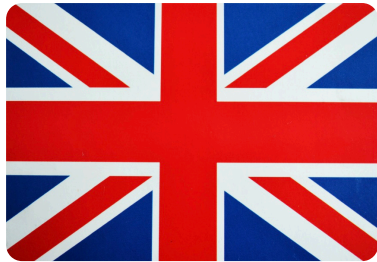
#2 United States



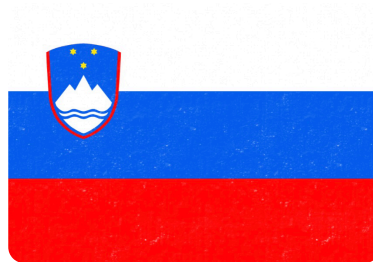
#3 Switzerland



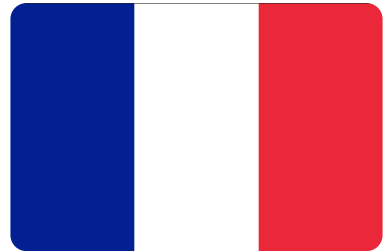
#4 Austria



#5 United Kingdom



#6 Slovenia



#7 France



#8 Canada



#9 Spain



#10 Australia

WEEKLY CALL SCHEDULE

MONDAY

**ROOT University - Ambassador training on
Newsite and Social media**

Zoom link:
[https://us02web.zoom.us/j/84692612526?
pwd=dU1yR1kza2o2ZDZDQrK2hnOFhNi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDZDQrK2hnOFhNi9lQT09)

Find your local number to dial in by phone:
[https://us02web.zoom.us/j/84692612526?
pwd=dU1yR1kza2o2ZDZDQrK2hnOFhNi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDZDQrK2hnOFhNi9lQT09)

Meeting ID: 846 9261 2526
Passcode: 891630

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

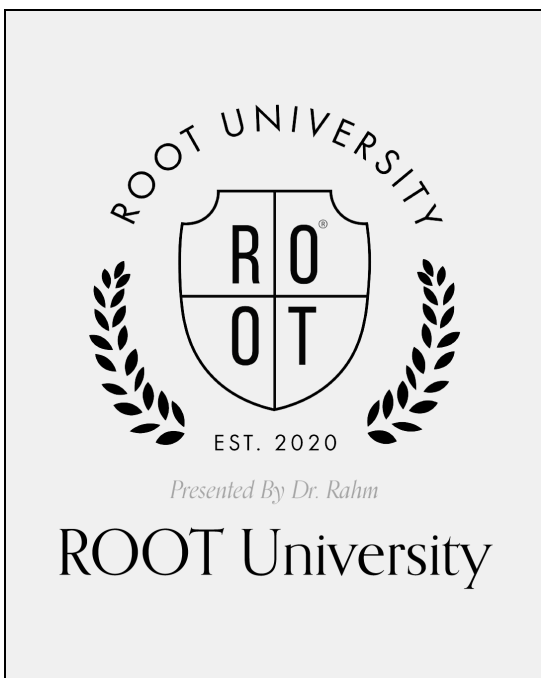
Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST



Presented By The Executive Team
Ambassador Training

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](#)



ROOT University with Dr Rahm on Genetics Test

Zoom link:
[https://us02web.zoom.us/j/89849245403?](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFbMjR1UDVKOUe5RnNXbSs5UT09)
[pwd=bUFaZXFbMjR1UDVKOUe5RnNXbSs5UT09](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



Decoding Nutrition Labels: What to Seek and Avoid for Better Health

Navigating nutrition labels effectively involves more than just checking calories and serving sizes.

Start by understanding what to look for and avoid. Begin with serving sizes to ensure you're comparing similar portions. Next, check total calories per serving and assess the breakdown of macronutrients—look for foods lower in saturated fats, added sugars, and sodium. Prioritize products with higher fiber and protein content for sustained energy and satiety. Pay attention to the ingredient list, avoiding additives like artificial sweeteners, MSG, brominated vegetable oil, hydrogenated oils, carrageenan, sodium nitrite, BHA, BHT, potassium bromate, propylparaben, titanium dioxide, GMOs, high fructose corn syrup, sugar alcohols, and synthetic food colorings like Red Dye No. 3, Red Dye No. 40, Yellow 5, and Yellow 6. By becoming familiar with these labels, you can make healthier choices that support your overall well-being.

THE NEWS CORNER

<https://societybee.buzz/new-book-launch-roots-military-science-dr-christina-rahm/>

<https://t2online.com/gbk-brand-bars-15th-annual-oscar-luxury-lounge/>

<https://resident.com/press-releases/2024/03/14/dr-christina-rahm-launches-new-book-roots-of-military-science>

<https://sociallifemagazine.com/2024/03/15/13496/>

<https://sociallifemagazine.com/2024/03/15/13520/>

<https://mrbusinessmagazine.com/the-success-of-dr-christina-rahm/>

<https://www.askmen.com/fitness/nutrition/best-greens-powders-to-supercharge-your-health.html>

<https://booktrib.com/2024/04/25/spokeswoman-and-innovator-dr-christina-rahm-talks-passion-wellness-adapting-to-change/>

<https://finance.yahoo.com/news/zero-root-brands-partnered-gamer-173200874.html>

<https://www.sciencetimes.com/articles/50811/20240619/all-vitamins-are-not-the-same-tips-on-how-to-choose.htm>

<https://www.brainzmagazine.com/post/surprising-facts-and-myths-about-us-patents>

<https://www.entrepreneur.com/growing-a-business/i-started-over-300-companies-here-are-4-things-i-learned/473136>

<https://wherethefoodcomesfrom.com/spend-a-lot-of-time-in-airports-try-these-nutritious-tsa-friendly-airplane-breakfasts/>

<https://www.theindustryleaders.org/post/6-inspiring-humanitarians-shaping-the-world-today>

<https://www.entrepreneur.com/growing-a-business/4-soft-skills-you-need-to-run-a-business/475836>



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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