

Hi, {{ contact.FIRSTNAME }}

Rahm Report

As we wrap up what has been an incredibly bustling and momentous weekend, I find myself overflowing with pride and gratitude for our ROOT community and the dedicated HQ team. This past week has been a testament to the strength, unity, and vibrancy of our community, showcasing our collective efforts and the profound impact we've made together.

From the corners of the globe, we welcomed visitors, each bringing their unique perspectives and enthusiasm, enriching our community further. The meetings were not just meetings; they were a confluence of ideas, a rekindling of existing bonds, and the sparking of new ones. The seamless execution of the events this past week reflects our shared commitment and the tireless work behind the scenes.

The Elysian CEO event stood out as a pinnacle of what we can achieve together. It was nothing short of amazing, a beacon of inspiration, and a clear indicator of the direction in which we are headed—together, as a united force for good.

However, amidst the hustle and the achievements, it's crucial to touch upon an aspect that is often overshadowed by our relentless pursuit of goals—self-care. The importance of taking time for oneself cannot be overstated. After a week filled with responsibilities, hosting a CEO event in my case, the need to rest and rejuvenate becomes paramount. Sleep, an often-neglected aspect of our health, is indeed key to our overall well-being. It's not just about physical rest but mental relaxation as well. Meditation and mindfulness have been my sanctuaries, offering solace and a much-needed pause to my mind and body after the whirlwind of activities.

As we move forward, let us not forget the foundation upon which our successes are built—the continued support and dedication of our ROOT community. Without you, we would not be where we are today. Your commitment fuels our mission, your passion ignites our drive, and your support makes every achievement possible.

Let us carry this momentum forward, not just in our external endeavors but in nurturing our internal well-being too. Together, we are unstoppable. Together, we are ROOT.

With Love and Light

Dr. Christina Rahm

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

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 this 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.

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
Nov 1	Paradise Valley

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



Dr. to Dr. conversations with Dr. Christina Rahm

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

Translation: German, Romanian

Time:

9:00 AM PST

10:00 PM MST

11:00 AM CST (Nashville)

12:00 PM EST

4:00 PM Ghana

5:00 PM GMT (UK, Portugal, Nigeria)

6:00 PM CET (Netherlands, Germany, South Africa)

7:00 PM EET (Romania)

8:00 PM (Dubai)

2:00 AM (Tuesday) AEDT Melbourne

ROOT University - Ambassador training

Zoom link:

[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)

[pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)



Presented By The Executive Team
Ambassador Training

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/kdTB10og1w>

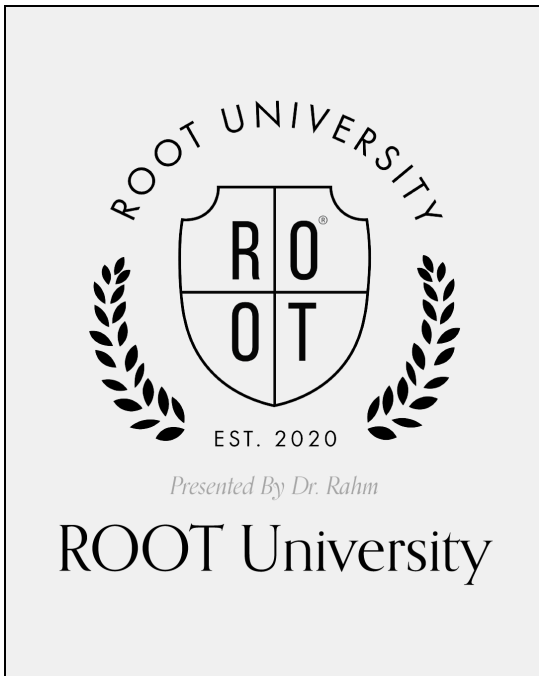
Meeting ID: 846 9261 2526
Passcode: 891630

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 on RENO,
previously recorded will be aired today on
Youtube today

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



The Gut-Brain Connection: How Your Gut Health Impacts Overall Wellbeing

The gut-brain connection is a fascinating link that significantly impacts overall well-being. Research has shown that the gut, often referred to as the "second brain," communicates with the brain via the vagus nerve and chemical messengers like neurotransmitters. This bidirectional communication influences not only digestion but also mood, cognition, and even behavior. A healthy gut microbiome, composed of trillions of bacteria, fungi, and other microorganisms, plays a crucial role in this connection. It helps regulate inflammation, produce neurotransmitters like serotonin and dopamine, and even modulate the immune system. Therefore, maintaining gut health through a balanced diet rich in fiber, fermented foods, and probiotics can positively impact mental health, reduce stress levels, and enhance overall well-being. Taking care of your gut means taking care of your mind and body holistically.

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>

<https://pantheonuk.org/the-struggle-to-stay-focused-how-to-naturally-mitigate-brain-fog/>



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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