

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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September is shaping up to be a burst of excitement and innovation! We're on the cusp of unveiling our groundbreaking skincare peptide line, a trio of essentials designed to revolutionize your skincare routine. This line isn't just about cleansing, hydrating, and moisturizing; it's a testament to the power of peptides. These tiny but mighty amino acid chains are the secret to stimulating collagen production, paving the way for skin that's not just smoother and firmer but also radiantly healthy. They strengthen your skin's natural barrier, improve hydration, and help reduce visible signs of aging.

We're also thrilled to announce our partnership with the 2nd annual Catwalk Fur Baby Fashion Show in New York. This isn't just any fashion show; it's a heartwarming celebration of style, compassion, and advocacy, supporting charities across the US that make a difference in the lives of women, children, pets, and our precious environment. It's a cause close to our hearts, and we can't wait to be a part of it.

And, as if that wasn't enough excitement, we're also diving into the world of podcasts while in New York. Prepare to be inspired by some truly exciting guests we have lined up. It's going to be a fantastic opportunity to share insights, stories, and maybe even a few secrets about our journey. We also have Schweinfurt coming up so many sure to get your tickets!

Meanwhile, Clayton and I are currently in Las Vegas, engaging in crucial meetings with manufacturers. These discussions are pivotal for the growth and future of our company, ensuring that we bring you nothing but the best in innovative solutions.

Stay tuned and mark your calendars—we're just getting started. Expect plenty of updates, surprises, and behind-the-scenes glimpses as we prepare for our New York adventure and the launch of our peptide line. It's going to be an unforgettable September, and we're so grateful to have you on this journey with us. Stay tuned!

With Love and Light

Dr. 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

## RPS Call

Our next RPS call will be Monday August 26th at 1pm CST

## Rahm Effect App

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



## Germany Inventory

Natural Barrier Support is on its way to Germany. We expect it to arrive this week.

## South Africa Inventory

We are hopeful to have some movement on these products this coming week.

## 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/vBPHB9PIKRO>  
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.

Sept 4-7 NYC Catwalk Furbaby [documentary Launch](#)

Sept 13 Palm Beach, FL

Sept 11-13 LA Emmys Award show

Sept 20-22 Germany ROOT Event Get your tickets [here](#)

Sept 23-28 Dubai

Sept 29-1 Kosovo Event

Oct 8/9 Dallas, TX

Oct 10/11 Guadalajara, MX

Oct 26-27 Miami, FL [Biohackers World Event](#) [Use code ROOT40 for tickets](#)

Nov 1 Paradise Valley

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## 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,

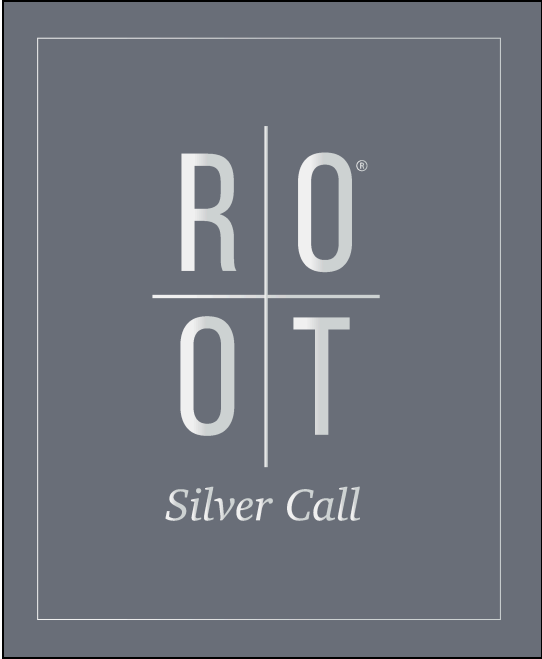
Root Wellness LLC Legal and Executive teams!

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## WEEKLY CALL SCHEDULE

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**MONDAY**

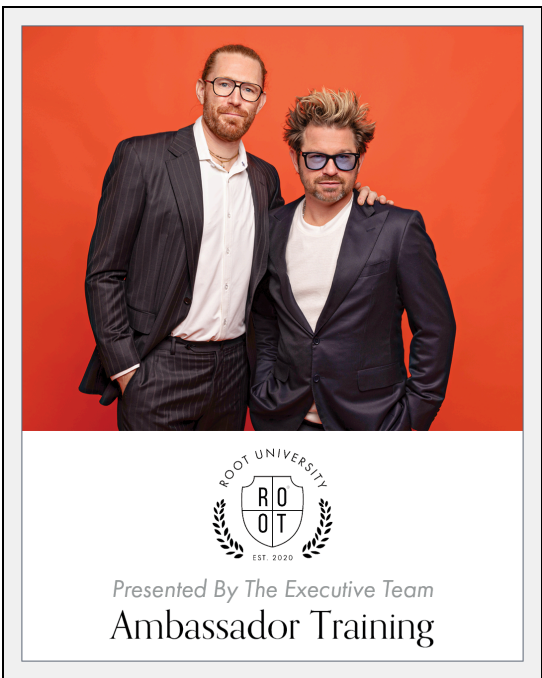


**SILVER CALL - ROOT Leadership Team and Ambassadors Silver Rank and above**

The link to the call will be provided in the WhatsApp channel

Interpreters: Germany, Czech Republic, Slovenia

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 on using the patents to promote ROOT**

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

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

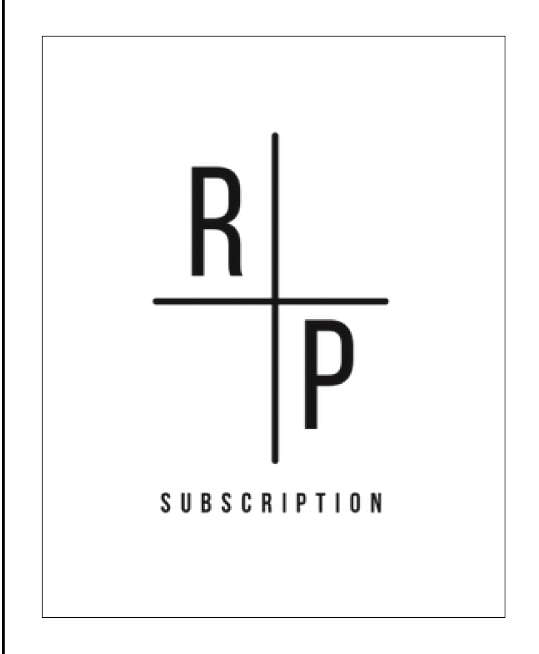
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5:00 PM Ghana  
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7:00 PM CET (Netherlands, Germany, South Africa)  
8:00 PM EET (Romania)  
9:00 PM (Dubai)  
3:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

**Join us Live for a special showing of the Trunk Show to the RPS community!**

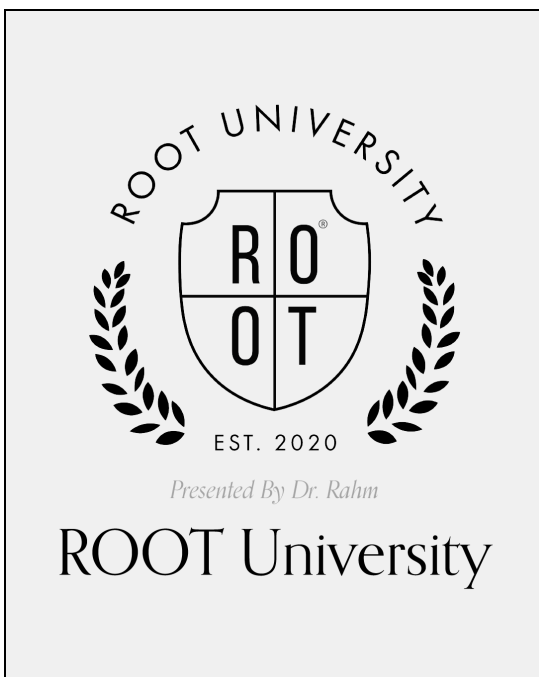
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7:00 PM GMT (UK, Portugal, Nigeria)  
8:00 PM CET (Netherlands, Germany, South Africa)  
9:00 PM EET (Romania)



10:00 PM (Dubai)  
4:00 AM (Tuesday) AEDT Melbourne

## TUESDAY



### **ROOT University with Dr Rahm on Preventative Health Care and The Lectin Patent**

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

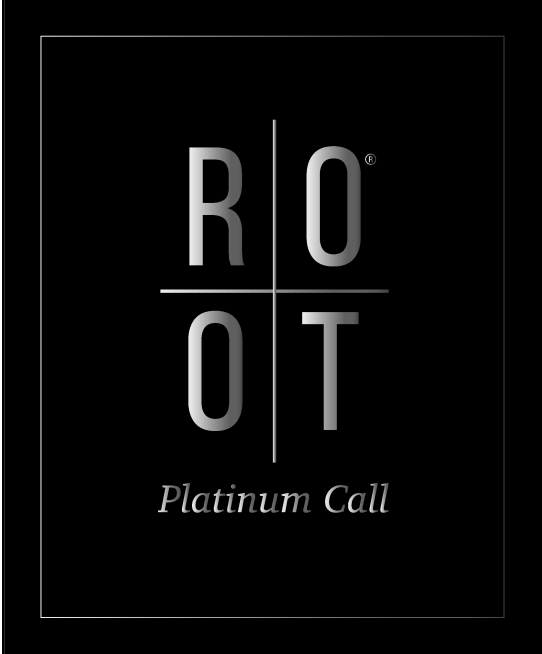
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7:00 PM GMT (UK, Portugal, Nigeria)  
8:00 PM CET (Netherlands, Germany, South Africa)  
9:00 PM EET (Romania)  
10:00 PM (Dubai)  
4:00 AM (Wednesday) AEDT Melbourne

## WEDNESDAY

### **Platinum Ambassadors Call with The ROOT Leadership team**

Please check the WhatsApp group for the link to this call

Interpreters: German



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 (Thursday) AEDT Melbourne



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

Time:  
TBD for Summer Break

[Click Here To Join](#)

## SCIENCE CORNER

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## Eating for Energy: Nutritional Strategies for Lasting Vitality

Eating for sustained energy involves making smart nutritional choices that fuel the body efficiently throughout the day. Start by prioritizing complex carbohydrates such as whole grains, fruits, and vegetables, which release energy steadily due to their fiber content. Incorporate lean proteins like chicken, fish, tofu, and beans, as they help maintain stable blood sugar levels and provide long-lasting energy. Healthy fats from sources like avocados, nuts, and olive oil are also beneficial, as they support brain function and satiety. Additionally, stay hydrated by drinking plenty of water throughout the day to prevent dehydration, which can cause fatigue. Finally, aim for balanced meals and snacks spaced evenly throughout the day to maintain energy levels and avoid energy crashes. By adopting these nutritional strategies, you can sustain energy levels and optimize overall well-being.

### THE NEWS CORNER

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<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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Franklin, TN 37067

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[hello@therootbrands.com](mailto:hello@therootbrands.com)

+1 (980) 400-3245

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