

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

---

As we get ready for New York Fashion Week, I wanted to share an update about the upcoming Runway 7 show. The 2nd Annual Catwalk Fur Baby Fashion Show, supported by DRC Ventures, Elysian, and the Rahm Foundation, isn't just about fashion—it's about championing the causes that matter most. This event will uniquely combine style with a strong message of support for people, pets, and our planet.

The charity portion of the show will highlight the Rahm Foundation, where Rikki Harris from Tennessee Voices will join our very own Einstein on the runway! Einstein has been in full prep mode, taking his Bill and Co supplements, especially AniGreens, to get ready for the big event.

We're setting aside an entire day for podcasts on the 6th, where we'll be having some really meaningful conversations that reflect our mission and values. We'll cover a variety of topics that we're passionate about, offering insights and inspiration for everyone involved.

I'm particularly excited that Merritt and Crider will be joining us for the fashion show. Crider will even be taking on a special role on the runway—more details on that to come! It's also a wonderful opportunity to sneak in some family time during the event.

The excitement begins this Wednesday, September 4th. As we dive into these impactful events, we invite you to stay connected with us. We'll be sharing highlights and updates across our social media channels, giving you a front-row seat to all the action as we take on New York for Fashion Week.

With Love and Light

Dr. Christina Rahm

---

**THE WEEKEND REPORT**

---

## Labor Day

In lieu of the Labor day holiday. HQ will be closed on Monday. Please contact customer support if you need any assistance.

## 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

## RENO is Available

We are so excited to bring to the community the new formula of Reno.



## Rahm Effect App

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



## South Africa Inventory

We are happy to announce that our products are finally approved and we will be getting them shipped to our warehouse 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/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.

Sept 4-7	NYC Catwalk Furbaby <a href="#">documentary Launch</a>
Sept 13	Palm Beach, FL
Sept 11-13	LA Emmys Award show
Sept 20-22	Germany ROOT Event Get your tickets <a href="#">here</a>
Sept 23-28	Dubai
Sept 29-1	Kosovo Event
Oct 8/9	Dallas, TX
Oct 10/11	Guadalajara, MX
Oct 26-27	Miami, FL <a href="#">Biohackers World Event</a> <a href="#">Use code ROOT40 for tickets</a>
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!

## AUGUST COUNTRY TOP 10

---



**#1 Germany**



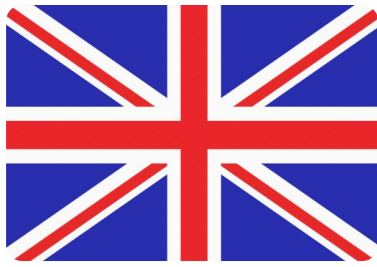
**#2 United States**



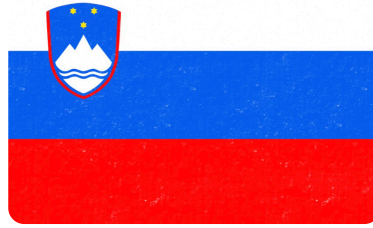
**#3 Switzerland**



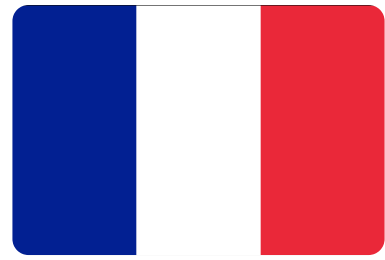
**#4 Austria**



#5 United Kingdom



#6 Slovenia



#7 France



#8 Australia



#9 Canada

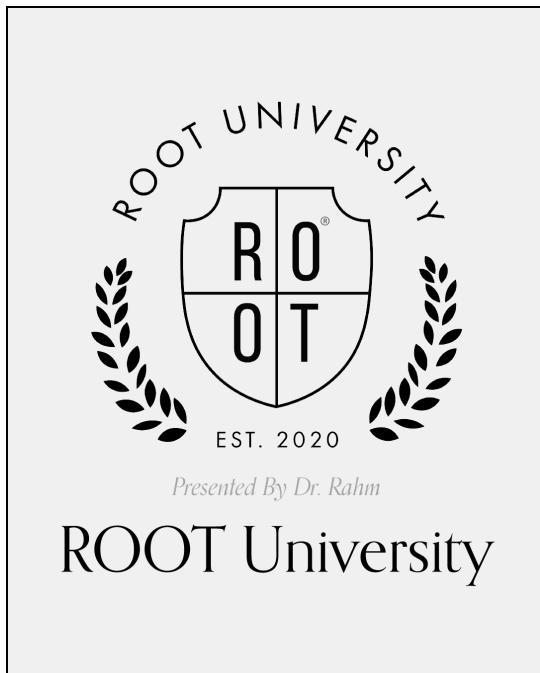


#10 Spain

## WEEKLY CALL SCHEDULE

---

### 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/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

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

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 Science of Fermented Foods: Unlocking Their Health Benefits

Fermented foods have been cherished for centuries across cultures, and their health benefits are increasingly supported by science. Fermentation involves beneficial bacteria or yeasts breaking down sugars and starches in food, creating compounds like probiotics, vitamins, and enzymes. These live microorganisms contribute to gut health by promoting a diverse microbiome, which is linked to improved digestion, immune function, and even mental health. Fermented foods such as yogurt, kefir, sauerkraut, kimchi, and miso are rich in probiotics that help maintain a healthy balance of gut bacteria. Additionally, fermentation enhances nutrient absorption and may reduce the risk of chronic diseases like heart disease and diabetes. Incorporating fermented foods into your diet supports overall well-being, making them a delicious and nutritious addition to meals.

<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

393 Nichol Mill Ln Unit 250B

Franklin, TN 37067

Website: <https://therootbrands.com>

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

+1 (980) 400-3245

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

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

© 2020 The Root Brand

[Unsubscribe](#)