

Hi, {{ contact.FIRSTNAME }}

# Rahm Report

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This past week marked a significant milestone we've been eagerly anticipating since the first Catwalk Fur Baby Fashion Show last year. It was our pleasure to be a title sponsor for the 2nd Annual Catwalk Fur Baby Fashion Show, a celebration that advocates for the causes of women, children, and environmental protection. The Root and DRC Ventures team poured their hearts and souls into making this event a monumental success.

With the support of DRC Ventures, Elysian, and the Rahm Foundation, the fashion show was a perfect fusion of breathtaking fashion and meaningful advocacy, underscoring our dedication to uplifting communities, caring for pets, and safeguarding our planet. The runway was electrified by our very own Einstein and Rikki Harris from Tennessee Voices, who exemplified the fusion of fashion and philanthropy. Einstein, in peak condition thanks to his regimen of Bill and Co supplements and AniGreens, was a showstopper. It was truly amazing for The ROOT brands to contribute to an event that supports such great causes!

Our podcast event on September 6th was another highlight, offering captivating discussions that reflected our core mission and values. These discussions offered profound insights and further solidified our commitment to the causes we hold dear. A memorable highlight was Clayton's appearance on the runway, where he took his Zero-In pill, adding a deeply personal element to his walk. Crider's standout presence on the runway was truly unforgettable, and it was heartwarming to see the event evolve into a cherished family moment, especially from my perspective as a mom.

We hope you enjoyed the fashion show as much as we did. Keep an eye out for further updates and highlights as we continue to intertwine fashion with significant causes. ROOT is genuinely creating positive change across multiple fronts, and we're excited about what's next! Also, anticipate the debut of our Peptide line—we're eager to unveil it for you! Your involvement is crucial as we advance our mission.

With Love and Light

Dr. Christina Rahm

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## THE WEEKEND REPORT

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### Catwalk Furbaby Fashion Show

We wanted to share a sneak peak of the Sony Runway 7 fashion show to showcase the Merci Dupre line





## UAE Website

The new website will be live this week and we are very excited to launch this new region.

## UK Delay

There will be a week or so delay in any UK shipments. We are working to get this issue resolved as soon as possible.

## 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

## 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 transferred 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/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 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 5	Mount Pleasant, TX His Glory 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

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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,

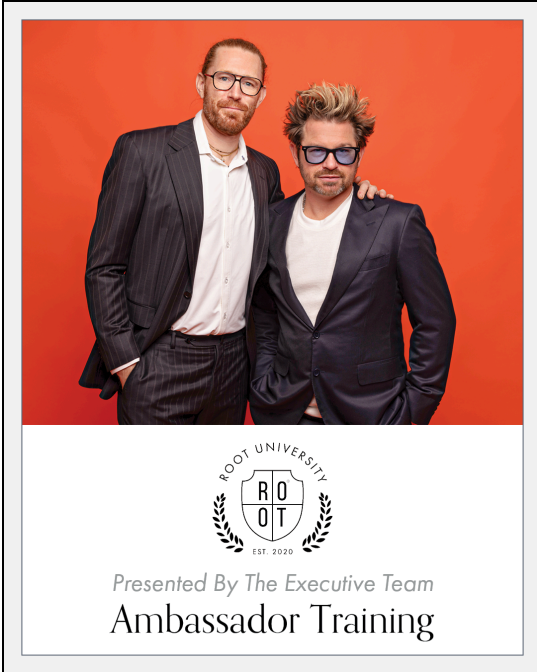
Root Wellness LLC Legal and Executive teams!

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## WEEKLY CALL SCHEDULE

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MONDAY



**ROOT University - Ambassador training on using the Lectin Patents**

Zoom link:  
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

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

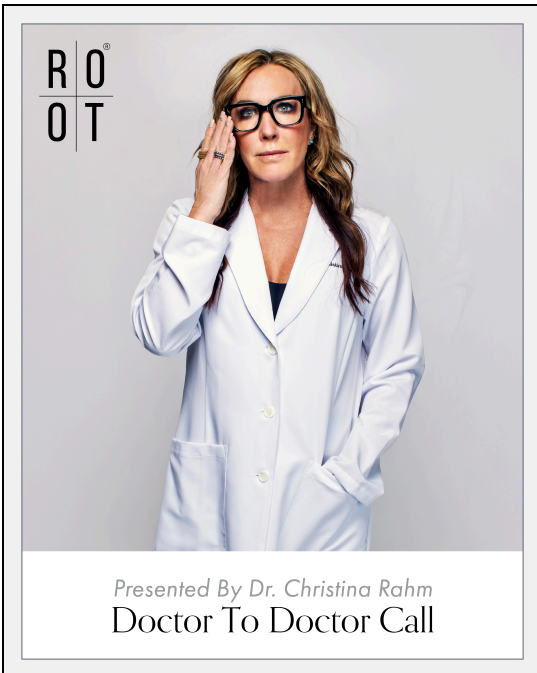
Meeting ID: 846 9261 2526  
 Passcode: 891630

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

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**



**Dr. to Dr. conversations with Tyger and Patrick to discuss patents and updated Dropbox**

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 (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](#)

*Presented By Dr. Rahm & Clayton Thomas*  
**Live Instagram Q&A**

## SCIENCE CORNER

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### Balancing Blood Sugar: Nutrient-Rich Foods for Stable Glucose Levels

Managing blood sugar levels is crucial for overall health, especially for individuals with diabetes or those looking to prevent metabolic issues. Choosing foods that help stabilize glucose levels can make a significant difference. Opt for high-fiber foods such as whole grains like oats and quinoa, which digest slowly and prevent rapid spikes in blood sugar. Incorporate lean proteins such as chicken, fish, and legumes, as they help regulate blood sugar and promote satiety. Healthy fats from sources like avocado, nuts, and olive oil can also slow down digestion and stabilize glucose levels. Additionally, include plenty of non-starchy vegetables like leafy greens, broccoli, and bell peppers, which provide essential nutrients without significantly impacting blood sugar. By focusing on these nutrient-dense foods, you can effectively manage blood sugar levels and support 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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