

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week, we traveled to Los Angeles and participated in the Pre-Primetime Emmy Awards Talent Lounge in Beverly Hills. It wasn't just an event—a chance to build connections and show our products, including Rahm Roast, to people who share our mission of healing, leading, and living in balance.

But the trip to Los Angeles wasn't solely about business. I took the opportunity to arrive a few days early, with my daughter, Merritt Ella, who celebrated her 19th birthday on Sunday.

On the business side, we're close to a big milestone. We're in the final steps of launching the new peptides line, showing our commitment to offering healthy solutions. They aren't just products; they reflect our goal to improve people's health worldwide. Stay tuned for their launch – it's going to be a big deal.

Looking back on this week, we're grateful for the chances to connect, celebrate, and make progress. From the excitement of Beverly Hills to celebrating Merritt Ella's birthday, each moment has been a step forward.

Every day, our main job is to be nice to each other. With science and faith as our guides, we're all about making life better for everyone—looking after people, taking care of our world, and making sure the future is bright for everyone coming after us. As we start traveling again, let's remember to be kind and keep in mind why we're doing all of this.

With Love and Light

Dr. Christina Rahm

THE WEEKEND REPORT

UAE Website

The new website is live!!

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 20-22	Germany ROOT Event Get your tickets here
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 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

ROOT University - Ambassador training

Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhNi9lQT09>



Presented By The Executive Team
Ambassador Training

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

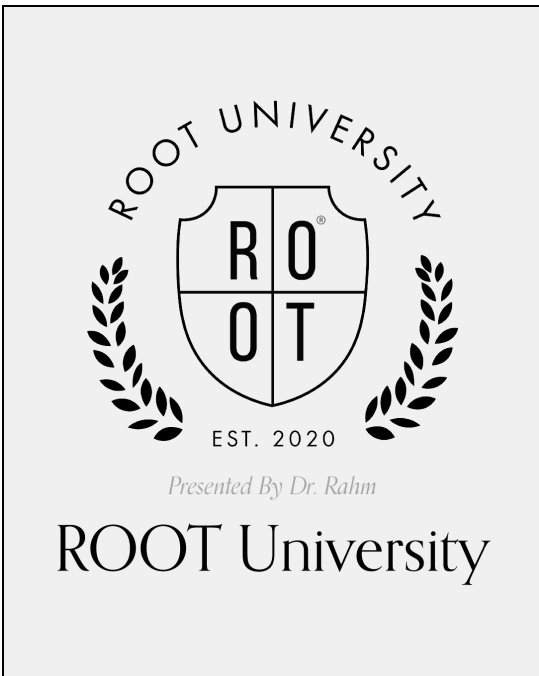
Meeting ID: 846 9261 2526
Passcode: 891630

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

Zoom link:
[https://us02web.zoom.us/j/89849245403?](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09)
[pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09)
UT09

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/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](#)

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

SCIENCE CORNER



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

<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/>

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

<https://www.harlemworldmagazine.com/karen-floyd-hosts-2nd-annual-catwalk-furbaby-fashion-show-at-nyfw/>

<https://davidsguide.com/harvest-premier-emmys-celebrity-gifting-lounge/>



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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