

Hi, {{ contact.FIRSTNAME }}

Rahm Report

It is no secret that exercise is incredibly important for our overall health. Exercise can help reduce our stress and anxiety levels, improve our moods, and even help us sleep better.

There are several reasons why exercise is so beneficial for our mental health. First, exercise releases endorphins, which are hormones that make us feel happy and euphoric. Exercising also helps us get rid of tension and anxiety-causing toxins in our bodies. Exercising can help us to focus on something positive, which can be helpful when we are feeling stressed or anxious. Working out improves our sleep and our circadian rhythms drastically. The National Sleep Foundation conducted a survey in which they asked 1,500 people about their sleep habits. The survey found that people who worked out reported better sleep quality than those who did not work out.

Finally, exercising regularly can help us to develop a positive self-image. When we feel good about how we look, we are less likely to feel stressed or anxious about things that may normally bother us. I know when I work out I feel happier and like a weight has been lifted off me.

If you're like most people, you probably find it difficult to focus when working out and maybe start feeling fatigued. Whether you're lifting weights, running on the treadmill, or doing any other type of exercise, it can be tough to keep your mind from wandering. This is where Root's Nootropic blend, Zero-In, comes in. By increasing levels of neurotransmitters serotonin and dopamine, Zero-In can help you feel more focused and motivated while working out. In addition, Zero-In also contains ingredients that help improve blood flow and oxygenation to the brain. This can help you think more clearly and make better decisions while working out. Before I work out, I drink my protein smoothie with a little sprinkle of Relive greens, take a Zero-In and I am ready to go.

With Light and Love,

Dr. Andrew Rahm

THE WEEKEND REPORT

New Facebook Page

We have moved to a new facebook page. If you are active on Facebook please make sure to give the page a follow by clicking below.

Out Of Stock/Shipping Delays

International Shipments - We have been made aware that due to holiday travel that packages are being shipped back to our logistic partners because they are not being picked up at the local post office. Please make sure that you are tracking your shipment when you receive the confirmation email with the link so you do not miss your package being delivered.

United States - We will be stocking our fulfillment centers with Zero-In this week to fulfill all back orders. We know that this has been a long wait and we are excited to have a very large quantity of Zero-In being spread throughout all of our shipping locations.

Germany - Zero-In has landed and all back orders have started shipping. It will take some time to get all orders out but we have stock and shipping in order of orders received. Give Me Back My Youth Has landed and on its way to our logistics center and will start shipping next week.

South Africa - We have been notified that the second stock we sent has been delivered and passed through customs so we are making arrangements to get it picked up.

Please reach out if you have any questions
hello@therootbrands.com

ROOT Prime Members

As of this month we have updated our ROOT Prime free shipping policy as discussed on the 3rd party sellers call. You are now allowed 3 free shipping orders every 30-days from your RPS processing date. So 1 RPS order and 2 additional in between orders every 30 days. Please note that the 30 days starts when your order processes each month.

Upcoming Call Schedules

Please note that the next few weeks there will be heavy travel weeks and some calls will be canceled. Please be sure to check the weekly newsletter for these updates. For example: We will be pausing the country calls until October and ambassador training this week is canceled

Compliance Statement

All members of the ROOT Community must adhere to our strict company guidelines, and refrain from making medical claims or providing medical advice in conjunction with ROOT Wellness and our products, either verbally or in print. As a reminder, we are posting the FDA guideline below.

The following is an example of what you can use in your correspondence with customers:

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.

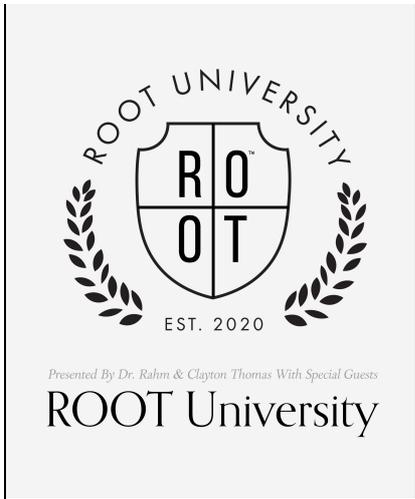
FAILURE TO REMEDY OR RESPOND ONCE WARNED WILL RESULT IN SUSPENSION OF YOUR ACCOUNT

WEEKLY CALL SCHEDULE

TUESDAY



ROOT University with Dr Rahm and Clayton Thomas



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>

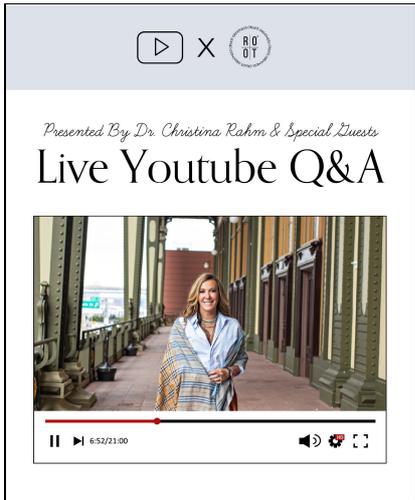
Meeting ID: 898 4924 5403
Passcode: 394499

Interpreters: German, Czech Republic, Slovenia

Time:
12:00 PM PDT
1:00 PM MDT
2:00 PM CDT (Nashville)
3:00 PM EDT
7:00 PM Ghana
8:00 PM GMT (UK, Nigeria)
9:00 PM CET, WAT (Netherlands, Germany, South Africa)
11:00 PM (Dubai)
5:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY



**Join us on YouTube Live!
Tune in to Dr. Christina Rahm's
YouTube page for a Q & A with her
and special guests.**

Link:
<https://www.youtube.com/c/DrChristinaRahm>

Time:
9:00 AM PDT
10:00 AM MDT
11:00 AM CDT (Nashville)
12:00 PM EDT
4:00 PM Ghana
5:00 PM GMT (UK, Nigeria)
6:00 PM CET, WAT (Netherlands, Germany, South Africa)
8:00 PM (Dubai)
2:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

SCIENCE CORNER



Chlorella

Is a single-celled, green freshwater algae whose nutritional profile has led some to call it a “superfood.” Chlorella is a complete protein source meaning it contains all nine essential amino acids. It contains several nutrients including vitamins, minerals, antioxidants, and omega-3 fatty acids. Chlorella may help the body detox by binding to heavy metals and other toxins. It has been found to weaken the heavy metal toxicity of the liver, brain, and kidneys. Chlorella may boost immune system function by increasing the activity of various parts of the immune system. Chlorella also contains several compounds that are considered antioxidants including chlorophyll, vitamin C, beta-carotene, lycopene, and lutein. These antioxidants may protect against chronic disease. Chlorella has a hard cell wall that humans cannot digest so you must take it as a supplement to enjoy its benefits. ROOT’s ReLive Greens contains chlorella and are super easy to add to your daily regime. You can add it to juice, smoothies, or even yogurt.



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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