

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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This week has been an exciting and fulfilling one. I traveled to Schweinfurt, Germany, where we celebrated a major milestone: the official launch of our 3-step skincare program with Ella Pure, featuring our innovative peptides line. The program, developed with the highest quality peptides, is designed to transform skin health by promoting natural regeneration and long-lasting radiance. I've been looking forward to this launch for quite some time, and it was amazing to see it all come together.

Our Ella Pure Peptides skincare line is truly a labor of love. We worked diligently to create a system that is both effective and sustainable, ensuring that each step in the program helps nourish and rejuvenate the skin while being kind to the environment. From cleansing to treatment and hydration, this 3-step program is set to revolutionize skincare routines, and I couldn't be more excited to share it with the world.

We are holding meetings and are having inspiring conversations about the future of the brand and how we can continue to push boundaries in health and wellness. These ambassadors are the heart and soul of our mission and meeting them in person was a powerful reminder of why we do what we do as we head into the final day of the event. As we finish the last day I am getting excited to head to Dubai.

I want to take a moment to express my deepest gratitude to all of our ambassadors—you are the reason we're able to achieve so much. Your passion, hard work, and dedication to sharing our message and products are what drive us forward every day. It was truly special to hear your stories and celebrate the incredible work you're doing in your communities. THANK YOU for everything you do and know that we are always grateful for your efforts and commitment. You are the reason we do this!

This past week gave me time to reflect—there's not much else to do on a plane besides work and think! From launching our skincare line to nurturing the community we've built, it's clear we're creating something truly impactful. What we're doing isn't just about us; it's about making a difference in the world. Every product we develop is grounded in science, sustainability, and a genuine commitment to enhancing health and beauty for everyone.

Thank you to everyone who made this possible. Here's to continued progress and making a real difference together.

With Love and Light

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## THE WEEKEND REPORT

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### RPS Giveaway

This Friday we will be giving away another prize and this one is a two trip decision to Sedona Valley, or Key West. If you have been an RPS member for the last 3 months you have a chance to win the trip. Be on the call to win the prize.

### 3 Step Peptide Launch Available NOW!



### 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

### 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.

### 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 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

## 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!

## WEEKLY CALL SCHEDULE

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MONDAY



Presented By The Executive Team  
Ambassador Training

### ROOT University - Ambassador training on Updated Statistics Data!

Zoom link:  
[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)  
[pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)

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

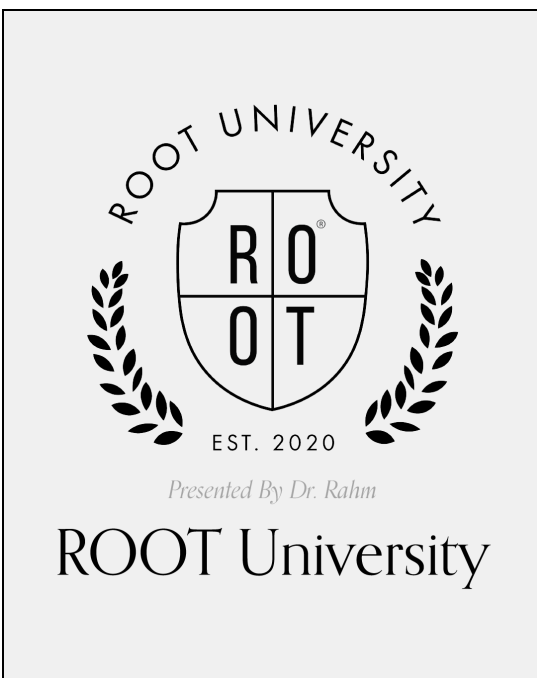
Meeting ID: 846 9261 2526  
Passcode: 891630

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



ROOT University with Dr Rahm - A prerecorded video will be posted on Youtube

[Click Here To Join](#)

## WEDNESDAY

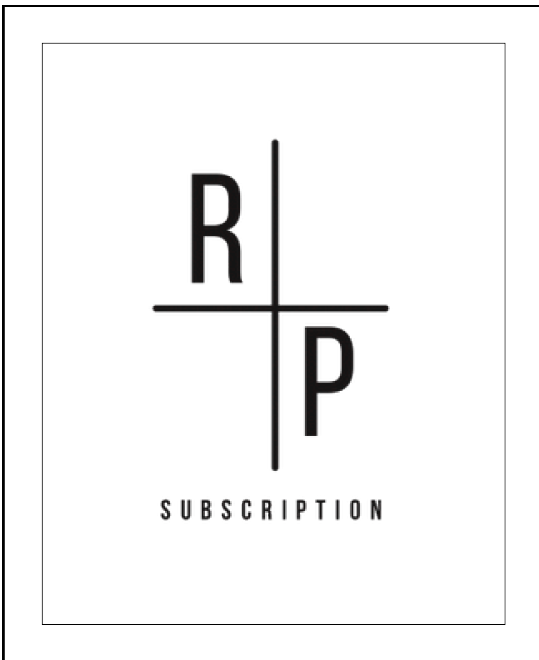
Join us on Instagram Live!  
Tune in to Dr. Christina Rahm's Instagram



Time:  
TBD for travel

[Click Here To Join](#)

## FRIDAY



**Join us Live for a special RPS Q3 Winner!**

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

Log in to you RPS Back Office to access the Zoom link

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 (Saturday) AEDT Melbourne

## SCIENCE CORNER

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## The Power of Mindfulness and Meditation: Enhancing Health and Well-being

Mindfulness and meditation offer profound benefits for both mental and physical health. Scientific research supports their effectiveness in reducing stress, anxiety, and depression by promoting relaxation and emotional regulation. Regular practice enhances focus, attention span, and cognitive function, contributing to improved productivity and overall mental clarity. Moreover, mindfulness and meditation have been linked to lower blood pressure, improved immune function, and better sleep quality. By cultivating awareness of the present moment and adopting these practices into daily life, individuals can experience enhanced well-being and resilience against the challenges of daily stressors.

### THE NEWS CORNER

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<https://societybee.buzz/new-book-launch-roots-military-science-dr-christina-rahm/>

<https://t2conline.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/>

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

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

<http://www.timessquaregossip.com/2024/09/dr-christina-rahm-debuts-new-merci.html>

<https://nyundressed.com/dr-christina-rahm-of-drc-ventures-debuts-new-merci-dupre-clothiers-collection-at-new-york-fashion-week/>



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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