

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week was a whirlwind of travel and exciting opportunities as I made my way from Schweinfurt to Dubai for the prestigious Asia One event. Standing on an international stage and discussing our approach to sustainable living was truly an honor. We've been working tirelessly to develop products and solutions that enhance people's health and respect and protect our environment. Sharing this mission with such a diverse, global audience was an incredible experience, and it reaffirmed how interconnected we all are in the quest for a cleaner, healthier planet.

During the event, we also celebrated the Autumnal Equinox on September 23rd. The equinox is a meaningful time for me—it reminds me of the importance of balance. Whether it's balancing work and family, or our efforts to improve human health while caring for the environment, this day always inspires reflection. As the season transitions, I'm reminded to embrace the changes in both my personal and professional life with openness and gratitude.

While I was in Dubai, my incredible team back in Nashville attended Nashville Lifestyle Magazine-The 25 Most Beautiful People Event on September 25th. This event was another wonderful opportunity to share our message of sustainability and health-focused innovation with a broader audience. The team did an amazing job representing all of the brands, and I was so proud to see the enthusiasm and support for the work we're doing.

As the seasons shift and the natural world around us transforms, I feel a renewed sense of purpose and energy for the projects we have lined up. There's so much more to do, but with each step forward, I feel confident that we're making a meaningful impact—not just through our products, but by spreading the message that sustainable living and health are deeply connected.

The Autumnal Equinox has always been a time of reflection for me. As I look back on this week's events and forward to what's coming, I'm reminded of how important it is to stay grounded in our values. Our commitment to creating products that heal both people and the planet is at the heart of everything we do, and I'm grateful for the opportunity to share that vision with so many.

With Love and Light

Dr. Christina Rahm

ROOT U

Due to some last minute changes we will not be having ROOT U this week

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. We are currently in stages to roll out some more benefits to the app. Stay tuned. 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/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.

Oct 3-6	Dreamhack Atlanta
Oct 8/9	Dallas, TX
Oct 10/11	Guadalajara, MX Get Your Tickets Here
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 on the peptide products and our new contest



Presented By The Executive Team
Ambassador Training

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>

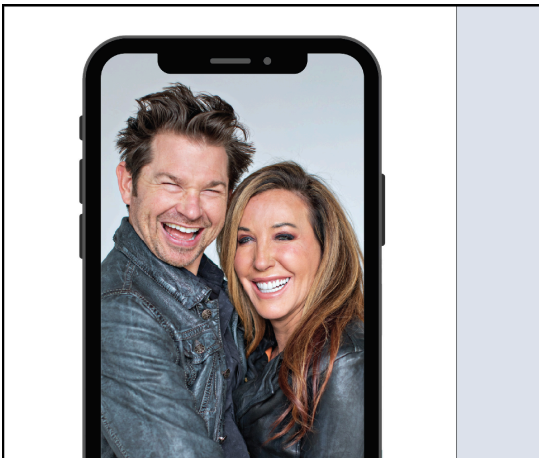
Meeting ID: 846 9261 2526
Passcode: 891630

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](#)

WEDNESDAY



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

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

Time:
TBD for travel

[Click Here To Join](#)

SCIENCE CORNER



Understanding Magnesium: Types, Benefits, and Sources for Health

Magnesium is a vital mineral involved in hundreds of biochemical reactions in the body, influencing everything from muscle function to nerve transmission and energy production. There are three primary forms of magnesium supplements commonly used:

1. Magnesium Citrate: This form is well-known for its high bioavailability, meaning it's easily absorbed by the body. It's often used to support digestive health and relieve constipation due to its ability to draw water into the intestines.

2. Magnesium Glycinate: Known for its calming effects, magnesium glycinate is often recommended for relaxation and stress relief. It's less likely to cause gastrointestinal upset compared to other forms, making it a popular choice for individuals with sensitive stomachs.

3. Magnesium Oxide: While less bioavailable than citrate or glycinate, magnesium oxide is still commonly used due to its affordability. It's typically used as a laxative and to support overall magnesium levels.

Sources of magnesium in whole foods include leafy green vegetables like spinach and kale, nuts and seeds such as almonds and sunflower seeds, whole grains like brown rice and quinoa, and legumes like black beans and chickpeas. Including these foods in your diet can help ensure you're getting sufficient magnesium to support optimal health and 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/>

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<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>

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<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/>

<https://www.thevoicenashville.com/business/empowering-voices-at-the-women-and-men-leadership-conference/>



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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