

Hi, {{ contact.FIRSTNAME }}

Rahm Report

As October begins, we are reminded of the significance of Breast Cancer Awareness Month—a dedicated time to educate, support, and empower individuals in the fight against this devastating disease. This cause holds a special place in my heart, not only as a woman but also as someone deeply invested in health and wellness. Breast cancer impacts millions of people worldwide, and I firmly believe in the importance of early detection, education, and proactive health management as powerful tools to create lasting change.

Throughout this month, I am fully committed to sharing valuable insights on prevention, early detection, and recovery. One of my greatest passions is empowering others to take control of their health, and Breast Cancer Awareness Month provides a unique opportunity to inspire action, self-care, and knowledge. Together, we can make a difference by encouraging health-conscious decisions and advocating for regular screenings and a proactive approach to wellness.

Last week, I was back in the office for just a day before heading off to Dallas for an exciting ROOT meet-up with our top ambassadors. It's been a busy time, with travel taking me from city to city, and soon, I'm headed back to Europe for a few more events with some ROOT ambassadors. While the global growth and opportunities have been incredible, as we approach the end of the year, I'm planning to scale back on international travel. Prioritizing time for family, friends, and my responsibilities in the office is increasingly important to me. Moving forward, I aim to focus more on local events and nurturing our community closer to home, while still supporting our global initiatives.

With Love and Light

Dr. Christina Rahm

THE WEEKEND REPORT

Rahm Roast Certification

We have translated and uploaded our Mycotoxin report from our most recent batch of coffee. This is an

informative document and not to be used for marketing purposes. The only document that holds weight is the Turkish one due to where our coffee is roasted

Mexico Event

Please note that we have moved the Guadalajara event to be in November in the first week.

Growth Challenge 2024/25

The Growth Challenge has been added to the back office and translated in all languages for you to promote with your community. *Hint hint we might be giving out some awards each Monday for who has grown the most!!*

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 still working with authorities and they keep giving us the run around. We are working on filling out more documents.

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 8	Dallas, TX
Oct 9-14	Macedonia
Oct 11-15	Kosovo
Oct 17-18	Boulder, CO DragonFly Health Event
Oct 26-27	Miami, FL Biohackers World Event Use code ROOT40 for tickets
Oct 28-30	Vegas
Nov 1	Paradise Valley
Nov 6/7	Guadalajara, MX Get Your Tickets Here
Nov 23-27	Vatican - World Changers Summit

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



Presented By The Executive Team
Ambassador Training

ROOT University - Ambassador training on Level 1 and Level 2 Growth

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>

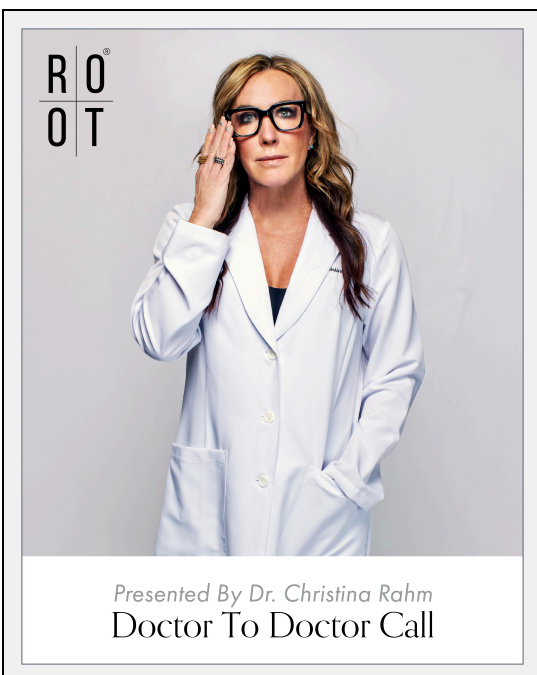
Meeting ID: 846 9261 2526
Passcode: 891630

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)
4:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

TUESDAY



Presented By Dr. Christina Rahm
Doctor To Doctor Call

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)
3:00 AM (Wednesday) AEDT Melbourne

WEDNESDAY

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



Time:
TBD for travel

[Click Here To Join](#)



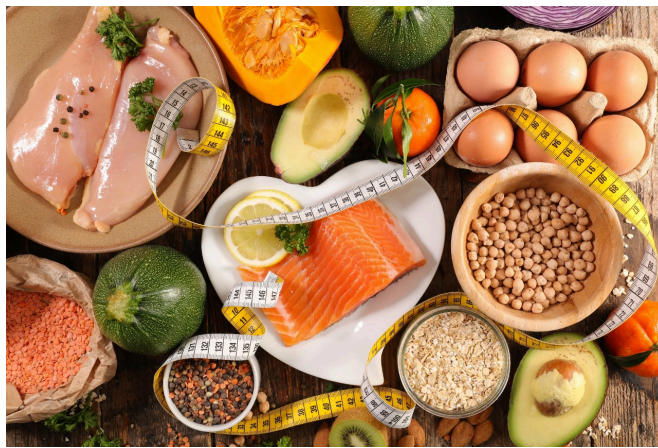
ISNS Meeting with Dr. Ketskes on Hyperlipidaemia with Obesity

Please note that these calls are only for ISNS members ONLY. They are not to be shared or used for any marketing materials

Interpreters: German, Romanian

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)
5:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)



High Protein Diet for Weight Loss: How Protein Boosts Your Metabolism and Supports Fat Loss

A high-protein diet is often touted for its effectiveness in promoting weight loss and improving body composition. Protein plays a crucial role in several weight loss mechanisms. First, it increases feelings of fullness and satiety, which can lead to reduced calorie intake and better adherence to a calorie-controlled diet. Second, protein requires more energy to digest compared to fats and carbohydrates, boosting metabolism through a process called the thermic effect of food. This means you burn more calories digesting protein than other macronutrients. Additionally, a high-protein intake helps preserve lean muscle mass during weight loss, which is important for maintaining metabolic rate and physical function. Sources of lean protein like chicken, fish, tofu, legumes, and low-fat dairy should be prioritized in a balanced diet to maximize these benefits and support sustainable weight loss goals.

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/>

<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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