

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week took us to Skopje, North Macedonia, for the World Changers Balkan Summit, where we had the opportunity to join some of the most forward-thinking minds in the region. It was an honor to represent ROOT and share our vision for the future of health, wellness, and clean living.

October 10th marked World Mental Health Day, and it served as a powerful reminder to focus on our mental wellness. As we've discussed in previous events and communications, mental health is foundational to overall well-being, and it's something that ROOT is deeply committed to supporting. We shared some valuable insights on taking care of our mental state, emphasizing self-care, gratitude, and mindfulness. It's our goal to continue breaking the stigma around mental health, and the response from our community was incredible. We hope everyone took some time for themselves and checked in on their mental wellness this week.

Before we left the country for international travel, we had an incredible gathering in Dallas for the ROOT event. The sense of community and collaboration was stronger than ever as we discussed new developments in gut health and detoxification. We were also excited to share future plans that our ambassadors and supporters can look forward to. Thank you to everyone who joined us and contributed their energy and ideas!

We continued to Skopje, North Macedonia, for the World Changers Balkan Summit. This summit has been an inspiring experience, filled with incredible speakers and groundbreaking ideas. We connected with global leaders, change makers, and innovators, all focused on making a lasting impact in their respective fields. Being part of this conversation reinforced the importance of our work at ROOT and how we are contributing to shaping a healthier, cleaner future for all.

After Macedonia, I am headed to Kosovo with Ted to make up for the meeting we had to reschedule. We also are planning a last-minute cocktail party in Zurich so if you can please come and meet us Tuesday at 6 pm at the Marriot we will see you there.

Thank you all for your continuous support and dedication to our shared mission. Let's keep pushing boundaries and making a positive difference together.

With Love and Light

Dr. Christina Rahm

Ella Pure Contest

Thank you to all that contributed to the social posting contest. We are anxious to discuss some of the communities findings from posting and what feedback they might have received.

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 have been working on some new improvements to the App so make sure you keep interacting with it. 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 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 Genetics Panel/Ella pure Contest Winner

Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

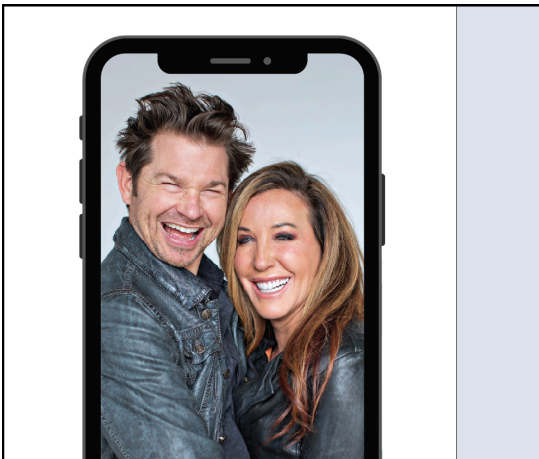
Meeting ID: 846 9261 2526
Passcode: 891630

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](#)

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



The Gut Health Benefits of Probiotics: Supporting Your Microbiome Naturally

Probiotics play a crucial role in maintaining gut health by promoting a balanced and diverse microbiome. These beneficial bacteria help regulate digestion, support immune function, and produce vitamins and short-chain fatty acids that nourish the gut lining. By competing with harmful bacteria for resources and space in the gut, probiotics can help prevent gut dysbiosis and maintain intestinal health. Consuming probiotic-rich foods like yogurt, kefir, sauerkraut, and kimchi, as well as probiotic supplements, can support the growth and activity of these beneficial microbes. Incorporating probiotics into your diet promotes overall digestive wellness and may contribute to improved immunity and general 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/>

<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

393 Nichol Mill Ln Unit 250B

Franklin, TN 37067

Website: <https://therootbrands.com>

hello@therootbrands.com

+1 (980) 400-3245

This email was sent to {{contact.EMAIL}}

You've received this email because you've subscribed to our newsletter.

© 2020 The Root Brand

[Unsubscribe](#)