

Hi, {{ contact.FIRSTNAME }}

# Rahm Report

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This past week, we traveled from Dallas to Skopje and then to Denver for the Dragonfly Health Summit. It's been a whirlwind of impactful discussions and inspiring moments, but now that travel is slowing down, I'm grateful for the chance to recharge. This weekend, we spent time in Louisville with the kids, celebrating my oldest son Duquesne and Kelly at their housewarming party, and I'm so excited for their future.

I'm back in town for the next couple of weeks, and I'm really excited to get back into a routine. That includes getting back to working out and riding my bike with Clayton in the mornings, which always helps me reset and focus on the days ahead. The weather is changing, and as the colder months come, we need to remember to stay healthy. My routine is always Immune Defense Shield, Relive Greens, and Crush—essentials to keep my immune system strong.

As we return to a sense of normalcy, I'm reminded of the importance of balance—taking care of ourselves, spending quality time with loved ones, and remaining focused on the mission we are all working toward. There's a lot to look forward to in the coming weeks, and I'm energized for what's ahead!

With Love and Light

Dr. Christina Rahm

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## THE WEEKEND REPORT

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### 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/93rouMjywW!>  
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 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

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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

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**ROOT University - Ambassador training on Earning money, using links, CSP, QRSP and more**

Zoom link:  
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDZDQrK2hnOFhNi9lQT09>

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



Presented By The Executive Team  
Ambassador Training

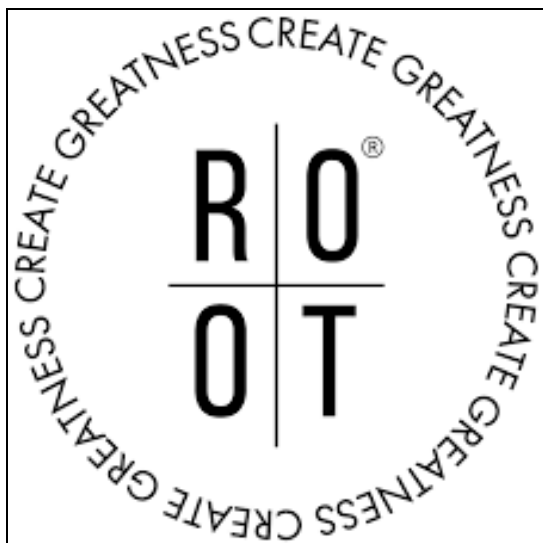
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Passcode: 891630

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



### The ROOT Brands - Germany Legal training w/ Morits

Zoom Link:  
[https://us02web.zoom.us/j/88131542233?  
pwd=O3JFPitZUJIDjcl8tCRFre1rrvqSzL.1](https://us02web.zoom.us/j/88131542233?pwd=O3JFPitZUJIDjcl8tCRFre1rrvqSzL.1)

Meeting ID: 881 3154 2233  
Passcode: 224097

Find your local number:  
<https://us02web.zoom.us/j/kcxrrmMzUC>

Interpreters: German, English

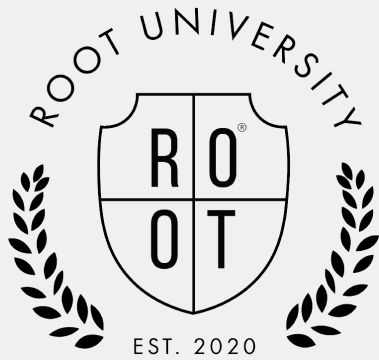
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8:00 AM PST  
9:00 AM MST  
10:00 AM CST (Nashville)  
11:00 AM EST  
3:00 PM Ghana  
4:00 PM GMT (UK, Portugal, Nigeria)  
5:00 PM CET (Netherlands, Germany, South  
Africa)  
6:00 PM EET (Romania)  
7:00 PM (Dubai)  
2:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

### ROOT University with Dr Rahm on Preventative Health Care and The Lectin Patent

Zoom link:  
[https://us02web.zoom.us/j/89849245403?  
pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5  
UT09](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09)

Find your local number to dial in by phone:  
<https://us02web.zoom.us/j/kdX0pBQuMR>



*Presented By Dr. Rahm*

ROOT University

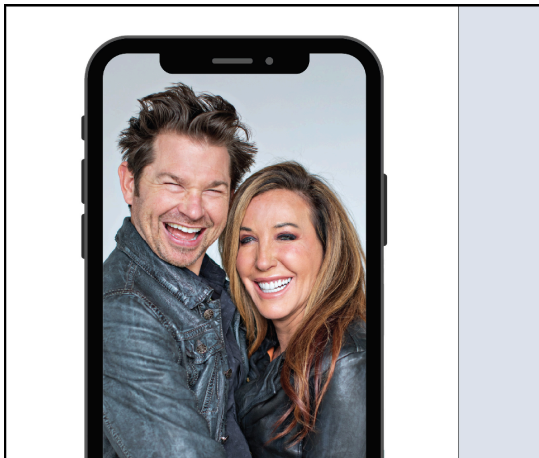
Meeting ID: 898 4924 5403  
Passcode: 394499

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

Time:  
11:00 AM PST  
12:00 PM MST  
1:00 PM CST (Nashville)  
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9:00 PM EET (Romania)  
10:00 PM (Dubai)  
5:00 AM (Wednesday) 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

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## Peptides in Skincare: Highlighting the Ella Pure Collection

Peptides are a vital ingredient in modern skin care, celebrated for their ability to stimulate collagen production, improve skin texture, and promote a more youthful appearance. These small chains of amino acids act as building blocks for proteins like collagen and elastin, which are crucial for maintaining skin's firmness, smoothness, and elasticity. By signaling the skin to repair itself, peptides help reduce the appearance of fine lines, wrinkles, and sagging, giving the skin a firmer, more toned look. Additionally, peptides are key in enhancing the skin's barrier function, improving moisture retention, and protecting it from environmental stressors that can lead to premature aging. With regular use, they help create a complexion that feels both soft and resilient, while supporting long-term skin health. Our new **Ella Pure** line harnesses the power of peptides in every product, offering a clean, effective solution for those seeking radiant, youthful-looking skin.

### THE NEWS CORNER

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<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>

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<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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