

Hi, {{ contact.FIRSTNAME }}

Rahm Report

For those who celebrate, Thanksgiving is almost here...a day of showing gratitude for things and people you have around you. And even to those who don't celebrate, you can still make November a month dedicated to giving thanks. I believe that showing gratitude is one of the most important ways to show someone you care, which I why I love to give.

The importance of being grateful cannot be understated. Not only does it improve our well-being and happiness but expressing gratitude can also strengthen relationships and promote a positive outlook on life. It is scientifically proven that practicing gratitude can have a-number-of positive effects on both our mental and physical well-being.

So why not take some time each day to reflect on all the things you're grateful for and find ways to give back to those around you? Cultivating an attitude of gratitude and giving will not only improve your well-being but also enhance your relationships and benefit those in your community.

And as you know, this month ROOT wants to give back in a big way by giving away one TESLA model 3 to one lucky member of this community! Root will be awarding a 2-year lease or a monthly cash bonus to one member of our community. Since New Year's Day 2022, members have earned an entry, each time they completed a reoccurring order. And now November is here, and I know we are all getting very excited!

As always, you know that your commitment is important to us. We honor your commitment to yourself as well, and we are so, so, so very grateful you are making ROOT an important part of your everyday life. These are the principles that our premier loyalty membership and rewards program, Root Prime Subscription (RPS) was founded upon. RPS rewards its members with free/reduced shipping on their second and all consecutive orders. It rewards you for commitment with product credits of \$50 - \$100 based on order volume, every time you complete 4 consecutive reoccurring orders. RPS members also get first access to new product launches, accompanied by special pre-launch pricing. The anniversary of RPS is approaching and we have some very fun things planned, so pay close attention these next couple of weeks because you do not want to miss anything!! We are not going to leave anything out as we strive to show you how much we appreciate everyone in the community!

With Light and Love,

Dr. Christina Rahm

THE WEEKEND REPORT

Out Of Stock/Shipping Delays

Germany - Triad Aer Filters are on their way to Germany. Mitochondria Defense (soon to be Immune Defense Shield) has landed in Germany and will start shipping this week.

Australia - We are awaiting arrival from customs a pallet of Clean Slate. We are expecting to have that loaded in to inventory next week to start shipping.

Norway - We are expecting our shipment to arrive next week now that Germany is fully stocked.

Triad Aer - Due to inventory shortages we have removed ordering of these items from the site for the time being. We are working on fulfilling the remaining orders.

Please reach out if you have any questions
hello@therootbrands.com

Travel

Due to travel this week we will be canceling most of our meetings. Dr. Rahm will go live periodically on Instagram so stay tuned for that throughout the week while the executive team is in Malta.

Website Maintenance

This weekend will be shutting down the site for some routine maintenance on Saturday at 10:00 PM PST. Please plan accordingly for this. This should take around 1-2 hours.

Website Pricing Update

This Sunday we will be rolling out an increase in pricing on our some of our products and packs. Over the last 3 years, ROOT, Dr Rahm, and Clayton have absorbed the increase of costs of doing business from shipping to manufacturing. We appreciate your support.

ROOT Prime Members Call and TESLA Giveaway

The RPS call will be 11/25/22 @1:00pm CST Black Friday

We will also be having another call in the beginning of December.

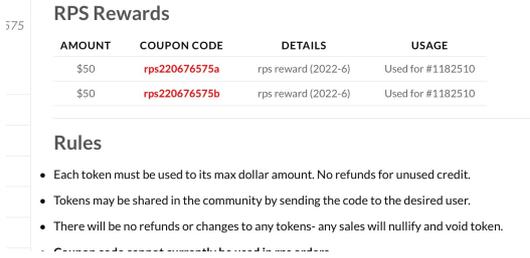
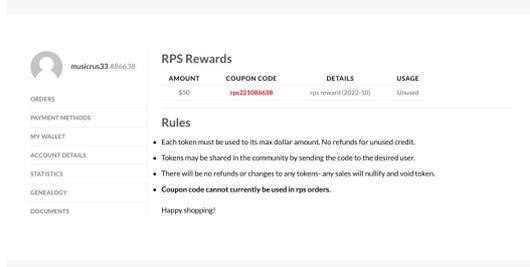
ROOT Round Tables

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 this is tentative and liable to change.

Malta	Nov 14-Nov 20TH
Monaco	Nov 30TH- Dec 1
Hungary	Dec 2-4TH
Dubai	Dec 5-8TH
Netherlands	Dec 7-10TH
Colorado	Dec 16-24
South Florida	Jan 8-10TH
New Jersey	Jan 10
Switzerland	Jan 15-20
Saudi Arabia	Feb 6-9
New York	Feb 9-15
Israel	Feb15-20
Spring Break	March 10-16
Monaco	March 20-22

RPS Reward Coupons

We are updating RPS Rewards so that all users can see new and used coupons. This will also show what orders the RPS coupons were used on so there is no confusion, forwarded your coupon to someone else? No problem it will show that too. See below images of the back office. We hope you enjoy the update.



Compliance Statement

All members of the ROOT Community must adhere to our strict company guidelines, and refrain from making medical claims or providing medical advice in conjunction with ROOT Wellness and our products, either verbally or in print. As a reminder, we are posting the FDA guideline below.

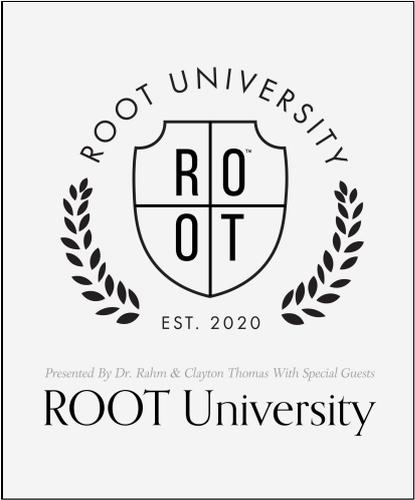
The following is an example of what you can use in your correspondence with customers:

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.

FAILURE TO REMEDY OR RESPOND ONCE WARNED WILL RESULT IN SUSPENSION OF YOUR ACCOUNT

WEEKLY CALL SCHEDULE

TUESDAY



ROOT University with Dr Rahm and Clayton Thomas

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

Find your local number to dial in by phone:
[https://us02web.zoom.us/j/89849245403?](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09)

Meeting ID: 898 4924 5403
 Passcode: 394499

Interpreters: German, Czech Republic, Slovenia

Time:
 2:00 PM PST
 1:00 PM MST
 2:00 PM CST (Nashville)
 3:00 PM EST
 8:00 PM GMT (UK, Ghana)
 9:00 PM CET, WAT (Netherlands, Germany, Nigeria)
 10:00 PM South Africa
 12:00 AM (Dubai)
 7:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

SCIENCE CORNER



Butternut Squash

Is an orange-fleshed winter squash that is often celebrated for its versatility and sweet, nutty flavor. Butternut squash is low in calories but is high in several nutrients including vitamin A, vitamin C, magnesium, and potassium. Vitamin C is a water-soluble nutrient needed for immune function, collagen synthesis, wound healing, and tissue repair. Vitamin E is an antioxidant in butternut squash that helps protect against free radical damage and reduce the risk of age-related conditions, such as Alzheimer's disease. This winter squash is also packed with B vitamins including folate and B6 which the body needs for energy and red blood cell formation. The high antioxidant content of butternut squash may reduce the risk of certain conditions, including heart disease, lung cancer, and mental decline. Adding butternut squash to your diet is an excellent way of improving overall health. Butternut squash can be added to a wide variety of both sweet and savory recipes, such as stews and pies.



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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