

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This past week was a grounding reminder of what truly matters—family, connection, and the ability to create something meaningful. At Rahmas Farm, I spent time with my parents and my son, Duquesne, reflecting on the story of Rahm Roast. What started as an idea has grown into something that brings people together, a simple daily ritual that carries a deeper purpose.

For me, coffee isn't just a drink—it's a connection point, a moment to slow down and reflect. Sitting with my family and sharing stories about the journey of Rahm Roast reminded me that it's not just about the product, but the intention and values behind it. It's about creating something that reflects who we are and what we stand for—something we hope to pass on.

As this week transitions into the next, I'm preparing for a trip to Rome, where I'll speak at the World Changers Summit at the Vatican. It's an honor to stand alongside global leaders and innovators working to shape the future of health and wellness. The Summit is an opportunity to collaborate, share ideas, and drive meaningful change. Also, this coming week, ROOT will be having deals for Black Friday/Cyber Monday. It is the only time that we discount the products and that makes me happy. I want everyone to at least try our products because I know how good they are for the world. This week I hope you each share this message and our amazing sales so someone new can give them a try.

Thanksgiving is another favorite holiday of mine because all of my family gets together for a wonderful meal, this is also Clay's favorite as he loves cooking turkey. I am filled with gratitude for each of you in this incredible community. Take a moment and let someone you know why you are so grateful for them being in your life. We have a chance at building a healthier, more unified world and it starts with each of you and being grateful for the everything you have.

With Love and Light

Dr. Christina Rahm

THE WEEKEND REPORT

Thanksgiving Holiday

In honor of Thanksgiving there will be limited HQ members available this Wednesday afternoon and Thursday. Please contact customer support if you need assistance

Get on the List for exclusive access *Click the Image**



RPS New Member Special

We are happy to announce that for the month of November any new ROOT Prime member that signs up for subscribe and save will receive free shipping on their first order. This special is only valid for the month of November! See the other great benefits of RPS [here](#)

Slovenian Website

We are working with the Slovenian government to find out why certain customers are not able to access the website in that country. Please contact support if you are experiencing this issue.

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!!*

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](#)



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.

Nov 23-27	Vatican - World Changers Summit
Dec 6-8	Top Patented Scientist Awards - Nashville

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."

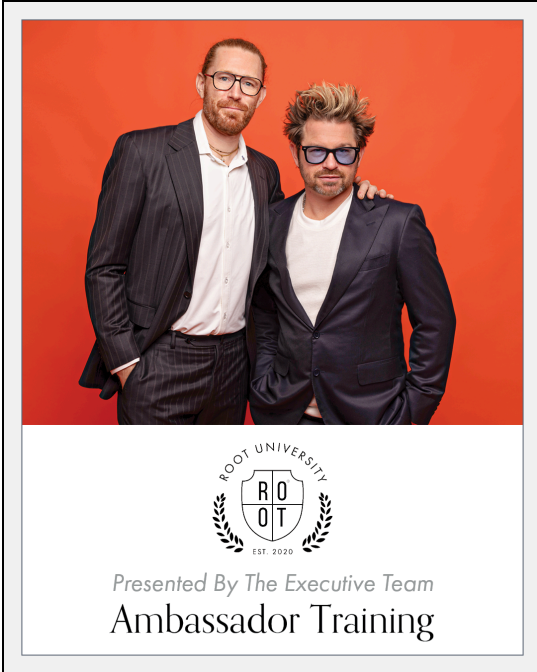
This language is obligatory. Failure to remedy any violations immediately after having been warned will result in the immediate suspension of your account. In the event you have questions about this, please feel free to contact me.

Very truly,

Root Wellness LLC Legal and Executive teams!

WEEKLY CALL SCHEDULE

MONDAY



Ambassador Training Topics - Black Friday/Cyber Monday Week!

Zoom link:
[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)
[pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09](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

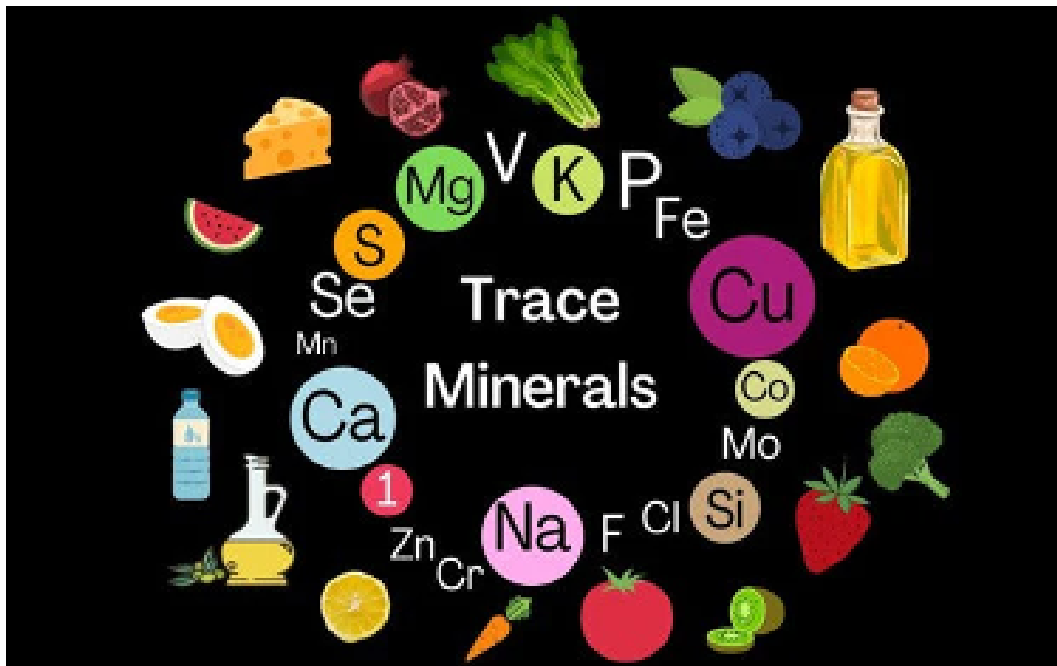
Time:
10:00 AM PST
11:00 AM MST
12:00 PM CST (Nashville)
1:00 PM EST
6:00 PM GMT (UK, Portugal, Ghana)
7:00 PM CET (Netherlands, Germany, Nigeria)
8:00 PM EET (Romania, Cyprus, South Africa)
10:00 PM (Dubai)
5:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

DR RAHMS PODCAST CHANNEL



SCIENCE CORNER



Empower Your Health: Managing Inflammation with Food and Lifestyle

Inflammation is a natural response of the body to injury or infection, but chronic inflammation can lead to various health issues, including heart disease and autoimmune disorders. To manage inflammation effectively, focus on an anti-inflammatory diet rich in fruits, vegetables, healthy fats, whole grains, nuts, and seeds while avoiding processed foods, refined sugars, and trans fats. Staying hydrated is crucial, so aim to drink plenty of water and consider herbal teas for their additional benefits. Regular exercise, maintaining a healthy weight, managing stress through mindfulness practices, and prioritizing quality sleep are also vital components of an anti-inflammatory lifestyle.

In addition to dietary choices, lifestyle factors play a significant role in managing inflammation. Incorporate at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous exercise each week to improve circulation and reduce inflammation. Stress management techniques such as yoga, meditation, and deep breathing can lower stress levels, while adequate sleep supports overall health. Limiting alcohol intake and avoiding smoking further enhance your body's inflammatory response. By making these small yet impactful changes, you can foster a healthier, more balanced inflammatory response, leading to improved 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/>

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<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/>

<https://longevitylive.com/mental-health/practical-tips-for-managing-mental-health/>



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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