

Hi, {{ contact.FIRSTNAME }}

Rahm Report

I am so excited to announce that we have been working on so many amazing products this year to bring to the community. Everyone at Root HQ has been working hard to get ready for new products in the new year. I have been waiting so long to finally talk about some of these surprises. Thank you once again for all the love and support that you have shown us, I am so grateful. It truly makes us want to work harder and release more products to try and do all we can to help make this world a better, healthier place.

As most of you probably already know we just released our new product 'Clean Spirits'. Imagine this as a season of spiritual tidying—a chance to sweep away the cobwebs of negativity and open the windows of the soul to let in the crisp, revitalizing air of joy and gratitude. Just as we deck the halls with twinkling lights and garlands, let's fill our spirits with the warmth of kindness and compassion. Let's all get emotionally, mentally, physically, and spiritually healthy! Clean Spirits is designed to help support your immune system while simultaneously supporting a healthy liver and protecting against oxidative stress. It was also designed to assist your body with all the neurotransmitters so they are healthier. This time of year is the perfect time to clean the house. It is the time to show love to your mind, body, and spirit.

Here are a few ways I like to improve my mental, physical, and spiritual health :

Elevate Your Spirit:

Connect with the true essence of the holidays by nurturing your spirit. Practice acts of kindness, whether through volunteering, supporting a charitable cause, or simply sharing heartfelt moments with loved ones.

Energize Your Body:

The holiday season often brings an abundance of tempting treats, and of course, this is the time of year to indulge and enjoy foods you love, but balance is key. Fuel your body with nourishing foods, stay hydrated, and incorporate physical activity into your routine. This can be a brisk walk with family or friends, ice skating, so you are enjoying a holiday activity while still exercising, or even skiing (which as many of you know is my personal favorite this time of year).

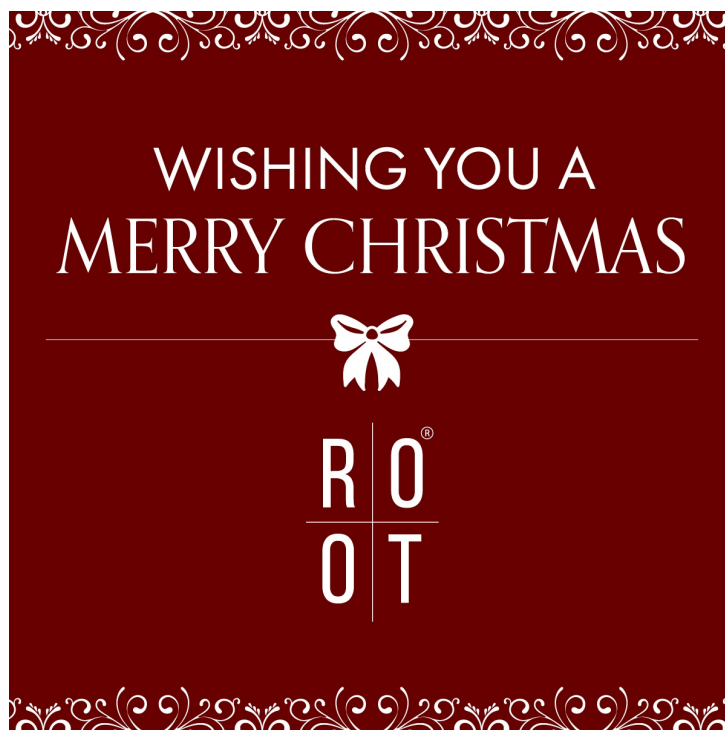
Enrich Your Mind:

As you are thinking of gifts to share with your loved ones, gift yourself moments of mental serenity. Consider setting aside time each day for quiet reflection to nourish your thoughts and practice daily affirmations and gratitude. I try to set aside time each day to look at myself in the mirror and give myself a positive affirmation. A clear and focused mind is not only a gift to yourself but enhances your ability to fully immerse in the joy of the season.

I know that the holiday season can be a stressful time but look at it in a positive light, it is a time to give yourself grace, to practice gratitude, and to clean your spirit. I hope that you all share amazing moments with friends and family that fill your spirit with joy this season! Let us all be thankful for a year passing while looking to start our best year yet!

With love and light,

Dr. Christina Rahm



THE WEEKEND REPORT

End of the Year Sale

SEARCHING FOR A LAST MINUTE GIFT?
GIVE THE GIFT OF GIVING



CODE: TOKEN 10

ROOT 10% OFF ROOT TOKENS
UNTIL THE
END OF THE YEAR

Holiday Shipping Schedule

Please see the locations below for dates that they are closed and not shipping.

Germany - 12/24, 12/31
Switzerland - 12/21-12/26, 12/29-1/2
USA - 12/25, 1/1
Australia - 12/25, 12/26-27, 1/1
UK - 12/25, 12/26-27, 1/1
Canada - 12/25, 12/26-27, 1/1

Scheduled Maintenance

All websites will be down tonight for scheduled maintenance at 9pm PST.

German Inventory

We have supplied our German warehouse with some left over Face Lift and RENO products. They are available for in between orders not RPS and only on the [DE website](#). Please know that limited quantities are available and we will continue to update it as more arrive at the facility.

Corporate HQ

We are happy to announce that HQ will be launching a channel on WhatsApp for all of the latest information. This is a post only channel.

Announcement Channel

Please join for all things regarding ROOT
<https://chat.whatsapp.com/DMeHEgBhX3FAOx7TEeAgCA>

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.

January 10-13	LA-Critics Choice Award
January 13	Berlin
January 14	Munich
January 19	Zurich
January 20-21	Bucharest
March 8-10	LA-Oscars
May 24-27	London Mind Body Spirit

THE NEWS CORNER

<https://30seconds.com/food/tip/60050/Creamy-Vegan-Asparagus-Soup-Recipe-May-Help-You-Detoxify-Strengthen-Focus>

<https://thepuristonline.com/2023/06/pure-vitality/>

<https://www.lefairmag.com/the-journey-of-the-root-brands/>

<https://marcopoloexperience.com/technologies/world-changers-summit-was-a-day-to-remember-biohacking-evolutionary-on-the-spot1>

<https://purelivingnashville.com/the-science-behind-the-business-of-healthy-coffee/>

<https://nyweekly.com/business/meet-the-elite-and-extraordinary-minds-that-hosted-the-world-changers-summit-to-craft-a-brighter-future-july-5th/>

https://issuu.com/lefairmagazine/docs/lefair_mag_roots_brand_update_?lt_utm_source=lt_admin_share_link

Check out this news reporting about the NYC fashion show:
https://www.dropbox.com/scl/fi/vf7tv8n7nntkuz69htmd/CWFB_Fox-Carolina-July-18.mp4?rlkey=ydryakdbr07kwrzp6f4be85qj&dl=0

<https://thepuristonline.com/2023/07/the-science-behind-the-business-of-healthy-coffee/>

<https://medium.com/authority-magazine/self-care-mental-wellness-clayton-thomas-of-root-wellness-on-the-top-five-self-care-practices-664863fbf898>

<https://readelysian.com/women-and-the-lack-of-patent-ownership/>

<http://bellamedia.co/home/the-haute-roster-for-the-5th-annual-hamptons-fashion-week>

<https://jameslanepost.com/the-fifth-annual-hamptons-fashion-week-held-runway-shows-at-southampton-inn-brunch-at-hampton-classic/08/29/2023/Hamptons-News-Happenings>

<https://medium.com/@salmediausa/hamptons-fashion-week-unveils-a-dazzling-array-of-styles-d2782c54db27>

<https://youhadtobethere.nyc/f/times-square-fashion-week-takes-over-nyfw>

https://readelysian.com/?mc_cid=7ccd7a89c8&mc_eid=41c6d3b643

<https://purelivingnashville.com/september-marks-national-suicide-prevention-week/>

<http://www.timessquaregossip.com/2023/09/elysians-catwalk-fur-baby-wins-best.html>

<https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/>

https://resident.com/2023/09/01/global-health-solutions-dr-christina-rahm/?utm_source=rss&utm_medium=rss&utm_campaign=global-health-solutions-dr-christina-rahm

<https://hauteliving.com/2023/09/benefiting-african-community-conservation-foundation-as-well-as-prince-williams-foundation-tusk-and-communities-across-the-world/736056/>

<https://bellamedia.co/around-town/times-square-fashion-week-2023-a-resounding-success-with-10000-attendees>

<https://medium.com/@salmediausa/times-square-fashion-week-shines-a-spotlight-on-sustainable-fashion-sal-media-irfan-ahson-fed0db351824>

<https://readelysian.com/rahm-roast-the-epitome-of-pure-gourmet-coffee/>

<https://sociallifemagazine.com/2023/09/20/12496/>

<https://www.aninews.in/news/business/business/21st-asian-business-amp-social-forum-2023-amp-the-healthier-india-conclave-202320230925172808/>

<https://exeleonmagazine.com/clayton-thomas-transforming-wellness-from-within/>

<https://www.einpresswire.com/article/660769621/enviremware-and-drc-ventures-proud-supporter-of-celebrity-studded-cmi-sustainable-fashion-awards-2023-in-milan-italy?n=2>

<https://www.einpresswire.com/article/660775517/enviremware-and-drc-ventures-feature-a-new-collection-merci-dupre-clothiers-couture-collection-at-nyfw-23>

<https://resident.com/2023/10/14/dr-christina-rahm/>

<https://thedailycases.com/world-changers-power-women-summit-donne-al-vertice-unite-come-unorchestra-che-suona-per-il-bene-dellumanita/>

<https://www.forbes.com/sites/nadjasayej/2023/10/21/merci-dupre-clothiers-debuts-enviroware-collection-at-los-angeles-fashion-week/>

https://www.prnewswire.com/news-releases/scientific-business-entrepreneur-dr-christina-rahm-creates-innovative-line-of-neutraceuticals-for-animals-301957706.html?tc=eml_cleartime

<https://sociallifemagazine.com/2023/10/24/12744/>

<https://saubiosuccess.com/merci-dupre-clothiers-by-dr-christina-rahm-debuts-at-la-fashion-week/>

<https://itsnotaboutme.tv/news/fashionevent-merci-dupre-clothiers-collection-fashion-show/>

<https://hauteliving.com/hautebeauty/member/dr-christina-rahm/>

<https://hauteliving.com/hautebeauty/663183/venture-into-dr-christina-rahms-world-of-wellness-and-innovation/>

<https://splashmags.com/index.php/2023/11/03/merci-dupre-clothiers-by-dr-christina-rahm-debuts-at-la-fashion-week/#gsc.tab=0>

<https://sociallifemagazine.com/2023/11/08/12954/>

<https://www.harlemworldmagazine.com/gill-tresvant-common-brown-and-more-at-dr-rahms-the-root-brand-at-the-annual-rock-roll-hall-of-fame/>

<https://exeleonmagazine.com/clayton-thomas-transforming-wellness-from-within/>

https://issuu.com/metropolitanmagazineny/docs/dec_mm_23_-_web

<https://exeleonmagazine.com/the-visionary-duo-behind-the-root-brands/>

<https://resident.com/fashion-and-style/2023/12/21/elysian-hosts-launch-reception-for-catwalk-furbaby-2024-in-new-york-city>

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

WEDNESDAY



**Join us on Instagram Live!
Tune in to Dr. Christina Rahm's
Instagram page for a Q & A**

[Click Here To Join](#)

SCIENCE CORNER



Cardamom

A tiny spice with remarkable properties. Beyond its distinct flavor in culinary delights, cardamom serves as a digestive dynamo, aiding in relieving indigestion and bloating. Packed with antioxidants, it contributes to cellular health, potentially reducing the risk of chronic diseases and supporting heart health by lowering blood pressure and cholesterol levels. Its anti-inflammatory compounds may assist in managing conditions like arthritis, while its antimicrobial properties make it a natural ally for oral health. Cardamom's aromatic profile is not just delightful; it may also have mood-boosting properties, reducing stress and improving overall mood. From promoting gastrointestinal comfort to enhancing cardiovascular health and uplifting the spirit, cardamom proves to be a versatile spice that goes beyond tantalizing the taste buds, offering a myriad of health benefits for both body and mind.



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](#)