

Hi, {{ contact.FIRSTNAME }}

## Rahm Report

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I am devastated about having to cancel our trip to Singapore due to being under the weather. I was looking forward to this trip, but health comes first. It is important to prioritize your well-being, especially when you are run down. As most of you know, when I start to feel sick I double up on Immune Defense Shield and Natural Barrier Support and I also try to rest as much as possible. This can be extremely hard for me to do sometimes because I travel so much, but I try to do other things to keep my immunity strong, especially during sick season. Since a lot of people are currently struggling with allergies and it's cold season again, I thought I would share some tips to stay as healthy as possible and ways you can support your immune system to prevent getting sick or help recover faster when you do come down with something.

When it comes to staying healthy, prevention is key. I always start by eating a balanced diet filled with fruits, vegetables, and lean proteins to give my immune system the nutrients it needs. Staying active with regular exercise and getting plenty of sleep also play a huge role in strengthening immunity. If I do feel something coming on, I make sure to rest, stay hydrated, and keep stress in check. I also use a few natural remedies, like herbal teas and honey, to soothe symptoms and give my body a little boost. By focusing on these simple habits, I find that I bounce back quicker and stay healthier longer. I love to make a "Wellness Tonic" when I feel like I am catching a cold. I make this by blending hot water, fresh ginger, lemon juice, and a teaspoon of honey. This drink is perfect for warming up your body and providing it with nutrients that support immune health.

It is impossible to stay completely clear of getting sick, no one is immune to illness. There are things that you can do to support your body through or to try and prevent it. When you do feel sick, it is important to stay home and rest so that you avoid spreading germs to others around you. It is also crucial to wash your hands, clean all surfaces you touch, and try to isolate yourself from others as best you can. As a mother, I know sometimes it can be inevitable to pick something up and I also understand how difficult it can be to isolate yourself because you need to take care of your children. It is important to do the best you can in prioritizing yourself, getting better, and resting while you can. I hope that these tips are helpful to anyone who is feeling under the weather. I also hope that you can all take a break and prioritize self-care this weekend. Have an amazing rest of your Saturday everyone and stay healthy! Sending love to anyone who is not feeling their best.

With Love and Light,

## THE WEEKEND REPORT

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### Ambassador Training

Starting this week we will be creating structure around our Ambassador Calls on Monday. We will be posting the topic in the newsletter and letting the community know what trainings will be on. Each quarter we will also be doing an Ambassador 101 to get back to the basics of our systems. We are very excited to get the community trainings on a array of subjects.

### Newsletter translations

We are working on a system so that we can keep providing translations of the newsletter. Stay tuned for that!

### Newsite is live

Please visit [therootbrands.ai](https://therootbrands.ai) to sign up for your account. It is free for all ROOT customers.

### South Africa Inventory

We are very thankful that another package was delivered on Friday. We know this has been a tough experience but we are grateful for each of you that were so patient.

### 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.

Congrats to Bettina Rohr for her first win

You can also increase your chances by purchasing ROOT Tokens.

English <https://youtu.be/vBPHB9PIKRQ>  
German <https://youtu.be/93rouMjywWI>  
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>

### Corporate HQ

### Announcement Channel

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

## Mind Body Spirit tickets for Dr Rahm's Talk and Event



If you are planning on attending the London event to hear Dr Rahm speak here is a discount code to [purchase](#) a ticket (*only for her talk*) **CR10**

## 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.

May 8-10	Savannah, GA
May 17-20	<a href="#">Dubai</a>
May 22	<a href="#">Cyprus</a>
May 24-27	London, UK <a href="#">Mind Body Spirit</a> <a href="#">Tickets to the Event HERE</a> <a href="#">Dr Rahm speaking event (Sunday)</a>
May 26	London, UK ROOT Event (RSVP to <a href="mailto:Patrick@therootbrands.com">Patrick@therootbrands.com</a> )
May 28	Rome
May 30-June 1	Dallas, TX <a href="#">Biohacking Conference with Dave Asprey</a>
June 3-10	Tulum, MX
June 8th	Nashville, TN <a href="#">Music City Fit Expo</a>
July 9	LA, CA Espy Awards
August 10	Hamptons, NY
Sept 5	NYC Catwalk Furbaby documentary Launch
Sept 13-14	LA, CA Emmy Awards

Oct 17-19 Cleveland, OH Rock and Roll Hall of Fame

Oct 26-27 Miami, FL [Biohackers World Event](#)

## THE NEWS CORNER

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## 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!

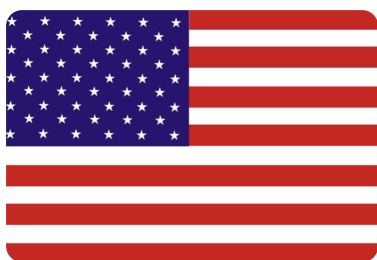
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## APRIL MONTHLY TOP TEN

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**#1 Germany**



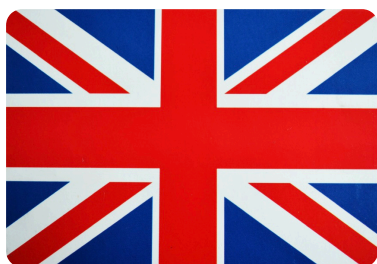
**#2 United States**



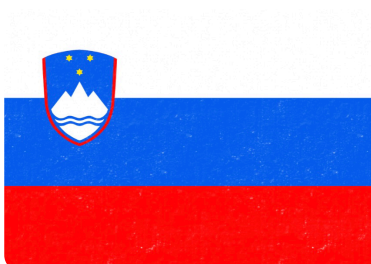
**#3 Switzerland**



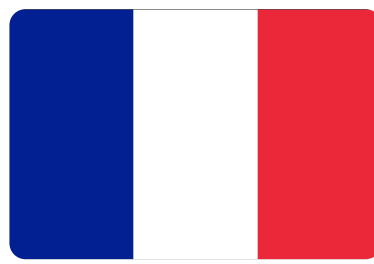
**#4 Austria**



**#5 United Kingdom**



**#6 Slovenia**



**#7 France**



**#8 Canada**




**#9 Australia**



**#10 Spain**

## MONDAY



**ROOT UNIVERSITY**  
EST. 2020

*Presented By The Executive Team*  
**Ambassador Training**

### ROOT University - Ambassador training on Masspay, Top 10 countries list, calendar for the next few weeks

Zoom link:  
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhNi9lQT09>

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 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)  
3:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

## TUESDAY



**ROOT**

*Presented By Dr. Christina Rahm*  
**Doctor To Doctor Call**

### Dr. to Dr. conversations with Dr. Christina Rahm

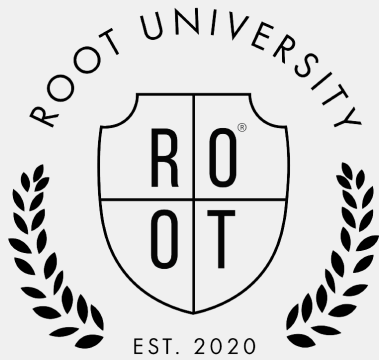
This is an invitation call only and is exclusively for MD, ND, Ph.D., or Scientists.

Translation: German, Romanian

Time:  
9:00 AM PST  
10:00 PM MST  
11:00 AM CST (Nashville)  
12:00 PM EST  
4:00 PM Ghana  
5:00 PM GMT (UK, Portugal, Nigeria)  
6:00 PM CET (Netherlands, Germany, South Africa)  
7:00 PM EET (Romania)  
8:00 PM (Dubai)  
2:00 AM (Wednesday) AEDT Melbourne

**ROOT University with Dr Rahm on Microbiome of the body and how are products assist**





*Presented By Dr. Rahm*

ROOT University

Zoom link:  
[https://us02web.zoom.us/j/89849245403?](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFhMjR1UDVKOUe5RnNXbSs5UT09)  
[pwd=bUFaZXFhMjR1UDVKOUe5RnNXbSs5](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFhMjR1UDVKOUe5RnNXbSs5UT09)  
UT09

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

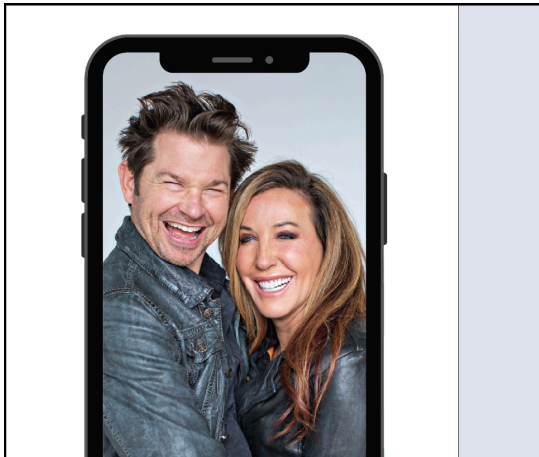
Meeting ID: 898 4924 5403  
Passcode: 394499

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

Time:  
11:00 AM PST  
12:00 PM MST  
1:00 PM CST (Nashville)  
2:00 PM EST  
6:00 PM Ghana  
7:00 PM GMT (UK, Portugal, Nigeria)  
8:00 PM CET (Netherlands, Germany, South  
Africa)  
9:00 PM EET (Romania)  
10:00 PM (Dubai)  
4:00 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:  
9:00 AM PST  
10:00 PM MST  
11:00 AM CST (Nashville)  
12:00 PM EST  
4:00 PM Ghana  
5:00 PM GMT (UK, Portugal, Nigeria)  
6:00 PM CET (Netherlands, Germany, South  
Africa)  
7:00 PM EET (Romania)  
8:00 PM (Dubai)  
2:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

## SCIENCE CORNER

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<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

←... Start here

←... Limit these

←... Get enough of these

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition labels

More than just a jumble of numbers and percentages—they're a powerful tool for making informed choices about what we eat. Understanding how to read these labels empowers us to take control of our diets and prioritize our health.

At first glance, nutrition labels can seem overwhelming, but they're designed to provide valuable information about the nutritional content of packaged foods. Here's a breakdown of what to look

- 1. Serving Size:** This is the first thing to check, as all the information on the label is based on this portion size. Pay attention to the serving size to avoid underestimating your intake.
- 2. Calories:** The number of calories per serving indicates how much energy the food provides. Be mindful of your calorie intake, especially if you're trying to manage your weight.
- 3. Nutrients to Limit:** Look for nutrients like saturated fat, trans fat, cholesterol, sodium, and added sugars. Consuming too much of these can increase the risk of various health issues, such as heart disease and obesity.
- 4. Nutrients to Include:** Aim to get enough nutrients like fiber, vitamins, and minerals. These are essential for overall health and well-being.
- 5. % Daily Value (%DV):** This percentage indicates how much of a particular nutrient one serving provides compared to the recommended daily intake. Aim for foods with a higher %DV of fiber, vitamins, and minerals and a lower %DV of saturated fat, trans fat, cholesterol, sodium, and added sugars.

Understanding nutrition labels is crucial for making informed decisions about our food choices. It helps us monitor our intake of key nutrients, avoid excessive consumption of unhealthy ingredients, and ensure we're meeting our nutritional needs for optimal health. By taking the time to read and understand nutrition labels, we can become more mindful eaters, better equipped to nourish our bodies and support our overall well-being. So, next time you're at the grocery store, don't forget to check the label—it's your roadmap to healthier eating.



### 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

## **The ROOT Brands**

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