

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week we are in New York! As you read this, we are attending a special Bill & Coo event called “I woof You”. I am so excited to talk about Bill & Coo products as well as hang out with some cute dogs! Since I am traveling again, I wanted to talk about nutrition and supporting your body’s immune system with healthy fueling food and supplements.

Nutrition is the foundation for overall well-being. Supporting your body by giving it the proper nutrients is so essential to staying healthy. Eating a balanced diet is important and fueling your body with healthy foods can give you the energy you need to keep up with your busy lifestyle. A balanced diet is all about incorporating a variety of foods from different food groups to ensure we’re getting all the nutrients our bodies need. That means plenty of fruits and vegetables, whole grains, lean proteins, and healthy fats.

Healthy eating doesn't have to be boring or restrictive. I actually find it to be the opposite for me. There are countless delicious and nutritious foods and there are many ways to make healthy meals fun and creative. Experiment with new flavors, try different cooking methods and don't be afraid to get creative in the kitchen. Eating well should be enjoyable and satisfying. You can also cook or bake with family and friends which makes the process much more enjoyable. I like to cook with my children when I am home. We do love to go out and get dinner together but for me, I would much rather be home cooking a healthy meal together.

Another thing to include in your diet is supplements. These are just as important as the food you are fueling your body with. Eating healthy foods provides your body with the nutrients it needs to have energy but including supplements goes one step further ensuring you get the proper amount of vitamins your body needs. I like to start my day with ReLive Greens as well as taking a Restore packet with me on the go. I am also always sure to eat foods high in vitamin C because I travel a lot and I try my best to keep my immunity strong.

There are so many creative ways to make eating healthy fun and more enjoyable. Everyone is different, these are just some things that I found have worked for me. I hope that you all enjoy a great, healthy meal tonight with loved ones!

With Love and Light

THE WEEKEND REPORT

Newsletter translations

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

ISNS

There will be an ISNS call on a world record holder free diver by Dr Ketskes on April 24

Patient Registry

The discount for the ISNS subscription will be deployed shortly. We are working with ISNS and the Registry with all that have signed up to ensure they get the discount and who already has a membership. Thank you for your patience

Newsite is live

Please visit therootbrands.ai to sign up for your account. It is free for all ROOT customers.

Rahm Roast Batch #2

We are currently in the beginning stages of shipping the new batch of coffee to all our facilities. We will be removing the 1st batch when we are ready to relaunch batch #2 with the amazing 91 cup score.

Reno

There was a small amount of Reno that was made available to RPS members this past Friday. We do not have a date when the larger batch will be finished.

Sculpt

Sculpt is currently in route to our logistic warehouses. We expect it to be there in the next 2 weeks.

UK Inventory

Due to winding down our inventory we are currently out of stock of Rahm Roast Coffee in the UK. The new batch will be ready to launch very soon.

South Arica Inventory

We are still working with authorities to get this issue resolved.

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>

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 4	Nashville, TN Wellness Festival
May 24-27	London, UK Mind Body Spirit Dr Rahm speaking event (Sunday)
May 30-June 1	Dallas, TX Biohacking Conference with Dave Asprey
June 8th	Nashville, TN Music City Fit Expo
Oct 26-27	Miami, FL Biohackers World Event

THE NEWS CORNER

<https://30seconds.com/food/recipe/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_?utm_source=it_admin_share_link

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

<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/enviroware-and-drc-ventures-proud-supporter-of-celebrity-studded-cmi-sustainable-fashion-awards-2023-in-milan-italy?n=2>

<https://www.einpresswire.com/article/660775517/enviroware-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://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>

<https://resident.com/press-releases/2024/01/26/hollywoods-biggest-stars-attend-poophs-critics-choice-lounge-experience-the-root-brands>

<https://showbiz411.com/2024/01/28/celebs-drop-in-on-as-gbk-begins-its-a-new-sway-season-full-of-goodies-from-around-the-country>

<https://www.bionicbuzz.com/product-review/poophs-critics-choice-luxury-lounge-presented-by-la-smile-gbk-brand-bar/>

<https://societybee.buzz/poophs-critics-hollywood-stars-experience-root-brands/>

https://issuu.com/mannpublicationsmagazines/docs/feb_digital

https://issuu.com/eic-influencermagazine/docs/issue_1

https://www.dailymail.co.uk/femail/article-13170631/Inside-180-000-swig-bag-given-Oscar-nominees.html?ito=native_share_article-nativemenubutton

<https://societybee.buzz/root-brands-at-oscar-lounge-introducing-hollywood-stars/>

<https://resident.com/events/2024/03/12/dr-christina-rahm-and-clayton-thomas-introduce-root-brands-at-gbk-brand-bars-15th-annual-oscar-luxury-lounge>

<https://theknockturnal.com/dr-christina-rahm-and-clayton-thomas-introduce-hollywood-stars-to-the-root-brands-at-gbk-brand-bars-15th-annual-oscar-luxury-lounge/>

<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/>

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

ROOT University - Ambassador training with The Executive Team

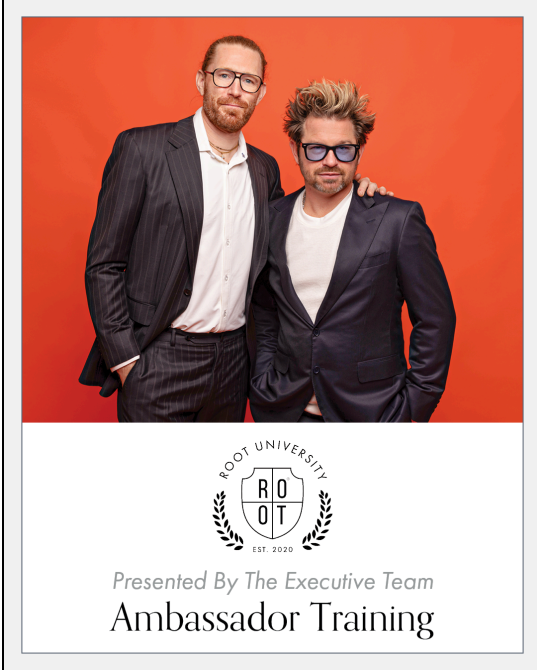
Zoom link:
<https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09>

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

Meeting ID: 846 9261 2526
Passcode: 891630

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

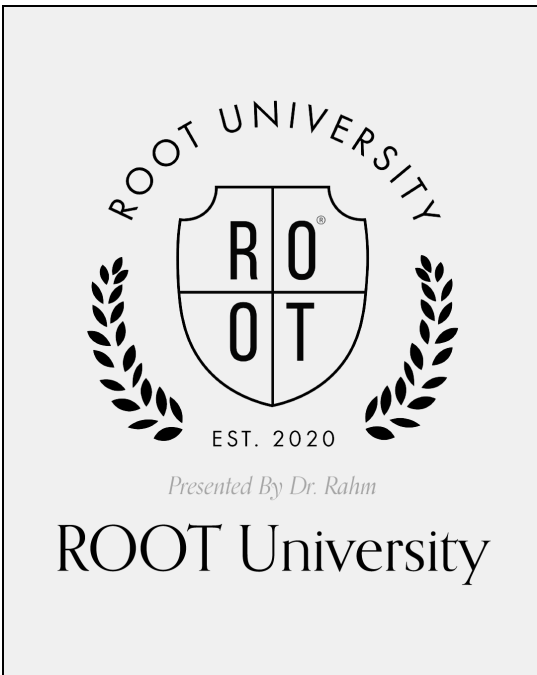
Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST
5:00 PM Ghana



6:00 PM GMT (UK, Portugal, Nigeria)
7:00 PM CET (Netherlands, Germany, South Africa)
8:00 PM EET (Romania)
9:00 PM (Dubai)
4:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

TUESDAY



ROOT University with Dr Rahm on the nutrition compositions of the Root products.

Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

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)
5:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY

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)
3:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

Presented By Dr. Rahm & Clayton Thomas
Live Instagram Q&A

SCIENCE CORNER



Sleep

Amidst the demands of work, family, and social commitments, sleep often falls victim to our busy schedules. Yet, beneath its seemingly passive facade lies a powerhouse of rejuvenation and healing that is vital for our overall well-being. Beyond merely being a time of rest, sleep serves as the body's nightly maintenance session, playing a pivotal role in cognitive function, immune response, hormonal balance, and emotional regulation.

First and foremost, sleep is the brain's playground for consolidation and organization. During sleep, memories are cemented, and information processed, laying the groundwork for improved learning, problem-solving, and creative thinking the following day. Moreover, sufficient sleep fosters mental clarity and alertness, enabling us to navigate the challenges of each day with greater ease and efficiency.

On a physiological level, sleep is a cornerstone of a robust immune system. It's during sleep that the body ramps up its production of immune cells, bolstering its defenses against pathogens and reducing susceptibility to illness. Furthermore, sleep plays a crucial role in regulating hormones that govern appetite, metabolism, and stress response. Chronic sleep deprivation disrupts these hormonal rhythms, increasing the risk of weight gain, metabolic disorders, and heightened stress levels.



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](#)