

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week, I wanted to have a heart-to-heart about something that's been on my mind lately: mental health. It's a topic that's near and dear to my heart because it is something that impacts everyone at some point, even me.

Mental health is an aspect of health that is often overlooked, even though it affects us all. Just like we prioritize our physical health by eating right and exercising, it's equally important to tend to our mental well-being. That means paying attention to how we're feeling and being honest with ourselves and our loved ones when things aren't quite right.

I want you all to know that recognizing that you need help isn't a sign of weakness; it's a sign of strength. So if you're struggling, please know that it's okay to reach out for support. Whether that means talking to a friend, a family member, or a professional therapist, there's no shame in asking for help when you need it. There are many ways to support your mental health and self-care is one of the most beneficial ways. Self-care isn't just about bubble baths and face masks, it's about taking intentional steps to nurture your mind, body, and soul regularly. For me, that might mean going for a long walk in nature, painting, spending time with my kids or cooking myself a comforting healthy meal.

It is important to find what works for you and make it a priority in your daily routine. I know it's easier said than done, especially when life gets busy and chaotic. But taking even just a few minutes out of your day to check in with yourself and do something that brings you joy can make all the difference in the world. Self-care isn't selfish, it is necessary. You can't pour from an empty cup, so it is important to prioritize your well-being as well as your loved ones or people in your community. Check in with each other as often as possible. We are all on this journey together and we all struggle in our own ways. It is crucial to support each other whenever needed and to ask for help when you need it too. I hope that you all have an amazing weekend full of joy, light and laughter. Remember that you are loved and you deserve to feel happy.

With Love and Light,

THE WEEKEND REPORT

New Website Launch

We are happy to announce that we will be going live with the EU-US website this week. This site will be primarily for EU residents that speak English so that they are compliant. Please use this site for all information regarding products. Also, the payment method on the EU-US website will also be open to more payment options.

RPS Members Call

This Thursday we will be having our March RPS members call. We will also be doing the giveaway for the trip to Italy with a Ferrari.

Newsletter translations

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

Daylight Savings

Please make sure to double check all call times to ensure we are not missing any country that is changing times.

Nowsite 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.

Germany Inventory

All backorders have been fulfilled and we are currently now out of stock with Sculpt. There is a new batch being finished and will be a much large amount of inventory to bring this product available for RPS.

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.

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/93rouMjyWl>
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.

March 23-28	India
April 6-7	Austin, TX Biohackers World Event
April 11-13	NYC Woof U
May 4	Nashville, TN Wellness Festival
May 24-27	London, UK Mind Body Spirit
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/tip/60050/Creamy-Vegan-Asparagus-Soup-Recipe-May-Help-You-Detoxify-Strengthen-Focu>

<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/>

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

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<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/>

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<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/>

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<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/>

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

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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 featuring Nowsite

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

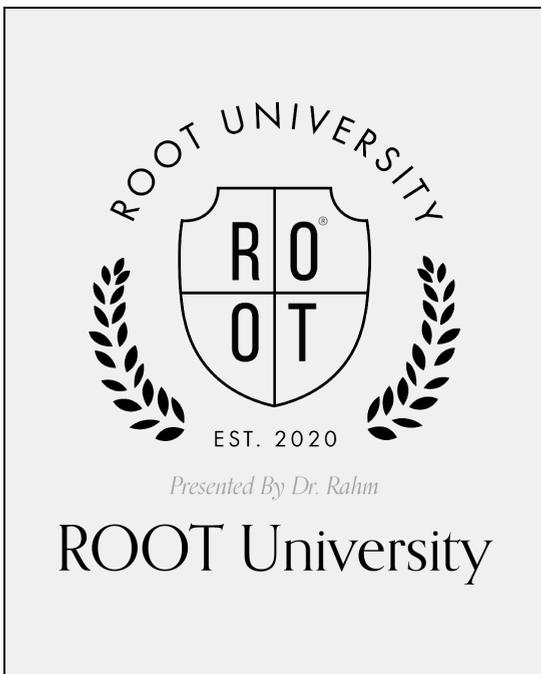


Presented By The Executive Team
Ambassador Training

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

[Click Here To Join](#)

TUESDAY



ROOT University with Dr Rahm is on the Patient Registry with ISNS and Dr Fadwa

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

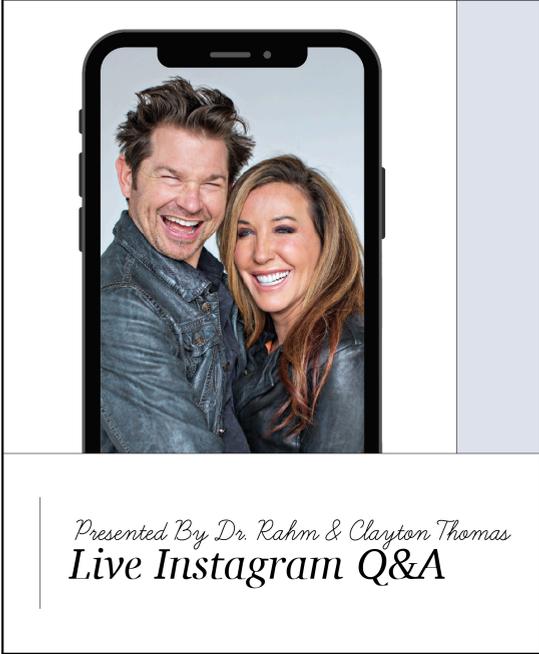
Interpreters: German, Czech, Slovenia, Spanish, Romania, Dutch, French and Hungary

Time:
11:00 AM PST
12:00 PM MST
1:00 PM CST (Nashville)
2:00 PM EST
6:00 PM Ghana, UK, Portugal
7:00 PM GMT (Netherlands, Germany, Nigeria)
8:00 PM CET, WAT (South Africa, 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 page for a Q & A



Time:
TBD during travel

[Click Here To Join](#)

THURSDAY



ROOT Prime Subscribers Call

Interpreters: German, Czech Republic, Slovenia, and Hungary

The link for the call will be provided in your RPS Back Office. You must be an ACTIVE RPS member in order to join.

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

SCIENCE CORNER



Ketosis

A metabolic state in which the body uses ketones, produced from fat breakdown, as its primary source of energy instead of carbohydrates. This occurs when carbohydrate intake is significantly reduced, forcing the body to burn fat for fuel. Ketosis is a natural process that can occur during fasting, prolonged exercise, or following a low-carbohydrate diet like the ketogenic diet.

One of the primary health benefits of ketosis is weight loss. By tapping into fat stores for energy, individuals often experience rapid weight loss, making it an appealing option for those looking to shed excess pounds. Additionally, ketosis has been shown to improve insulin sensitivity and blood sugar control, making it beneficial for individuals with type 2 diabetes or those at risk of developing the condition. Some research also suggests that ketosis may have neuroprotective effects and could potentially benefit conditions like epilepsy, Alzheimer's disease, and Parkinson's disease, although more research is needed in these areas.

Overall, while ketosis may offer various health benefits, it's essential to approach it with caution and under the guidance of a healthcare professional, especially if considering a drastic dietary change like the ketogenic diet. Monitoring nutrient intake, staying hydrated, and ensuring adequate micronutrient consumption is crucial for maintaining overall health and well-being while in ketosis.



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.

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