

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This past week we were in Mumbai, India and it was so lovely to be back there! While it was so much fun being on the trip, all the travel was tiring for our team. We always try to bring some products like Zero-In and Restore to keep us healthy and energized. India was so exciting, Clay, Ted and I attended many events while we were there and we got to explore India.

One of the main reasons we went was to meet with government officials so that we could get the final approval, bringing us one step closer to being able to ship products to future customers in India. The team worked extremely hard to get everything aligned to open this market. We look forward to bringing these amazing products to India and expanding our ROOT community.

On Wednesday, DRC Ventures, Asia One, and The Root Brands came together to present A Merci Dupre fashion show. I was so happy to see it all come together. The clothes presented all went through the 96-hour dipping process so that we can showcase a style that will also protect you. We were also sent a few looks designed by Brooke Wilder and the amazing owner Gina which I loved!

I am so thankful to have the opportunity to travel and meet new people. I love making connections all over the world. Everyone was so kind and welcoming to us in India. Travel this quarter has been heavy and even though I enjoy traveling to new places, being far away from my children is difficult. I am a homebody at heart, which surprises people because I am on the go so much. Clayton and I are looking forward to spending Easter with our family tomorrow. Every year we do an Easter egg hunt and we all have dinner together. We are all very competitive so it will be interesting to see who wins! Root HQ had their version of an easter egg hunt and celebration as well. I wish we were able to be there with them to see that but I did receive some great videos!

Easter is one of my favorite holidays because it signifies new hope, new possibilities, and new life. It is a time to express gratitude for every blessing in our lives. To all of you celebrating Easter, I hope that you enjoy your day with loved ones! I hope you eat good food, participate in fun activities, and celebrate love. Happy Easter and have a wonderful weekend.

With Love and Light,

THE WEEKEND REPORT

Happy Easter Sunday

From all of us at HQ and beyond we wish you to have a blessed holiday with your family.

Crush Launch

We are so excited to soft launch this product to our RPS members. This product will go live for all customers on Monday for \$84. There is a limited amount so please make sure to pay attention to the counter on each site for your country of product and follow the 2 per customer guidelines.



New Website Launch

We are happy to announce that we went 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.

Good Friday/Easter Sunday

There are two holidays this week where some of our shipping facilities are not open. Please note that if an order is placed on Thursday afternoon to Monday it will ship out Tuesday due to the holiday.

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.

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.

Germany Inventory

We are currently waiting on Clean Spirits and sculpt for our Germany warehouse.

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/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>

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.

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

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

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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.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-envioware-collection-at-los-angeles-fashion-week/>

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

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

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<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-swag-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>

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<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 featuring Newsite

Zoom link:
[https://us02web.zoom.us/j/84692612526?
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



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



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, UK, Portugal
5:00 PM GMT (Netherlands, Germany, Nigeria)
6:00 PM CET, WAT (South Africa, Romania)
8:00 PM (Dubai)
3:00 AM (Wednesday) AEDT Melbourne

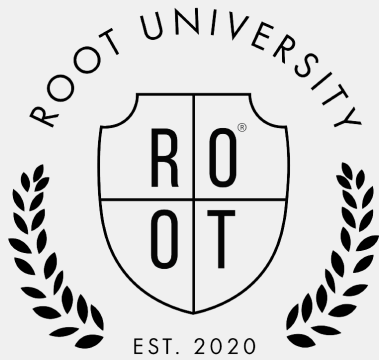
ROOT University with Dr Rahm is on the Patient Registry with ISNS and Dr Fadwa

Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFbMjR1UDVKOUe5RnNXbSs5UT09>

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFbMjR1UDVKOUe5RnNXbSs5UT09>

Meeting ID: 898 4924 5403
Passcode: 394499

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



Presented By Dr. Rahm

ROOT University

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

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WEDNESDAY



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

**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](#)

SCIENCE CORNER



Embarking on a healthier eating journey can be simple and rewarding. Start by choosing whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats. These provide the nutrients your body needs.

Be mindful when you eat. Take your time, listen to your body's hunger signals, and stop eating when you're full. This helps with digestion and prevents overeating.

Mix up your meals for balance and variety, ensuring you get a broad spectrum of nutrients. Stay curious in the kitchen to keep your diet interesting.

Remember to drink plenty of water to stay hydrated and support bodily functions.

Lastly, watch your portions, especially when eating out. Smaller plates can help control how much you eat without feeling deprived.

By following these straightforward steps, you'll nourish your body and pave the way for better health. Celebrate small victories as you go; every positive change counts!



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

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