

Hi, {{ contact.FIRSTNAME }}

Rahm Report

March is a significant month for millions of individuals worldwide as it marks National Kidney Month—a time dedicated to raising awareness about kidney health, prevention, and the importance of early detection and treatment of kidney diseases. This month serves as a crucial reminder of the vital role kidneys play in our overall well-being and shows the need for proactive measures to protect this vital organ.

The kidneys are remarkable organs that perform many critical functions essential for maintaining a healthy body. From filtering waste products and toxins from the blood to regulating blood pressure and producing essential hormones, the kidneys play an indispensable role in keeping our internal environment in balance. However, despite their significance, kidney health is frequently overlooked until complications arise.

National Kidney Month provides a platform to educate individuals about the risk factors, symptoms, and preventive measures associated with kidney disease. Promoting healthy lifestyle choices, including maintaining a balanced diet low in sodium and saturated fats, staying hydrated, engaging in regular physical activity, and avoiding tobacco use, can significantly reduce the risk of developing kidney-related complications.

In addition to raising awareness and promoting preventive measures, National Kidney Month serves as an opportunity to recognize the contributions of healthcare professionals and researchers dedicated to advancing kidney care and research. Through innovative treatments, technological advancements, and ongoing research efforts, changes are being made toward improving life for individuals living with kidney disease and helping others prevent developing them.

It is always important to prioritize your health, but this month is all about educating yourself and your loved ones on how to support the health of your kidneys. I like to have Restore and ReLive greens as part of my everyday diet because of the nutrients these products provide. Supporting your overall health by giving your body the proper nutrients it needs can be so beneficial for Kidney Health. I am sending love to you all. I hope you have a wonderful weekend.

THE WEEKEND REPORT

Comp Plan Updates

We have added all translations of the new compensation plan to the back office. This went into effect on February 1, 2024.

Dr to Dr Call

We will be pushing our Dr to Dr call this week due to travel.

Nowsite is live

Thank you to Clayton for setting up the partnership with Nowsite. Please visit therootbrands.ai to sign up for your account. It is free for all ROOT customers.

Rahm Roast Special

For a limited time we are offering a 3 pack of Rahm Roast for a discounted price of \$70. We removed the order from your RPS to ensure that everyone gets the new updated price. So if you had The Rahm Roast 3 pack in your

Sculpt Compliance



Dear ROOT Ambassadors,

We would like to use the launch of our new product *Sculpt* to remind you that the strict regulations on food advertising in Germany and the EU (e.g. the so-called Health Claims Regulation) prohibit all claims about products or their ingredients relating to health (this also includes "weight loss") that have not been expressly approved for this purpose.

Therefore, only the description published in our German-language online store can be used for legally compliant advertising.

Please note that these regulations do not apply in the US. For this reason, it is possible that our English-language product training courses may sometimes describe other features of our products.

Although these descriptions are accurate and reflect the results of our product development, we would like to emphasize once again that the use of this information is at the sole risk of each ROOT Ambassador.

We thank you for the great support and overwhelming feedback on the launch of our products and look forward to a great future.



Liebe ROOT-Ambassadors,

wir möchten die Einführung unseres neuen Produktes Sculpt nutzen, um Euch daran zu erinnern, dass die strengen Regelungen zur Werbung für Lebensmittel in Deutschland und der EU (zum Beispiel die sogenannte Health-Claims-Verordnung) alle Angaben zu Produkten oder deren Zutaten mit Bezug zur Gesundheit (hierzu zählt auch „Abnehmen/Gewichtverlust“) verbieten, die nicht ausdrücklich hierfür zugelassen wurden.

Rechtssicher geworben werden kann daher nur mit der Beschreibung, die in unserem deutschsprachigen Online-Shop veröffentlicht wurde.

Bitte beachtet, dass diese Regelungen in den USA nicht gelten. Aus diesem Grund kann es sein, dass in englischsprachigen Produktschulungen mitunter andere Eigenschaften unserer Produkte beschrieben werden.

Obgleich diese Beschreibungen inhaltlich zutreffend und die Ergebnisse unserer Produktentwicklung abbilden, möchten wir nochmals betonen, dass die Verwendung dieser Informationen im alleinigen Risiko eines jeden ROOT-Ambassadors liegt.

Wir danken Euch für die großartige Unterstützung und das überwältigende feedback zum Launch unserer Produkte und freuen uns auf eine großartige Zukunft.

+1 (980) 400-3245

393 Nichol Mill Ln Unit 2508
Franklin, TN 37067

hello@therootbrands.com

German Inventory

We are currently backordered on Rahm Roast, Good Morning Minerals and Xoted Support Powder. Rahm Roast has more on the way but we are managing our inventory as best as we can since the new batch is ready to start shipping to all countries. The GMM and XS was released from customs and is on its way to Germany.

UK Inventory

Sculpt is on its way to our facility and should start shipping soon for all backorders from the first launch. Thank you for your patience.

South Africa Inventory

The shipment was rejected by customs. We have shipped another package and will be sending another to get South Africa properly stocked up.

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

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

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 8-10	LA, CA Oscars
March 8-14	Austin, TX SXSW
April 6-7	Austin, TX Biohackers World Event
May 4	Nashville, TN Wellness Festival
May 24-27	London, UK Mind Body Spirit
May 30-June 1	Dallas, TX Biohacking Conference with Dave Aprey
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-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=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?rkey=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/>

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<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

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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/>

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<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/>

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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

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?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09)
[pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09)

Find your local number to dial in by phone:

[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09)
[pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhiNi9lQT09)

Meeting ID: 846 9261 2526

Passcode: 891630

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

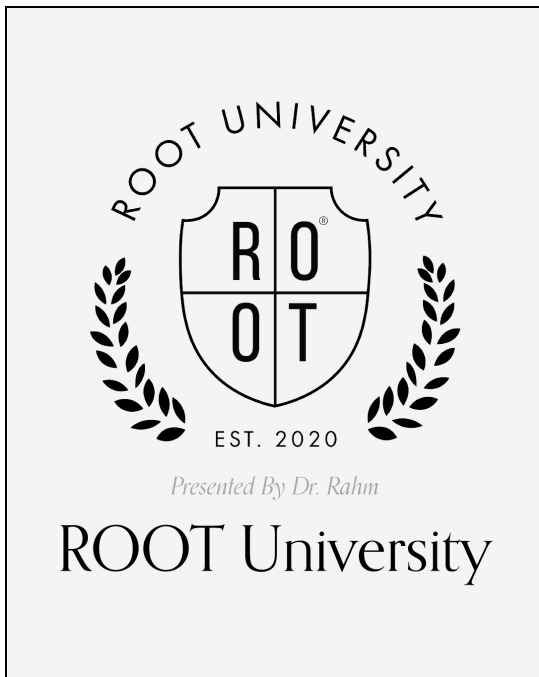
Time:



Presented By The Executive Team
Monday Ambassador Training

10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 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 (Tuesday) AEDT Melbourne

[Click Here To Join](#)



ROOT University with Dr Rahm will be on Immunizations and how to support the body naturally with key ingredients

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

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

[Click Here To Join](#)

TUESDAY

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



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

TIME:

9:00 AM PST

10:00 AM MST

11:00 AM CST (Nashville)

12:00 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 (Wednesday) AEDT Melbourne

[Click Here To Join](#)

SCIENCE CORNER

L-Lysine

With a primary focus on its pivotal role in fostering skin, bone, and connective tissue well-being through the promotion of collagen synthesis. L-Lysine also plays a role in immune function, aiding in the production of antibodies and supporting a robust immune system. It contributes to muscle protein synthesis, fostering muscle health, repair, and growth. Involved in energy metabolism, L-Lysine helps convert food into energy, supporting overall vitality.

In Crush, our newly launched product, L-Lysine combines with carefully selected ingredients, offering a holistic approach to health and fitness. Embrace the benefits of Crush as you embark on your journey to a healthier, more vibrant you!



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

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