

Hi, {{ contact.FIRSTNAME }}

Rahm Report

This week has been so exciting and I am blessed to share with you the amazing opportunities we have coming up as well. We attended this year's Oscars event in Los Angeles, CA where we met some new faces, and talked about our products and how they can help people. I love going to events like this because I get to connect with new people and expand our Root community!

As you read this I am probably on my way to Austin, Texas to attend SXSW, where Clay and I will be on multiple panels. SXSW brings creatives and industry leaders together for networking and events including Conference Sessions, Keynotes, Film & TV Festival screenings, Music Festival Showcases, Comedy Festival events, competitions, and awards. While in Austin, I have several podcasts with people like Dave Asprey, known as the "Father of Biohacking" and Adrian Grenier who you may recognize from the show *Entourage*. We'll be taking a trip to Adrian's regenerative farm for a wellness day where attendees will participate in a treasure hunt and numerous wellness activities. The winner will receive a special pack of our ROOT products.

I am excited about this trip to Austin because of the many amazing events I have to look forward to. As I am traveling and will be surrounded by a lot of people, I try my best to support my health as much as possible. I always make sure to double up on my Immune Defense Shield and ReLive greens. As I have mentioned before, when I am on the go I always keep Zero-In on me as well to improve my focus and support my energy levels. During my time in Austin, I will be going live and sharing updates on social media if you would like to follow along. I also want to wish a Happy Birthday to Clay and Ted. I am so thankful to have both of them assisting with all of the companies. Clay and I are taking a trip to Seaside together and I am looking forward to spending time with him. I hope that you all have an amazing weekend. We are all on this journey together so remember to check in with your loved ones as often as possible.

With Love and Light,

Dr. Christina Rahm

Masspay

There has been an uptick in compliance issues with Masspay and we have decided to capture common questions from our ambassadors to have the team at Masspay answer them. [Please click here](#) to fill out the questionnaire.

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

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.

Good Morning Minerals Label

We want to bring to the communities attention to a typo that we found on the label for the product GMM. Please be aware that the correct label is below, if you were one of the few that received the wrong label, we are deeply sorry for this mistake but we appreciate you bringing it to our attention. Please refer to the updated label below for the proper capsule count and dosage. Please contact customer support if you have and questions. All future orders will have the correct revised label.

Inhaltsstoffe	pro Verzehrsempfehlung (2 Kapseln)	% NRV*
Kalziumkarbonat	1000 mg	77%
Magnesiumoxid	500 mg	100%

* NRV (Nährstoffbezugswerte nach der Lebensmittelinformationverordnung)
Enthält 30 Portionen à 2 Kapseln

Mindestens haltbar bis:
Rahm wellness holdings
BV, Vethaam 507, 2081
TW, Monster, Niederlande
+1 888-400-3245
www.therootbrands.com

Good Morning Minerals
Nahrungsergänzungsmittel
mit Calcium und Magnesium
45 g
60 Kapseln

Mindestens haltbar bis:
04/2023
Inhalt:
60 Kapseln (45 g)

Nahrungsergänzungsmittel
Zutaten: Calciumkarbonat, Magnesiumoxid
VERZEHREMPFEHLUNG:
Wir empfehlen die Einnahme von 2 Kapseln pro Tag.
Hinweise zur Aufbewahrung:
Außerhalb der Reichweite von kleinen Kindern aufbewahren. Vor Hitze, Sonnenlicht und Feuchtigkeit schützen.
Warnhinweis:
Die angegebene empfohlene tägliche Verzehrsmenge darf nicht überschritten werden.
Nahrungsergänzungsmittel sollen nicht als Ersatz für eine ausgewogene und abwechslungsreiche Ernährung und eine gesunde Lebensweise verwendet werden. Bitte außerhalb der Reichweite von kleinen Kindern lagern.

BALMAG120231

Germany Inventory

Good Morning Minerals and Xoted Support have been delivered. The only orders that are not shipped combine other products that we are waiting on. Rahm Roast will be delivered this week as well and so will a small batch of Clean Spirits.

UK Inventory

Sculpt has been confirmed to be delivered on Monday. We are working with the logistics team to get the package loaded into inventory and shipped to all back orders immediately. We are hoping for all 152 units to go out this week. We have another shipment of Sculpt on its way to the UK

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/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.

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 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-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_?It_utm_source=It_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/>

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

<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

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

<https://www.einpresswire.com/article/660775517/enviware-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-enviware-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://saubiosuccess.com/merci-dupre-clothiers-by-dr-christina-rahm-debuts-at-la-fashion-week/>

<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/>

<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

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

THURSDAY



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:

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 (Friday) AEDT Melbourne

[Click Here To Join](#)



Presented By The Executive Team
Monday Ambassador Training

ROOT University - Ambassador training with The Executive Team

Zoom link:

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

Find your local number to dial in by phone:

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

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, UK, Portugal

6:00 PM GMT (Netherlands, Germany, Nigeria)

7:00 PM CET, WAT (South Africa, Romania)

9:00 PM (Dubai)

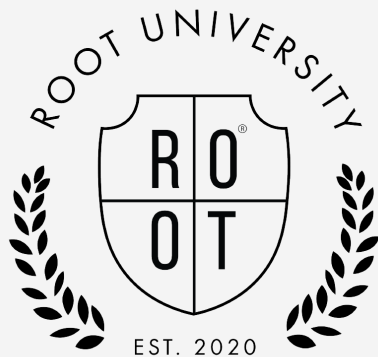
4:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

ROOT University with Dr Rahm will be on

Zoom link:

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



Presented By Dr. Rahm

ROOT University

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

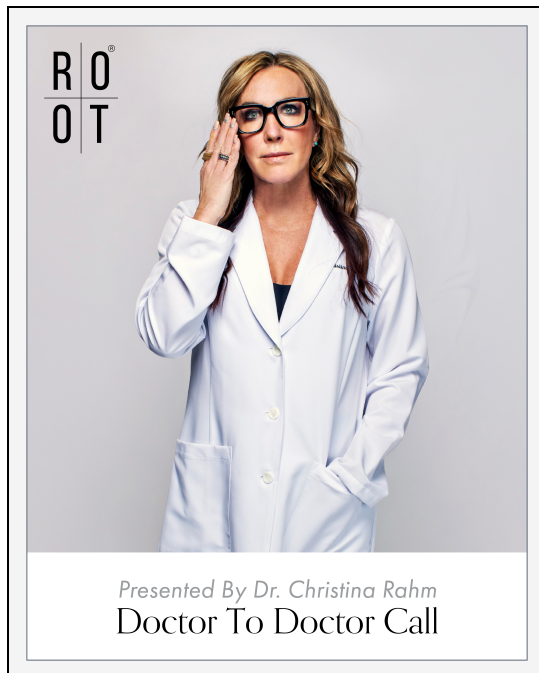
Meeting ID: 898 4924 5403
Passcode: 394499

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](#)

FRIDAY



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:
7:00 AM PST
8:00 PM MST
9:00 AM CST (Nashville)
10:00 AM EST
2:00 PM Ghana, UK, Portugal
3:00 PM GMT (Netherlands, Germany,
Nigeria)
4:00 PM CET, WAT (South Africa, Romania)
6:00 PM (Dubai)
1:00 AM (Tuesday) AEDT Melbourne

SCIENCE CORNER



Seasonal Allergies

Seasonal allergies can be daunting, but natural remedies and certain strategies can help ease your symptoms and enhance your life quality. Begin by pinpointing and steering clear of allergens like pollen and dust. Introducing local honey into your diet may boost immunity against regional allergens. Maintain a clean, dust-free home and consider a saline nasal rinse to clear irritants. For additional natural allergy relief, consume foods high in vitamin C and quercetin, such as citrus fruits and onions, to reduce inflammation. Fish oil, rich in omega-3s, may also decrease inflammation and support heart health. Probiotics can improve gut health, aiding your immune system. Adequate hydration and rest are crucial for your body's defenses against allergies. A holistic approach, including a balanced diet and lifestyle, is essential for effective allergy management.

Incorporate Relive Greens and Immune Defense Shield into your routine for extra support. These root products are abundant in natural quercetin and vitamin C, aiding in inflammation reduction and immune system strengthening. Relive Greens offers a quercetin-rich, nutrient-dense mix, while Immune Defense Shield provides a strong vitamin C dose for a robust immune response. Together, they enhance your allergy-fighting tactics, such as avoiding triggers and using saline rinses. Adding these supplements to your daily routine can boost your natural resilience to allergens and promote overall well-being.



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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