

Hi, {{ contact.FIRSTNAME }}

Rahm Report

What an amazing week in Austin, Texas! I had the opportunity of attending SXSW and speaking on multiple panels. I had the pleasure of visiting Adrian Grenier's ranch where we filmed for his podcast, as well as participated in a 'Wellness Day' event which was so much fun. I then headed over to CBS "We Are Austin" to talk about Bill & Coo, Rahm Roast, and ROOT with Clay. I love that we get to work alongside each other as much as we do, I am truly blessed.

We also attended the Oscars together, where we talked about our products and gave samples of Zero-in, Rahm Roast, Re-Live Greens, Restore and Give Me Back My Youth. We brewed some Rahm Roast for everyone to try and they loved it! I was honored to be at such a wonderful event. On Saturday, we celebrated Clay's birthday. He is such a light in my life and I am so lucky to have him. We have both been doing a lot of traveling lately but its nice to do it together.

Today Clay and I will be in Atlanta, GA to attend a Gala hosted by Captain Planet Foundation, a non-profit organization dedicated to empowering changemakers in our environment. This has been a week full of amazing opportunities and I am grateful to everyone I got to make connections with while traveling. Although this was a very exciting week, I am looking forward to going home and spending time with my children. I miss them so much. Today is Preston's birthday and I can't wait to celebrate it with our family. Birthdays mean a lot in our household so we work really hard to make them special for each one of my kids.

I am also looking forward to getting back to the office. I have been working on some surprises I cannot wait to share with the Root Community. I will be announcing those very soon, stay tuned for that on my social media. I am so grateful for the constant love and support the Root community shows us. It is the reason I am so happy doing what I do. We are all on this journey together and being a part of such an amazing community fills my heart with pure joy. I hope that you all find time to relax and do something you love this weekend.

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!

Daylight Savings

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

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

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

Rahm Roast backorders will start shipping this week due to us lowering inventory for the new batch. Sculpt pre-orders will all be finished shipping by this week.

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 Africa Inventory

We are back in stock with all of our products and are working on getting the country stocked up. We are very sorry for this inconvenience. Please know we are working with authorities to get packages passed through customs quickly.

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 23-28	India
April 6-7	Austin, TX Biohackers World Event
April 11-13	NYC I 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?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>

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<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/>

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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/>

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<https://www.forbes.com/sites/nadjasayej/2023/10/21/merci-dupre-clothiers-debuts-envioware-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/>

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<https://hauteliving.com/hautebeauty/663183/venture-into-dr-christina-rahms-world-of-wellness-and-innovation/>

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<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

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

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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."

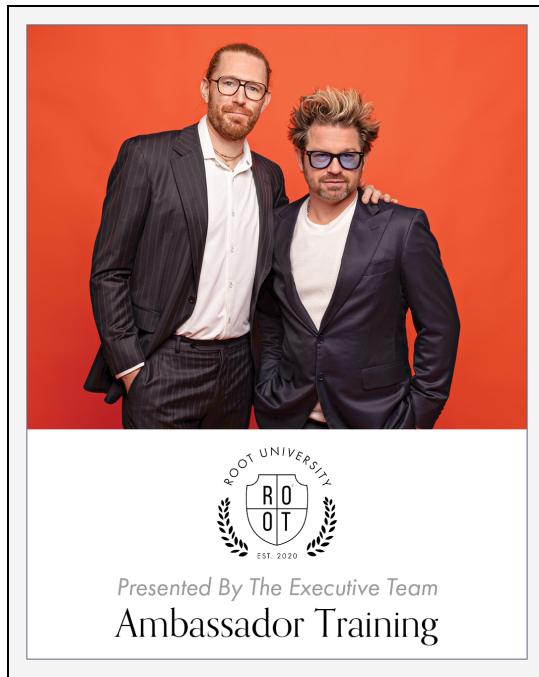
This language is obligatory. Failure to remedy any violations immediately after having been warned will result in the immediate suspension of your account. In the event you have questions about this, please feel free to contact me.

Very truly,

Root Wellness LLC Legal and Executive teams!

WEEKLY CALL SCHEDULE

MONDAY



ROOT University - Ambassador training with The Executive Team

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>

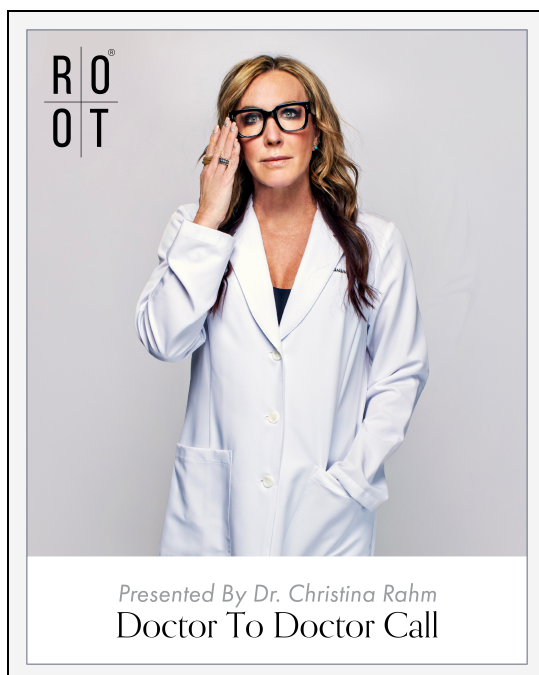
Meeting ID: 846 9261 2526
Passcode: 891630

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](#)

TUESDAY

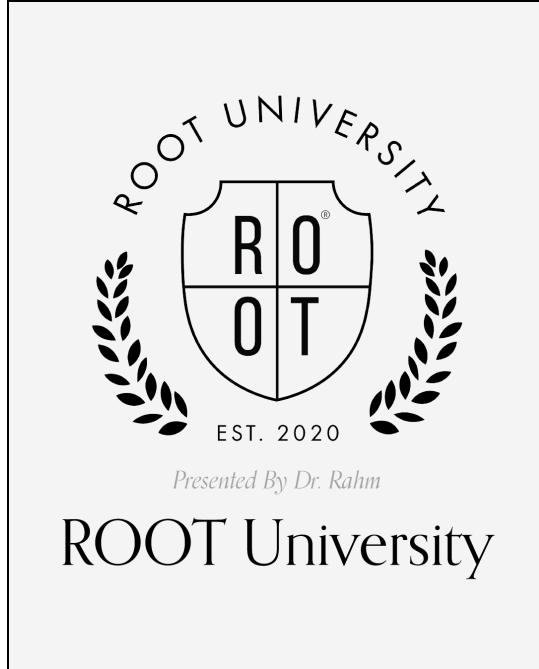


Dr. to Dr. conversations with Dr. Christina Rahm

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 Importance of physical activity and nutrition for overall health and wellness for national nutrition month with a special Q & A with Dr Rahm

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

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:

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 (Thursday) AEDT Melbourne

[Click Here To Join](#)



Sinus pressure

Can indeed be a real pain, affecting your daily comfort and well-being. Fortunately, natural remedies can offer relief and help clear those stubborn blocked passages. Ensuring you stay hydrated is key; drinking plenty of water thins the mucus, facilitating easier drainage. Steam inhalation is another effective method to alleviate congestion—inhale steam from a bowl of hot water or take a steamy shower to loosen the mucus. For an added benefit, infuse the steam with essential oils like eucalyptus or peppermint, which can provide additional soothing effects. Moreover, applying a warm compress to your face can help reduce sinus pressure and pain. The warmth from the compress can help to break down the congestion, making it easier for your sinuses to clear. Additionally, don't overlook the power of saline nasal rinses. They are a gentle and effective way to wash out irritants and can significantly relieve sinus pressure. By incorporating these simple, natural strategies into your routine, you can find significant relief from sinus pressure and improve your overall sinus health.



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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