

Hi, {{ contact.FIRSTNAME }}

Rahm Report

Spring is a beautiful time of year as the weather changes and the flowers bloom, we have an opportunity to start fresh and create new routines. As we enter a new season, it is the perfect time to do some “Spring Cleaning” by letting go of bad habits and forming healthy new ones. I wanted to share with you some examples of my favorite routines to add in as the weather begins to turn!

Staying active is so important for your overall well-being. I love going outside and taking a walk, especially on these pretty spring days. Clayton and I often will take Coco and Hiccup for a walk in the morning and enjoy the weather. Sunlight is so important for your mind and body. Something as simple as a walk can do wonders for clearing your mind and helping give your day a fresh start. I try to fuel my body with the proper nutrients it needs. I like incorporating vegetables that are in season so that I am getting fresh, whole ingredients in my diet. In spring, these include Beets (which support a healthy heart as well as fight inflammation), Carrots (which help balance your blood sugar and support healthy vision), and Greens like Kale, Arugula, and Asparagus. One of my favorite activities during this time is going to the local farmers market with my kids and finding fresh produce to use for cooking. I also always put ReLive Greens into my smoothies to get some extra nutrients in.

Staying hydrated is also key, especially as the weather gets warmer. I carry a water bottle full of ice, cucumbers and lemons with me so that I am staying hydrated throughout the day. This week at Root HQ our AC went out so we made sure to drink plenty of water. We also had a little contest to see who could dress for the weather best! I love doing contests with the team, it keeps working fun. Being intentional with finding moments of joy and fun with your community is so important, and we try to make that a focus at HQ.

Something else to add to a new routine is a new activity. Finding something you love and learning a new skill or hobby is a great way to stay creative. I love painting. During the Spring I'll paint outside if it is nice out. This week I am just glad to be home with my family, spending time with my children. As most of you know, my favorite thing to do is spend time with my husband and my kids at home, especially in this amazing weather. I hope you all enjoy quality time with loved ones, try something new, and do something fulfilling this weekend.

With Love and Light,

Dr. Christina Rahm

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!

Newsite is live

Please visit therootbrands.ai to sign up for your account. It is free for all ROOT customers.

Rahm Roast

In preparation for our new coffee launch this Monday we will be purging all customers ROOT Prime Subscription's to ensure we stop shipping the first batch of 500g bags. Please make sure to monitor your RPS orders to ensure you do not miss any rewards during this swap for the new batch of Rahm Roast. If you want to continue to get Rahm Roast coffee you will need to update your RPS cart with the new product when it goes live on the site. RPS members will have exclusive access to the launch first.

Sculpt

We are relaunching Sculpt this week and are excited to update this and bring it as a special to our RPS members. We need to note that production of this product is very specific and specialized and we are trying to reward people for being RPS members so we can plan accordingly. This includes a new pricing structure of \$129 for regular purchases and \$99 per bottle for RPS members. There will be a lift on minimums and the ability to add it to your monthly RPS order. We will discuss this further on the ambassador call Monday.

South Africa Inventory

We are happy to announce that all orders but a few Sculpt have been shipped to all customers. We have more orders headed that way. Thank you for being patient with us while we work with authorities to get it passed through customs.

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.

Congrats to Bettina Rohr for her first win

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 26-May 1 | Singapore |
| May 4 | Nashville, TN Wellness Festival |
| May 8-10 | Savannah, GA |
| May 17-20 | Dubai |
| May 25 | Cyprus |
| May 24-27 | London, UK Mind Body Spirit Dr Rahm speaking event (Sunday) |
| May 28 | Rome |
| May 30-June 1 | Dallas, TX Biohacking Conference with Dave Asprey |
| June 3-10 | Tulum, MX |
| June 8th | Nashville, TN Music City Fit Expo |
| July 9 | LA, CA Espy Awards |
| August 10 | Hamptons, NY |
| Sept 5 | NYC Catwalk Furbaby documentary Launch |
| Sept 13-14 | LA, CA Emmy Awards |
| Oct 17-19 | Cleveland, OH Rock and Roll Hall of Fame |
| 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](https://issuu.com/lefairmagazine/docs/lefair_mag_roots_brand_update?utm_source=lt_admin_share_link)

<https://thepuristonline.com/2023/07/the-science-behind-the-business-of-healthy-coffee/>

<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://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/>

<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

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://t2conline.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>

<https://sociallifemagazine.com/2024/03/15/13496/>

<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 with Dr Rahm on BSCG Certifications and why they are so important

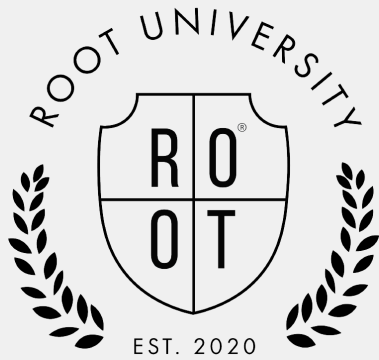
Zoom link:
<https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09>

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:
9:00 AM PST
10:00 PM MST
11:00 AM CST (Nashville)

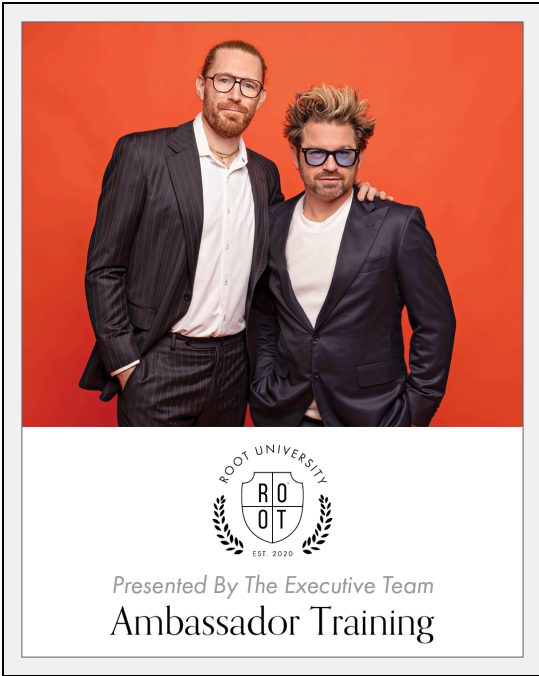


Presented By Dr. Rahm

ROOT University

12:00 PM EST
4:00 PM Ghana
5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
3:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)



ROOT University - Ambassador training with The Executive Team and unlocking some new features with NOWSITE

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

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

Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST
5:00 PM Ghana
6:00 PM GMT (UK, Portugal, Nigeria)
7:00 PM CET (Netherlands, Germany, South Africa)
8:00 PM EET (Romania)
9:00 PM (Dubai)
4:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY

**Join us on Instagram Live!
Tune in to Dr. Christina Rahm's Instagram**

Time:
9:00 AM PST
10:00 PM MST
11:00 AM CST (Nashville)
12:00 PM EST
4:00 PM Ghana



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

5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
3:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)



ISNS
INTERNATIONAL SCIENCE
NUTRITION SOCIETY

ISNS Meeting with Dr. Ketskes on a World Record Free Diver

Please note that these calls are only for ISNS members ONLY. They are not to be shared or used for any marketing materials

Interpreters: German, Romanian

Time:
12:00 PM PST
1:00 PM MST
2:00 PM CST (Nashville)
3:00 PM EST
7:00 PM Ghana
8:00 PM GMT (UK, Portugal, Nigeria)
9:00 PM CET (Netherlands, Germany, South Africa)
10:00 PM EET (Romania)
11:00 PM (Dubai)
6:00 AM (Thursday) AEDT Melbourne

[Click Here To Sign Up](#)

THURSDAY

ROOT PRIME SUBSCRIPTION Call for all RPS Members.

Please log in to your RPS Back Office in your ROOT Account to access the link for the call that is labeled ZOOM.

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

Time:
9:00 AM PST
10:00 PM MST
11:00 AM CST (Nashville)
12:00 PM EST
4:00 PM Ghana



5:00 PM GMT (UK, Portugal, Nigeria)
6:00 PM CET (Netherlands, Germany, South Africa)
7:00 PM EET (Romania)
8:00 PM (Dubai)
3:00 AM (Friday) AEDT Melbourne

SCIENCE CORNER



High cholesterol

Levels can be a concern for heart health, but there are effective ways to naturally lower cholesterol levels without medication. Here are some simple strategies to help you manage your cholesterol levels:

- 1. Embrace a Plant-Based Diet:** Focus on incorporating plenty of fruits, vegetables, whole grains, legumes, and nuts into your meals. These foods are rich in fiber, which helps lower LDL (bad) cholesterol levels.
- 2. Choose Healthy Fats:** Opt for sources of unsaturated fats, such as olive oil, avocados, nuts, and seeds, over saturated and trans fats found in processed foods and fatty meats. These healthier fats can help improve cholesterol levels.
- 3. Get Moving:** Regular physical activity can help raise HDL (good) cholesterol levels and lower LDL cholesterol. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- 4. Maintain a Healthy Weight:** Losing excess weight, especially around the waistline, can help improve cholesterol levels. Focus on gradual, sustainable weight loss through a combination of healthy eating and regular exercise.
- 5. Limit Added Sugars and Processed Foods:** Foods high in added sugars and refined

carbohydrates can contribute to higher LDL cholesterol levels. Instead, choose whole, unprocessed foods whenever possible.

6. Increase Omega-3 Fatty Acids: Include sources of omega-3 fatty acids, such as fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, and walnuts, in your diet. Omega-3s can help lower triglyceride levels and reduce inflammation.

7. Manage Stress: Chronic stress can affect cholesterol levels. Find healthy ways to manage stress, such as practicing mindfulness, deep breathing exercises, yoga, or spending time in nature.



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

This email was sent to {{contact.EMAIL}}

You've received this email because you've subscribed to our newsletter.

© 2020 The Root Brand

[Unsubscribe](#)