
From: Gianni Serazzi [REDACTED]
Sent: Monday, May 4, 2015 8:10 AM
To: Jeffrey Epstein
Subject: Yearly tests guide

Ciao Jeff,

I am sure that there are many doctors following you, however I wanted to share 2 lines of all that I have learned in the last 4 years where I had to focus on health (luckily all is good) <=iv>

1-Every year do an MRI with and without contrast on one of the new "open" machines of upper and lower abdomen and head. No harm as they are only magnetic field. Make sure you do them always in the same clinic as they can put the new ones next to the previous ones and they can get something bad while it's still a few millimeters. For the head they can detect Alzheimer several years before symptoms and the new drugs=slow or block the disease (for example <http://www.medicalnewstoday.com/articles/293269.php>)

2-Once a year chest X ray

3-Once a year blood tests with all cancer markers (drawing = large amount of blood once a year is also useful as it reactivates the stem cells to produce more blood)

Sorry to disturb you but after what I had to endure I promised myself to always break the rules of my friends on this

One morning a year to do these exams can add more years of life than 2 hours of sport a day or avoiding meat (I do all but at least the tests please force yourself)

Thx<=r>G