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**From:** Peter Attia [REDACTED]  
**Sent:** Monday, June 22, 2015 4:50 PM  
**To:** Jeffrey E.  
**Subject:** RE: JASON

With the caveat that it's a year old and my thinking has evolved...

BTW—I thought of another analogy. Are you familiar with what Bruce Lee did for fighting/martial arts? The development of Jeet Kune Do (JKD)?

From: Jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)]  
Sent: Monday, June 22, 2015 7:24 AM  
To: Peter Attia  
Subject: Re: JASON

I sent larry summers your manifesto this morning.

On Mon, Jun 22, 2015 at 10:22 AM, Peter Attia [REDACTED] wrote:

Only 24 hours. Back again July 6-9 and 12-14.

We can review your labs then, assuming you're in town one of those trips. White board needed.

From: Jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) >]  
Sent: Monday, June 22, 2015 7:19 AM  
To: Peter Attia  
Subject: Re: JASON

Sorry will miss you this trp how long are you staying?

On Mon, Jun 22, 2015 at 10:18 AM, Peter Attia [REDACTED] wrote:

About to run out the door. Later today? I redeye to NY tonight (not good for longevity).

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> ]  
Sent: Monday, June 22, 2015 7:17 AM  
To: Peter Attia  
Subject: Re: JASON

[REDACTED] . i have 20 minutes now. lets chat if you are free

On Mon, Jun 22, 2015 at 10:14 AM, Peter Attia [REDACTED] wrote:

Think Bruce Lee: extract what is useful, disregard what is useless.

I think you're taking the examples too literally.

We can do much better than the long lived societies today because we have more than they do on most fronts—drugs, hormones, greater sense of purpose—but they have a few things we didn't and that's what we need to "extract" in insight. Chief among them is what they ate.

The problem I'm trying to solve, as unemotionally and undogmatically as possible, is how to hack all of the variables to maximize lifespan in the constraints of maximum healthspan.

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> ]  
Sent: Monday, June 22, 2015 4:35 AM  
To: Peter Attia  
Subject: Re: JASON

thanks, i had to laugh, your examples of long living societies appears to bolster my arguement that it might be inversely proportional to cognitive skills. . . those tribes stand out from the rest of the world as the most backward. maybe ignorance is not only bliss but you live longer in it. its not your darkened room of 150 years example , but its pretty close

On Mon, Jun 22, 2015 at 1:41 AM, Peter Attia [REDACTED] wrote:

Here is manifesto. Substrate for long discussion. I even open with a quote from PT.

I wrote this last summer, so it's a bit dated relative to my recent thinking.

Re: sleep, most evidence says 7.5 to 8.5 hours, even as adults.

From: jeffrey E. [mailto:jeevacation@gmail.com <mailto:jeevacation@gmail.com> ]

Sent: Sunday, June 21, 2015 10:24 PM

To: Peter Attia

Subject: Re: JASON

no you did not. Im not sure how to titrate what to tweak. . if a baby sleeps 12 hours a day. and an adolescent 8. . if an older person sleeps 6 is that ? natural" ? is natural a path to gene determined death. I think eating your ancestors diet is probably the worst thing. given that paradigm

On Mon, Jun 22, 2015 at 1:00 AM, Peter Attia [REDACTED] wrote:

You and I are 100% aligned on that. Wait till I fill you in on my pharma strategy...

Once we see your results, the fun starts.

That said, the greatest first line medicine—as corny as this sounds—is what you eat.

My goal is to combine the best evidence of diet/sleep/exercise/drugs/hormones into a super longevity package.

Did I ever send you my manifesto?

From: jeffrey E. [mailto:jeevacation@gmail.com <mailto:jeevacation@gmail.com> ]

Sent: Sunday, June 21, 2015 9:42 PM

To: Peter Attia

Subject: Re: JASON

conjecture - natural . is good when you are young. natural is bad when you are old. . protecting yourself FROM nature is the essence of longevity. your metformin is probably right on.. you've convinced me . I want to look to my ancestors only before the age of 40 . after i want to look to modern science.

On Sun, Jun 21, 2015 at 8:49 PM, Peter Attia [REDACTED] wrote:

Agree that the data of the 50s mean little. I'm talking about a different problem, which is more social/behavioral than scientific.

Understanding the nuances of WWI, II probably add little to understanding ISIL, but that's the "wrong" history. If ISIL is the focus, at least IMO, understanding FDR's relationship with Abdulaziz Ibn Saud does help, even though it took place 80 years ago.

Our work in cancer and AD will be different, but in obesity there is likely no addressing the problem without some appreciation for how this mess was created.

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>]  
Sent: Sunday, June 21, 2015 3:14 PM  
To: Peter Attia  
Subject: Re: JASON

not at all, reading about world war one or two, or vietnam , gives me no insight into isil.. boko harem .etc. I listen to you becuse the science says x using tools of today any work using tools of yesterday, seems a little odd. germs before a microscope. etc. no data in the 50s worth noting.

On Sun, Jun 21, 2015 at 5:47 PM, Peter Attia [REDACTED] wrote:

This isn't a diet book, in which case that info would be irrelevant.

It's a book making the most provocative case ever in nutrition: our fundamental understanding obesity and disease might be wrong entirely.

To make that case, GT needs to explain the history of how we got there.

Can I understand WWII without understanding WWI? Maybe, but not nearly as well.

Can a president make a rationale decision about invading Iraq without understanding the history of the tribes that make it up? Apparently not.

Read this through the lens of "How can I take Peter seriously when he says X or Y about nutrition, when it so clearly flies in the face of my friends at NIH, CDC, FDA, AHA, ADA, ...?"

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>]  
Sent: Sunday, June 21, 2015 2:03 PM  
To: Peter Attia

Subject: Re: JASON

spent two hours reading good bad calories. I think it suffers from too much history. studies in the 50.s who cares. more for anthropology

On Sun, Jun 21, 2015 at 3:21 PM, Peter Attia [REDACTED] wrote:

Bad ass: [https://en.wikipedia.org/wiki/JASON\\_\(advisory\\_group\)](https://en.wikipedia.org/wiki/JASON_(advisory_group))

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <<mailto:jeevacation@gmail.com>> ]  
Sent: Sunday, June 21, 2015 12:02 PM  
To: Peter Attia  
Subject: Re: JASON

what are they?

On Sun, Jun 21, 2015 at 1:07 PM, Peter Attia [REDACTED] wrote:

Have you ever been to one of their meetings?

[REDACTED]

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