

**To:** Jeffrey Epstein[jeevacation@gmail.com]  
**From:** [REDACTED]  
**Sent:** Fri 12/11/2009 3:01:32 PM  
**Subject:** more...

F,  
I hope we get to talk today. It's been frustrating to call your FLA foundation office and get the answering system, and have no other way to reach you.

How are you??

The last few months have been fun. I've given 1-2 presentations a month (a couple of these in Europe). Re-worked my website into a WordPress blog. The organic fresh sauces company - <http://www.abbys-table.com> -- that I'm a co-founder of, just launched (in Portland for now and we're working on co-man relationships to get into other cities). Head of the Psych Dept at UChicago is likely to start randomized control studies on email apnea, and I've been involved with that and with Steelcase Furniture (they're interested in how all this relates to the future of the office). Head of the Cog & Social Neuroscience Institute at UChicago is interested in a project I've been slowly moving forward on to interview Nobel Laureates on their childhood play patterns (hoping to get a website, etc. up, with fun videos to watch), and I may have found a Swedish sponsor....

A handful of random projects, all interesting to me. I can feel that my energy reserves aren't built up enough yet for full time, but I'm headed in that direction.

Separately, I'm on a new thyroid protocol that has been significantly better. And started higher doses of Vitamin D. Turns out that people with the autoimmune thyroid disease I have, tend to have fewer Vitamin D receptors and need more Vit D. Anyhow, still a hill to climb here, but at least I'm now working with someone who understands Hashimoto's (which I've had since I was a teenager) and I'm more hopeful we can get on top of this. I still have to have the thyroid/pituitary re-evaluated regularly. The best book I've found on this (and found it only recently) is WHY DO I STILL HAVE THYROID SYMPTOMS by Kharrazian.

Anti-depressants, your suggestion from a few months ago, aren't a match for me. My body can't process any medications very well. So I'm working on the specific protocols for Hashimoto's (the book above also helps explain all these sensitivities).

Phone appointments today start around 10 a.m. PDT. I may head outside for a walk before that.... I hope we reach other today. best number is [REDACTED]  
I'm not generally near my cell phone when I'm at home....

xoxo  
[REDACTED]