

To: Jeffrey Epstein [jeevacation@gmail.com]
From: [REDACTED]
Sent: Tue 9/8/2009 4:36:45 PM
Subject: RE: Re:

Sitting at my desk [REDACTED] for another hour!

From: Jeffrey Epstein <jeevacation@gmail.com>
Sent: Tuesday, September 08, 2009 9:18 AM
To: [REDACTED]
Subject: Re:

i see you forgot your statistics,, with an " n " of 1. not very exciting.. email me a number to call

On Tue, Sep 8, 2009 at 12:16 PM, [REDACTED] wrote:

well indeed..

[REDACTED]
[REDACTED]
we did 7 trials of three different exercises (hot yoga, water running, weights)
we measured my VO2 max, core temperature, EKG, etc.

[REDACTED]
over a 12 week period, i alternated with 4 weeks of each and guess which one showed the most dramatic improvement on every single metric?
i didn't want to try hot yoga and i thought it was stupid. lots of drama queens and women with issues looking for attention, blah blah blah. but, numbers don't lie.

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED]
Sent: Tue, Sep 8, 2009 9:07 am
Subject: Re:

you need to back up your hot yoga benefits with real numbers.. the docs in new york see more hot yoga or iyengar devotees , than any other exercise regimen in

[The entire original message is not included]