

To: Jeffrey Epstein[jeevacation@gmail.com]
From: [REDACTED]
Sent: Thur 11/5/2009 8:07:07 AM
Subject: Re: So...

F,
This is pretty complicated... They seem to want to do imaging studies. Thyroid meds/dosage changed again. I wonder if this has ever been correctly dosed.. Would love to have the energy to get back to more intense exercise plus weights.... Restorative yoga was fantastic.

B complex: significant amounts of each and 140 mg Niacin. More (non-flush) probably not a bad idea...

Have been heads down working on my talk for Sweden and now packing to go. Back Nov. 16.
let's talk then...

XOXOX
[REDACTED]

On Oct 22, 2009, at 9:36 AM, Jeffrey Epstein wrote:

if you are taking b complex it is probably less than 20 mg., you need 750 miimum

On Thu, Oct 22, 2009 at 12:32 PM, [REDACTED] <[REDACTED]> wrote:

I'll look this up when I'm at a computer next. I take B complex now, and get lots of B3. Also take calcium & magnesium. No matter what, meds do not get my thyroid regulated & cortisol & ACTH and FSH super low as well. Autoimmune numbers high.

Will ask about parathyroid.

Is there a weekend phone # 4 u or just hang and when u reach, u reach me?

Xxoo
Stone

Sorry for typos -- iPhone keyboard feature

On Oct 22, 2009, at 8:32 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

check para thyroid, and calcuimm, my suggestion is you take
niaspon,, 750 mg of b3

On Thu, Oct 22, 2009 at 11:22 AM, [REDACTED] wrote:

I think what u noted as "depression," is what my MD just diagnosed as hypopituitary - involving thyroid, pituitary, and hypothalamus. Endocrine disaster... Starting with imaging studies when I'm back in Seattle. I'm generally feeling so much better that I'm hoping this can be easy to treat & doesn't involve any pituitary tumor activity.

Reachable over the weekend. Then again after Sweden. I don't have a phone number that works for u except during east coast office hours/weekdays.

Xxoo



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