

To: Jeffrey Epstein[jeevacation@gmail.com]
From: [REDACTED]
Sent: Tue 8/18/2009 4:10:26 AM
Subject: more

F,
Thanks for bringing me down to see you. Fun to hang out and catch up.
Interesting transition time.
You might look into Continuum. <http://www.continuummovement.com/>
You know about everything and you should know about this. Profound for
bringing a body back.
I learned something interesting today -- when you have inflammation in your
body, you can't build muscle (in the area where there's inflammation).

On the music...
Ani and Vijay -- the guys that I found -- are terrific. Probably can't keep
them engaged, but I'll see....
Meanwhile, today, John Cacioppo (at U.Chicago) talked about synchronicity, body
rhythms, etc. in a way that makes me wonder -- is THIS the music inside of
us... Cacioppo studies heart, brain, nervous system,
psych/cognition/physiology/neurosci. Nerdy, brilliant....
I'm still working to get my arms around what you're imagining....

Thanks again!!

xo
[REDACTED]