
From: jeffrey E. <jeevacation@gmail.com>
Sent: Friday, June 17, 2016 10:52 AM
To: [REDACTED]
Subject: Re:

been there - done that -- =A0 your physical health , - D_E B , - Diet Excerc=se and Blood. . no fun with eith=r but long term -a necessity. . =t takes 6-9 months to work. no shorter. . fo= women the blood , hormone levels . calcium levels corti=ol levels - key. excercises that strengthen. =C2 no fun . I listen to some of my friends each day , talki=g on a speaker on their treadmill or headphones in the park. =C2 . all back related.

your financia= health , is really more my expertise. unlike Bank opera=ions,where I know little. HR even less.

On Fri, Jun 17, 2016 at 6:20 AM, [REDACTED] wrote:

I just got out of physiotherapist - killed me

Ariane de Rothschild

On 17 Jun 2016, at 12:16, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmai=.com> > wrote:

I m glad in a way that it is not really a physical b=ck issue. however a plan for your health. is=more important than the biz plan for the bank. .=C2 I can hardly imagine the multiple stress points that you are dealing=with. . even if you have to do biz while walking on a treadmill, with phone=and heaphones. we need a plan.

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please note

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