
From: [REDACTED]
Sent: Tuesday, December 22, 2015 9:48 PM
To: Jeffrey Epstein
Subject: Re: Health

All that said, No pressure!

On Dec 22, 2015, at 10:31 AM, [REDACTED] wrote:

>
> May I please help you with the your diet or new health plan or whatever it= is you are embarking on? Even if it is just a short talk or Skype or FaceTi= e in which I can give you some tips or pointers like I began doing(about fa= s) in NY. I would be happy to give you the whole shabang though if you have= time. Whatever is best for you. ☺

>
> Sent from my iPad.

```
<?xml version=.0" encoding=TF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
```

```
  <key>conversation-id</key>
  <integer>94064</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1450820901</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>572202</string>
```

```
</dict>
</plist>
```