
From: Peter Attia [REDACTED]
Sent: Saturday, July 11, 2015 8:55 PM
To: jeffrey E.
Subject: RE: Your stuff

I'd offer to start with IR (minimalist approach) or IR + lipids (preferred approach).

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Saturday, July 11, 2015 1:08 PM
To: Peter Attia
Subject: Re: Your stuff

yes for plan, priorities?

On Sat, Jul 11, 2015 at 3:34 PM, Peter Attia <[REDACTED]> wrote:

...and your answer to the other questions?

On Jul 11, 2015, at 12:30 PM, jeffrey E. <jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

Here already

On Saturday, July 11, 2015, Peter Attia [REDACTED] wrote:

I may see Bernie next week if he's back from vacation.

If so, do you want me to discuss plan with you?

I would like to come up with a plan you're ok with and then implement.

When do you leave for Little St. J?

Peter Attia | Nutrition Science Initiative (NuSI) <<http://www.nusi.org/>> | President [REDACTED]
[REDACTED] | www.nusi.org <<http://www.nusi.org/>>

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