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**From:** Peter Attia <[REDACTED]>  
**Sent:** Monday, June 8, 2015 12:59 PM  
**To:** jeffrey E.  
**Subject:** RE: Best line of the night

Here's another reason to abandon this idiotic approach to obesity: it's not explanatory at all.

If I said to you last night, "Jeffrey, why are you so rich?" (i.e., how have you accumulated so much stored wealth?) and you use the "First Law" to "explain" by saying, "Peter, I've made more money than I've spent," I would argue that while that is (obviously) true, it's entirely unhelpful to me (assuming I'm asking because I, too, want to know how to accumulate wealth).

But if you think about it, this is the approach to obesity: caused by eating more than you expend. Ergo, the treatment is eat less and exercise more.

From: jeffrey E. [mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)]  
Sent: Monday, June 08, 2015 3:41 AM  
To: Peter Attia  
Subject: Re: Best line of the night

that was fun, I look forward to your next trip. energy store = in - out. . . not elegant. ex during growth phase. energy goes to making bone , stored but not in fat. . time frame needed. process is not instantaneous. / so in and out need to be defined within a time constraint. . one could also argue that drinking water . merely adding weight to the system would increase the total energy store of the body, , with no calories taken in at all. the person on the other end of the see saw would greatly notice the change in energy store . longevity with constant cognitive ability , where the future money lies

On Sun, Jun 7, 2015 at 10:44 PM, Peter Attia <[REDACTED]<mailto:[REDACTED]>> wrote:

"They are all exceptional!"

--"J" (apparently the same guy who bought a Gulfstream a while back...)

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