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**From:** Jeffrey Epstein <jeevacation@gmail.com>  
**Sent:** Tuesday, September 8, 2009 4:19 PM  
**To:** [REDACTED]  
**Subject:** Re:

i see you forgot your statistics,, with an " n " of 1. not ver= exciting.. email me a number to call

On= Tue, Sep 8, 2009 at 12:16 PM, [REDACTED] <mailto:[REDACTED]> wrote:

well indeed...

i had to get numbers for my docs too.

my cancer came back earlier this year and i wanted to ease back into w=rkouts.

we did 7 trials of three different exercises (hot yoga, water running, =weights)

we measured my VO2 max, core temperature, EKG, etc.

we also got serious with my joints (i had to have bony surgery in addi=ion to belly surgery) so we used a goniometer to measure joint space impro=ement and a galvanic meter to measure surface change near the joint.

i had weekly ultrasound, CBC and liver function tests.

over a 12 week period, i alternated with 4 weeks of each and guess whi=h one showed the most dramatic improvement on every single metric?

i didn't want to try hot yoga and i thought it was stupid. lots of=drama queens and women with issues looking for attention, blah blah blah. =ut, numbers don't lie.

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com <mailto:jeevacation@gmail.com> >

To: [REDACTED] <mailto:[REDACTED]>

Sent: Tue, Sep 8, 2009 9:07 am

Subject: Re:

you need to back up your hot yoga benefits with real numbers.. the doc&=39;s in new york see more hot yoga or iyengar devotees , than any other ex=ercise regimen including weights

On Tue, Sep 8, 2009 at 12:01 PM, [REDACTED] <mailto:[REDACTED]> wrote:

oh my. someone has been feeding you misinformation. first of all, we h=ve a hypothalamus and the sweat that is released during hot yoga ensures t=at our internal organs and core temperature remains constant. second, it i=n't endorphins that are released. It's more likely acetylcholine o= nitric oxide. it's paradoxical because it is highly parasympathetic b=t still has elevated heart rate - probably as a result of the vagus nerve =n check. it is very interesting that people who do yoga do not catch infec=ious disease, alzheimers or parkinsons. it's not the fake converse thi=g where you can say that alzheimers/parkinsons/sick people can't do yo=a...it's the real deal. if you do a lot of yoga for a lot of years, yo= just dont get sick from diseases that are traditionally neurotransmitter-=mediated. it's also super

interesting that women who get botox and do h=t yoga only have the effects of the botox for 2-4 weeks (1/3 the regular t=me).

i've measured my temperature during yoga and tracked heart rate wi=h an ekg. very interesting. too much to type!

hang on more soon...

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com <mailto:jeevacation@gmail.com> >

To: [REDACTED] <mailto:[REDACTED]>

Sent: Mon, Sep 7, 2009 11:26 pm

Subject: Re:

lots of science people.. code breaking, signal processing. psychopharm,=membrane computing. all fun.. HOT yoga is not healthy, internal organ temp=too high, of course you like it, endo-release up to kazoo.. liver chem goe= way off---Do you have a metric for success of the philanthropy. Mayor =f Harare, sounds great. salary billion dollars a day.

On Mon, Sep 7, 2009 at 11:49 PM, [REDACTED] <mailto:[REDACTED]> wrote:

Well, I certainly have missed you.

I know that you are a keen observer and probably took away some intere=ting lessons.

I'm sorry that you had to go through all this crap -

Are you still doing science? Some super cool stuff out there.

I've also got some very crazy ideas of my own that we should talk =bout. Crazy even for me, but probably right. I think herpes causes a few t=pes of heart disease and treating it prevents stroke and heart attack. Stu=f like that!

Since you've been out of the loop some interesting stuff has happe=ed to me.

I've been writing for the FT style section (under a fake name) a=d friendly with some of the fancy designer types. Good practice for me! </=iv>

Still working on Special Initiatives at the Gates Foundation and also =reviewing the very crazy stuff that comes our way. I think you have a much =etter sense of the real vs. fake than Bill does.

I manage several different portfolios of Special Projects whose grants=commitments total about \$315M. It's crazy to think about the amount of=money. Wow.

[REDACTED]  
[REDACTED] I'm excited about that!

Also still doing brain surgery and contemplating going back for more training (only because the non-invasive/high tech stuff is making me feel like a dinosaur!). I just don't want to leave my Gates job and a little worried if I take any more time to be a doc, they will fire me. Not sure what to do but ultimately, I think I have more longevity as a superfly doc than I do working at the Foundation.

[REDACTED] is doing fine - we just celebrated being together 10 years. Who would've thought? He's way up there at [REDACTED] these days and pretty much hates his job.

I discovered hot yoga after all these years. Love it!

Well, I think that's about it for the past few months that you have been away.

I really have missed you a lot.

let me know? Hope that you are starting to feel back to normal and if there is anything I can do for you please

[REDACTED]

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Jeffrey Epstein

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