
From: [REDACTED]
Sent: Wednesday, June 27, 2018 10:34 PM
To: Jeffrey Epstein
Subject: Re:

<https://www.foodnavigator.com/Article/2017/01/12/High-red-meat-intake-a-risk-factor-for-an-inflamed-gut-Harvard-study>

On Jun 27, 2018, at 6:17 PM, jeffrey E. [mailto:jeevacation@gmail.com] <mailto:jeevacation@gmail.com> > wrote:

unlikely the cause. cow meat. meat doesn't cause bleeding. . hemorrhoids do

On Wed, Jun 27, 2018 at 6:16 PM [REDACTED] wrote:

The steak diet project will have to be diminished; I got a serious bowel inflammation. No pain or other warning signals, but surprisingly profuse bleeding. I was probably too optimistic about my ability to switch to full-on meat eating after 29 years without a period of adaptation.

On Jun 24, 2018, at 8:19 AM, jeffrey E. [mailto:jeevacation@gmail.com] <mailto:jeevacation@gmail.com> > wrote:

do you snore , how is the steak diet doing.

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please note

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