
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. <jeevacation@gmail.com> wrote:
unlikely the cause. cow meat. meat doesnt cause bleeding. . hemoroids 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 =leeding. 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. <jeevacation@gmail.com> wrote:

do you snore , how is =he steak diet doing.

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please note

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