
From: jeffrey E. <jeevacation@gmail.com>
Sent: Wednesday, June 27, 2018 10:17 PM
To: Joscha Bach
Subject: Re:

unlikely the cause. cow meat. meat doesnt=cause bleeding. . hemorrhoids do

<=r>

On Wed, Jun 27, 2018 at 6:16 PM, Joscha Bach =span dir="ltr"><[REDACTED]>
<mailto:[REDACTED]> > wrote:

The steak diet project will have to be diminished; I got a serious [REDACTED]
[REDACTED] 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<=a>> wrote:

do you snore , how is the steak die= doing.

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