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**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 doesn't=cause bleeding. . hemoroids do

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

<mailto:[REDACTED]> wrote:

T=e 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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=A0 please note

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