
From: jeffrey E. <jeevacation@gmail.com>
Sent: Wednesday, June 27, 2018 10:40 PM
To: Joscha Bach
Subject: Re:

inflamed rarely bleeds .

On Wed, Jun 27, 2018 at 6:34 PM, Joscha Bach <[REDACTED]> > wrote:

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

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

unlikely the cause. =A0 cow meat. meat doesn't cause bleeding. . hemorrhoids do<=r>

On Wed, Jun 27, 2018 at 6:16 PM, Joscha Bach <[REDACTED]> wrote:

The steak diet project will have to be =inished; 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 per=od of adaptation.

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

do you snore , how is the steak diet doing.

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