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**From:** Joscha Bach <[REDACTED]>  
**Sent:** Wednesday, June 27, 2018 10:46 PM  
**To:** Jeffrey Epstein  
**Subject:** Re:

I =m just relating the opinion of my MD (and try not to worry too much) =)

On Jun 27, 2018, at 6:39 PM, jeffrey E. <mailto:jeevacation@gmail.com> wrote:  
inflamed rarely bleeds .

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

<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> wrote:  
ulikely the cause. =ow meat. meat doesnt cause bleeding. . hemoroids do

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

The=steak diet project will have to be diminished; I got a serious bowel =nflammation.  
No pain or other warning signals, but surprisingly profuse =leeding. I was probably too optimistic about my ability to  
switch to =ull-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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