
From: Jeffrey Epstein <jeevacation@gmail.com>
Sent: Tuesday, October 25, 2011 5:07 PM
To: [REDACTED]
Subject: Re:

eye masks , melatonin, at fixed times. very difficult,,, you should b= careful.

On Tue, Oct 25, 2011 at 12:58 =M, [REDACTED] > wrote:

all i can find on our medi=al web is that weird sleep patterns or disruption of circadian rhythm chro=ically can cause paranoia or anxiety. i think that is what you mean?

good news/bad news is that i get to do another experiment as i'm l=aving for africa on friday.

wonder if i should try to regulate it and see if that helps? (with pro=igil)

what do you think?

BTW was with the leadership of guinea, learned that they have so much =ater - the most in Africa ("chateau d'eau" is nickname). phi=anthropy is not the right move there. was reading the history of fiji wate= (they have springs instead of tons of rainfall etc) but wondering if it m=ght be worthwhile to make a version of fiji water from guinea - make it a =atchy name. europe has evian. usa has fiji! (that we ship like 6,000 miles=to drink!). it might be neat to do some sort of deal where the first half =f the water goes to the people (domestic use) and the rest can be exported=or something. might be fun/neat. there are no bottled water companies in a=rica of any scale. there is growing demand. i could easily secure water ri=hts (personally). wasn't possible before bc of the dictator dude. now =here is "democracy" but still a bunch of tribal gangsters, that = like.

-----=riginal Message-----

From: Jeffrey Epstein <jeevacation@gmail.com <mailto:jeevacation@gmail.com>>
To: [REDACTED] >
Sent: Tue, Oct 25, 2011 9:51 am
Subject: Re:

its really powerful, too many time zone crossings , but you should=appreciate it as an experiment,, watch how many things you unneceesarly wo=ry about.

On Tue, Oct 25, 2011 at 12:48 PM, [REDACTED] > wrote:

I've never heard of that but it sounds reasonable. Will look=into it

-----=riginal Message-----

From: jeffrey epstein <jeevacation@gmail.com <mailto:jeevacation@gmail.com>>

To: [REDACTED]
Sent: Tue, Oct 25, 2011 7:14 am
Subject: Re:

You are suffering from circadian paranoia, travel time zone related

Sorry for all the typos .Sent from my iPhone

On Oct 24, 2011, at 4:26 PM, [REDACTED] wrote:

did i do something wrong?
are you mad at me for some reason?
now paranoid!!!!!!!!!!!!

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