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**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 be careful.

On Tue, Oct 25, 2011 at 12:58 PM, [REDACTED] <[REDACTED]> wrote:

all i can find on our medical web is that weird sleep patterns or disruption of circadian rhythm chronically 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 leaving for africa on friday.

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

what do you think?

BTW was with the leadership of guinea, learned that they have so much water - the most in Africa ("chateau d'eau" is nickname). philanthropy is not the right move there. was reading the history of fiji water (they have springs instead of tons of rainfall etc) but wondering if it might be worthwhile to make a version of fiji water from guinea - make it a catchy 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 of 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 africa of any scale. there is growing demand. i could easily secure water rights (personally). wasn't possible before bc of the dictator dude. now there is "democracy" but still a bunch of tribal gangsters, that is like.

-----Original Message-----

**From:** Jeffrey Epstein <jeevacation@gmail.com <mailto:jeevacation@gmail.com> >  
**To:** [REDACTED] <[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 unnecessarily worry about.

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

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

-----Original 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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