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**From:** Peter Attia <[REDACTED]>  
**Sent:** Tuesday, December 26, 2017 4:11 PM  
**To:** jeffrey E.  
**Subject:** nice to talk today

Great distraction...

I want to make 2018 the year we get serious about your health.

Heart, brain, insulin resistance, body.

If for no other reason, at least you can keep up with the 23-year-old beauties.

Peter Attia, M.D. | Attia Medical, PC | [REDACTED] (m)

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