
From: [REDACTED]
Sent: Monday, July 9, 2018 1:26 AM
To: jeffrey E.
Subject: Re: Intermittent Fasting Vs Low carb diet

=<https://www.youtube.com/watch?v=Ojt9PmqAfhA> <<https://www.youtube.com/watch?v=Ojt9PmqAfhA>>

On Sun, Jul 8, 2018 at 9:22 PM, [REDACTED] >> wrote:

This guy has a lot of great videos a=d tips for healthy diet and etc.

Watch this=video, you can skip to 8:37min

<https://www.youtube.com/w=tch?v=MZkFDnDolf4> <<https://www.youtube.com/watch?v=MZkFDnDolf4>>