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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Sunday, February 12, 2017 8:36 PM  
**To:** [REDACTED]  
**Subject:** Re:

ok, not so bad

<=r>  
On Sun, Feb 12, 2017 at 3:31 PM, [REDACTED] > wrote:

I think so. So far no migraine for 3 weeks. =m off gluten for two but also taking magnesium and the other supplements. He wants me to have gluten after a month for a few days and test if I =eel worse.

Sent from my iPhone

On Feb 12, 2017, at 8:53 AM, jeffrey E.=<jeevacation@gmail.com <mailto:jeevacation@gmail.com> > wrote:

has the no gluten worked?

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please =ote

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