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**From:** Karina Shuliak <[REDACTED]>  
**Sent:** Wednesday, October 12, 2011 12:20 AM  
**To:** Jeffrey  
**Subject:** Fwd: From Dr Silver. Basic diet/ health info.-- to be "digested" slowly =)

Ok. Btw this is the email I was telling you about ,take a look if you like to

----- Forwarded message -----  
From: "C S" <ccsilverdds@hotmail.com <mailto:ccsilverdds@hotmail.com>>  
Date: Sep 21, 2011 9:29 PM  
Subject: From Dr Silver. Basic diet/ health info.-- to be "digested"=slowly =)  
To: <kari.sh=lia@gmail.com <mailto:kari.shulia@gmail.com>>

Be well