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Date: September 19, 2016

Patient: Jeffrey Epstein (Email: [jeevacation@gmail.com](mailto:jeevacation@gmail.com) )

- Have a consultation about treatment for your spinal stenosis with expert endoscopic , minimally-invasive neurosurgeon Saad Chaudhary, MD: PACC Bldg, 10 Union Sq East, Suite 5P, NYC 10003, 212-844-8680; [www.saadchaudharymd.com](http://www.saadchaudharymd.com)
- I have sent in the prescriptions to your pharmacy:
  - atorvastatin 10 mg for cholesterol once daily
  - Metformin 500 mg twice daily for blood sugar and metabolism (and some studies show anti-aging potential)
- A cystoscopy is pending for hematuria
- Your PTH remains normal—no need to see the endocrinologist for this
- See Jeffrey Mechanick, MD (now running a new center for Eva) for discussion of testosterone treatment.
- Supplements:
  - If you go with clomiphene use it with an aromatase-inhibitor. A good natural one is Aromat 8–PN from VitaHealth natural pharmacy below (non-Rx)—rather than some rx such as tamoxifen you must take an activated form of folic acid due to missing some of the folic acid-converting enzymes (MTHFR): Folapro by Metagenics one daily
  - Niacel form of B vitamin one daily---key nutrient for mitochondrial energy production
  - B12 1,000 mcg sublingually (low blood level with Rony)
  - Vit D3: the tablets were not working well so try a liquid form (often absorbed better): Design for Health has one; 2,000 units/drop: take 3 drops/day in liquid: most important vitamin for immune system (and many physiological processes)
  - Two adaptogens that can help energy:
    - Rhodiola Force by New Chapter, one in AM \*Russian)
    - Cordyceps by JHS Natural Products, one twice daily (TCM)
  - For sleep you can try Cortisol Manager by Integrative Therapeutics two at bedtime (Ayurvedic ashwaganda-based)
  - Use magnesium citrate 400 mg (Solgar makes a good 200 mg tablet) at bedtime: this relaxes muscles, promotes better sleep and helps protect against kidney stones (the citrate reduces chance of them)
- Recheck labs in 4-6 weeks (cholesterol/triglycerides, CRP, Vit D and B12)
- I will send labs to Rony and Mechanick.
- Have full body MRI report sent to me (and reports in general when you see specialists to keep a master record)
- Follow-up with me after lab recheck late Oct/early November---or anytime of course

All supplements are available at:

**Willner Chemists**

100 Park Avenue  
(41<sup>st</sup> Street)  
NYC, NY 10017  
212-682-2817  
800-633-1106  
[www.willner.com](http://www.willner.com)

**VitaHealth**

1235 1st Avenues  
(Between 66<sup>th</sup> & 67<sup>th</sup> Street)  
New York, NY 10065  
212-628-1110  
866-628-5255  
Pharmacist: David Restrepo