

To: [REDACTED]
From: Jeffrey Epstein
Sent: Wed 5/20/2009 3:40:44 PM
Subject: Re: a new beginning

did she give you pills to take,, if not go to the healthfood store , and get some acidophilus. or pro biotics. - try to have some high quality yogurt today... drink extra water, and don't eat bread, sugars, or meat. try to eat soups, yogurts, you might become emotional. its ok.. you need to get out that type of shit as well

On Wed, May 20, 2009 at 12:24 PM, [REDACTED] wrote:

Hi,I just finished the cleansing...it was the weirdest thing I have ever done in my life (and probably the best as well) I feel good so far but I think I will feel even better in a few days.. Funny thing is that I was more scared to go there then I was before my sky diving.. And also the woman who was doing it was really nice but she kept asking me about [REDACTED] Thank you very much for sending me there!
Have a beautiful day!!!

[REDACTED]
Sent via BlackBerry by AT&T