

**To:** [REDACTED]  
**From:** Jeffrey Epstein  
**Sent:** Wed 5/16/2012 12:04:55 PM  
**Subject:** Re:

look up the dukan diet. you need to eat protein , but protein, only, no sugar ZZero, for ten days . at least. cheese. meat eggs.. no fruit, sugar, carbs zero.. you looked great on the field.

On Wed, May 16, 2012 at 2:02 PM, [REDACTED] > wrote:

I'm pretty sure I'm incapable of losing weight.....I eat no carbs at all and I work out every day!!! What should I do?!

Sent from my iPhone

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