

**From:** Ciera Davis <[REDACTED]>  
**To:** [REDACTED]  
**Subject:** RE: Labs  
**Date:** Thu, 11 Jun 2015 19:56:31 +0000

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Hi Lesley!

Dr. Attia said that next Wednesday or Thursday would work well for Jeffrey and his friend – is that correct? If so, what time would work best? The whole process will take roughly 2.5 hours. We usually try to get it done in the morning so that individuals aren't fasting longer than they need to.

Best,

Ciera

**Ciera Davis** | *Attaining Alpha*

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**From:** Peter Attia [mailto:[REDACTED]]  
**Sent:** Wednesday, June 10, 2015 4:04 PM  
**To:** Lesley Groff  
**Cc:** jeffrey E.; Ciera Davis  
**Subject:** RE: Labs

Hi Lesley, we'll be sending out a second kit tomorrow for Jeffrey's friend.

Attached is rec form. Ciera will check in with you tomorrow about timing of blood draw and details of this rec form (attached).

Peter

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**From:** [REDACTED] [mailto:[REDACTED]]  
**Sent:** Tuesday, June 02, 2015 2:07 PM  
**To:** Peter Attia

EFTA00346719

**Cc:** jeffrey E.; Ciera Davis ([REDACTED])  
**Subject:** Re: Labs

Great. Thank you

Sent from my iPhone

On Jun 2, 2015, at 5:05 PM, Peter Attia <[REDACTED]> wrote:

Hi Lesley,

I've just asked my lab in Richmond, VA to send a kit to Jeffrey's address at 9 E 71.

Separately, I'm sending the paperwork to the same address.

When they both arrive, please let Ciera know and we'll schedule to our phlebotomist to come out to Jeffrey's home or office to do the blood draw.

The whole thing takes a little over 2 hours.

Consider Ciera your go-to for any questions.

Jeffrey, I'll get the results about a week after the blood draw.

Thanks,

Peter