

From: Jeffrey <[REDACTED]>
To: [REDACTED] <[REDACTED]>
Subject: Re:
Date: Thu, 17 May 2012 07:27:08 +0000

You decide on what makes you feel , think - better. veg and fruits were not part of a Jews diet . No fruit in desert .

Sorry for all the typos .Sent from my iPhone

On May 16, 2012, at 9:12 AM, [REDACTED] <[REDACTED]> wrote:

Sounds like a plan. I'm a vegetarian though. Should I start eating meat again?

Sent from my iPhone

On May 16, 2012, at 8:35 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

when you get back from sweden,, so you have plenty of time,, no more than one pound per week , do not rush, trust me

On Wed, May 16, 2012 at 2:34 PM, [REDACTED] <[REDACTED]> wrote:

Ok sounds good. I have until September?

Sent from my iPhone

On May 16, 2012, at 8:08 AM, Jeffrey Epstein <jeevacation@gmail.com> wrote:

i got you a memebership at david barton.s . do not do heavy weight,, just tone. . you look great,, and have until sept you do not have to diet at all. just less carbs,, also the loss is not a straight line , it plateaus.

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