

**From:** "Lawrence H. Summers" <[REDACTED]>  
**To:** Jeffrey Epstein <jeevacation@gmail.com>  
**CC:** lhsoffice <[REDACTED]>  
**Subject:** Fwd: Questions  
**Date:** Tue, 26 May 2015 17:37:05 +0000

---

U r more dramatic than him

Sent from my iPhone

Please direct all scheduling inquiries to my office at: [REDACTED]

Follow me on twitter @lhsummers  
[REDACTED]

Begin forwarded message:

**From:** "Lawrence H. Summers" <[REDACTED]>  
**Date:** May 26, 2015 at 6:28:23 PM GMT+1  
**To:** george church <[REDACTED]>  
**Cc:** lhsoffice <[REDACTED]>  
**Subject:** Re: Questions

Thx

Very helpful..

Bit reassuring on my plan relative to listening to Jeffrey.

Hope to see u soon.

Larry

Sent from my iPad

Please direct all scheduling inquiries to my office [REDACTED]  
[REDACTED]

Follow me on twitter @lhsummers  
[REDACTED]

On May 26, 2015, at 6:19 PM, george church <[REDACTED]> wrote:

Larry,

Ok. A slightly longer answer.

1) A low carb diet is often ketogenic. Some people have low tolerance for ketones released from lipid and amino acid catabolism. For some people weight loss is mainly due to loss of water. Some ancestries, like Inuit, have evolved to be tolerant to low carbs (and high BMI for that matter). But mutations can occur in any family lineage causing deviations from epidemiological averages. Caloric restriction is generally more effective than restricting any particular food type. (Having access to only boring food choices helps).

2) Crestor and other statins are usually evaluated in terms of lowering cholesterol, heart attack rates, myopathy, and neuropathy, but not in terms of overall well-being (including cognition). In some people myopathy is a side effect. Coenzyme Q10 shares a pathway with cholesterol biosynthesis, and CoQ levels are greatly diminished by statins. Physicians typically don't mention this because it is not proven to cause myopathy. Variation in SLCO1B1 and CYP3A4 genes can influence statin uptake and metabolism (as will grapefruit) and hence myopathy. Neuropathy observed may be related to myopathy, but only severe symptoms have been studied, not subtle effects on cognition or depression, as far as I know. (I would not be surprised if these impacts vary with genomics and environment). I brought my cholesterol down from 285 to 205 with vegan diet alone (after mild myopathy readings with statins).

In summary, bringing cholesterol down to 200 and BMI down to 28 are probably good ideas ON AVERAGE, but you and your physician should monitor other factors closely. Hard to say how practical regular cognition tests would be (despite President Bartlet using chess games for this purpose in West Wing). Also, moderate exercise, like walking on even ground is good -- not to directly impact calories, but for neurohormonal balance and preventing consequences of sedentary life that can land you in even more sedentary situations (e.g. back, hip, leg damage, deep-vein thrombosis, etc).

Don't fully retire -- ever.

--george

---

**From:** "Lawrence H. Summers" <[REDACTED]>  
**Date:** Tuesday, May 26, 2015 at 6:36 AM  
**To:** george church <[REDACTED]>  
**Cc:** lhsoffice <[REDACTED]>  
**Subject:** Questions

George

Jeff Epstein says I should worry that a low carb diet directed at taking me from [REDACTED] is at risk of making me dumber.

Also says [REDACTED] impedes cognition

Do u agree?

Larry

Please direct all scheduling inquiries to my office at: [REDACTED]

Follow me on twitter @lhsommers  
[REDACTED]