

From: Peter Attia <[REDACTED]>
To: jeffrey E. <jeevacation@gmail.com>
Subject: Re: Heard back from my lipid gurus/mentors
Date: Sun, 28 Jun 2015 21:38:44 +0000

Will be when off this plane. Have. 30 min taxi ride. Good?

On Jun 28, 2015, at 4:19 PM, jeffrey E. <jeevacation@gmail.com> wrote:

free?

On Sun, Jun 28, 2015 at 4:42 PM, Peter Attia <[REDACTED]> wrote:

Yes, low coQ10 makes statins less tolerable, but different ways to replenish. Trace evidence favors one over the other.

Also B12 and methylfolate.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Sunday, June 28, 2015 1:40 PM
To: Peter Attia
Subject: Re: Heard back from my lipid gurus/mentors

co q 10? b12? , im free to speak at 530 eastern. or after 8

On Sun, Jun 28, 2015 at 4:37 PM, Peter Attia <[REDACTED]> wrote:

Yes, I think we'll try livalo, ubiquone, trilipix, metformin + big nutrition/exercise overhaul.

Is your doc going to handle or do you want me to? I don't like stepping on docs toes.

If you can't tolerate the livalo, we'll definitely move to PCSK9i in summer.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Sunday, June 28, 2015 1:35 PM
To: Peter Attia
Subject: Re: Heard back from my lipid gurus/mentors

statins?

On Sun, Jun 28, 2015 at 4:33 PM, Peter Attia <[REDACTED]> wrote:

Yes, they agree with diagnosis. We have much to discuss. They think it's crazy that you're walking around with no meds on board!

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Sunday, June 28, 2015 1:31 PM
To: Peter Attia
Subject: Re: Heard back from my lipid gurus/mentors

did they agree with your 2b etc

On Sun, Jun 28, 2015 at 4:14 PM, Peter Attia <[REDACTED]> wrote:

Regarding your "interesting" case.

Peter Attia | [Nutrition Science Initiative \(NuSI\)](#) | President | [650-465-4504](tel:650-465-4504) (m) | [858-914-5405](tel:858-914-5405) (o) | www.nusi.org

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