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Date: March 4, 2010

Patient: Jeffrey Epstein (Email: [REDACTED])

Jeffery the following is an addendum to yesterday's email instructions

- Read right forearm TB skin test tomorrow (Friday); call if swelling (not redness) is more than 10mm
- Herbal nighttime sleep aids:
  - Myocalm PM by Metagenics; 3 at bedtime, or
  - Sleep Aide by Vital Nutrients; 2 at bedtime
- We will consider additional supplements once we review lab results. Possible future supplements include Cortisol Manger (Ashwaganda), Cognitex (brain nutrient enhancers), Resveratrol, Turmeric, and Omega 3 Fish Oil. We will discuss these as above
- Increase Niaspan to 750mg, twice per day for now
- For references on helping your body to detoxify:
  - My book, "The Source" (paperback title, "Power Up")
  - Out in April, is a great book by a leading environmental toxicologist naturopath Walter Crinnion, N.D. "Clean, Green, and Lean."
  - There is also a detoxification book by Alenjando Junger, MD but I would recommend you use the initial regime for now
- Detoxification program:
  - For 3 days, do a pure juice cleanse; every 2 hours alternate 1 pint of fresh fruit and vegetable juice with 1 pint of water or herbal tea, or other non-caffeinated, minimally sweetened beverage. Additional recipes for juices can be found in "The 3-Day Energy Fast" by Pamela Serure. After the 3-day juice cleanse, do a 10-day pure vegan diet. Use 1-2 solid meals per day, and 2 times a day use the following medical food-based shake:
    - UltraClear Plus by Metagenics – 2 Scoops
    - Nordic Naturals Omega 3 Fatty Acid Fish Oil; 1 tsp per day
    - Organic flax meal – 1 heaping tablespoon
    - BetaGlucan Probiotic by BioImmersion – 1 scoop
    - Water or juice to taste; or, can add fruit to make a smoothie
- Let us know when you can talk Monday

All supplements are available at  
Willner Chemists  
100 Park Avenue  
NYC, NY 10017  
[REDACTED]

