

**From:** [REDACTED] <[REDACTED]>

**To:** "jeffrey E." <jeevacation@gmail.com>

**Subject:** Re:

**Date:** Mon, 11 Jul 2016 02:02:24 +0000

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[REDACTED]  
[REDACTED] in San Diego who gave me a diet to follow and have been trying to do that to see if it helps. Trying to completely cut out processed sugar and refined carbs, etc. We shall see.

[REDACTED]

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On Jul 10, 2016, at 8:43 PM, jeffrey E. <jeevacation@gmail.com> wrote:

how are your [REDACTED]

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please note  
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