

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

**To:** "[REDACTED]" <[REDACTED]>

**Subject:** Re:

**Date:** Fri, 17 Jun 2016 10:51:56 +0000

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been there - done that -- your physical health , - D\_E B , - Diet Exercise and Blood . no fun with either but long term -a necessity. . it takes 6-9 months to work. no shorter. . for women the blood , hormone levels . calcium levels cortisol levels - key. excercises that strengthen. no fun . I listen to some of my friends each day , talking on a speaker on their treadmill or headphones in the park. . all back related. your financial health , is really more my expertise. unlike Bank operations,where I know little. HR even less.

Ive seen this movie before. . In the states , quite common now. very high profile many stock rich, zero dividiends- holders all need cash. they cant sell their stock. ( market perception . restrictions . internal- external reputation etc ). art , planes , houses. jewelry, restricted stock. SPV's ,

On Fri, Jun 17, 2016 at 6:20 AM, [REDACTED] <[REDACTED]> wrote:

I just got out of physiotherapist - killed me

Ariane de Rothschild

On 17 Jun 2016, at 12:16, jeffrey E. <jeevacation@gmail.com> wrote:

I m glad in a way that it is not really a physical back issue. however a plan for your health. is more important than the biz plan for the bank. . I can hardly imagine the multiple stress points that you are dealing with. . even if you have to do biz while walking on a treadmill, with phone and heaphones. we need a plan.

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