

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

To: Joi Ito <[REDACTED]>

Subject: Re:

Date: Sun, 23 Aug 2015 23:10:09 +0000

peter attia told me that taking exogenous ketones wards off the danger of oxygen, seizures. at pressure

On Sun, Aug 23, 2015 at 5:50 PM, <[REDACTED]> wrote:

I think that's where the neuronal recruitment and competition of ideas work on the cortex

Sent from my iPhone

On Aug 23, 2015, at 17:28, jeffrey E. <jeevacation@gmail.com> wrote:

is the brain the food finder . for the intestine. cannot figure out why the brain would want surface area?

On Sun, Aug 23, 2015 at 5:11 PM, Joi Ito <[REDACTED]> wrote:

I think it's "metabolism"

You saw this krebs cycle image that Neri Oxman drew... Similar.



On Aug 23, 2015, at 4:25 PM, jeffrey E. <jeevacation@gmail.com> wrote:

intestine brain, is separating nutrients from food , similar to separating information from data?
does one digest the news?

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