

**From:** "jeffrey E." <jeevacation@gmail.com>  
**To:** Peter Attia <[REDACTED]>  
**Subject:** Re: Heard back from my lipid gurus/mentors  
**Date:** Sun, 28 Jun 2015 21:19:08 +0000

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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](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](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](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 | [REDACTED] | [www.nusi.org](http://www.nusi.org)

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