

From: "jeffrey E." <jeevacation@gmail.com>
To: Peter Attia <[REDACTED]>
Subject: Re: Best line of the night
Date: Mon, 08 Jun 2015 13:50:52 +0000

Re available time , nothing gets more time than me and my health . I'm aware of the number problems I just thought having the same baseline for such a long time is a factor in any future plan

On Monday, June 8, 2015, Peter Attia <[REDACTED]> wrote:

I need more info. I hope you can have the bloodwork in time for my next trip so we can discuss with whiteboard handy.

How much time do you have to read/watch a few things I've written/given on this topic to prep?

If none, it just means we'll need more time to really review.

I was thinking about it after I left...we have something in common (besides our appreciation for O-visas!):

People come to you for a low fanfare, below the radar desire to compound their wealth.

People do the same with me for their health.

The difference is that folks seeing me don't actually appreciate what your clients do on arrival—the power of compounding.

You're 62, Jeffery. Just because you got here a certain way, doesn't mean we should continue that way. Depending on what the data say, we may have to readjust and resent the compounding.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Monday, June 08, 2015 6:31 AM
To: Peter Attia
Subject: Re: Best line of the night

Please give some tought Total cholesterol 198 . Hdl 24 testosterone 121 parathyroid 75 ca 9'6 trig 525 however same for 20 years

On Monday, June 8, 2015, Peter Attia <[REDACTED]> wrote:

Imagine you offered that advice to BG when he called!

“Hey B, you just need to make more and spend less!”

As stupid as that sounds that’s how we treat the most prevalent disease in the United States.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Monday, June 08, 2015 6:09 AM
To: Peter Attia
Subject: Re: Best line of the night

Agreed

On Monday, June 8, 2015, Peter Attia <[REDACTED]> wrote:

Here’s another reason to abandon this idiotic approach to obesity: it’s not explanative at all.

If I said to you last night, “Jeffrey, why are you so rich?” (i.e., how have you accumulated so much stored wealth?) and you use the “First Law” to “explain” by saying, “Peter, I’ve made more money than I’ve spent,” I would argue that while that is (obviously) true, it’s entire unhelpful to me (assuming I’m asking because I, too, want to know how to accumulate wealth).

But if you think about it, this is the approach to obesity: caused by eating more than you expend. Ergo, the treatment is eat less and exercise more.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Monday, June 08, 2015 3:41 AM
To: Peter Attia
Subject: Re: Best line of the night

that was fun, I look forward to your next trip. energy store = in - out. . . not elegant. ex during growth phase. energy goes to making bone , stored but not in fat. . time frame needed. process is not instantaneous. / so in and out need to be defined within a time constraint. . one could also argue that drinking water . merely adding weight to the system would increase the total energy store of the body, , with no calories taken in at all. the person on the other end of the see saw would greatly notice the change in energy store . longevity with constant cognitive ability , where the future money lies

On Sun, Jun 7, 2015 at 10:44 PM, Peter Attia <[REDACTED]> wrote:

“They are all exceptional!”

--“J” (apparently the same guy who bought a Gulfstream a while back...)

Peter Attia | [Nutrition Science Initiative \(NuSI\)](#) | President | [650-465-4504 \(m\)](#) | [858-914-5405 \(o\)](#) | [www.nusi.org](#)

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