From: Joscha Bach <█████████████████████>
To: Jeffrey Epstein <jeevacation@gmail.com>
Subject: Re:
Date: Wed, 27 Jun 2018 22:34:29 +0000

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https://www.foodnavigator.com/Article/2017/01/12/High-red-meat-intake-a-risk-factor-for-an-inflamed-gut-Harvard-study

On Jun 27, 2018, at 6:17 PM, jeffrey E. <jeevacation@gmail.com> wrote:

ulikely the cause. cow meat. meat doesnt cause bleeding. . hemoroids do

On Wed, Jun 27, 2018 at 6:16 PM, Joscha Bach <█████████████████████> wrote:
The steak diet project will have to be diminished; I got a serious bowel inflammation. No pain or other warning signals, but surprisingly profuse bleeding. I was probably too optimistic about my ability to switch to full-on meat eating after 29 years without a period of adaptation.

On Jun 24, 2018, at 8:19 AM, jeffrey E. <jeevacation@gmail.com> wrote:

do you snore , how is the steak diet doing.

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