

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED] >
Subject: Re:
Date: Wed, 16 May 2012 12:04:55 +0000

look up the dukan diet. you need to eat protein , but protein, only, no sugar ZERo, for ten days . at least. cheese. meat eggs.. no fruit, sugar, carbs zero.. you looked great on the field.

On Wed, May 16, 2012 at 2:02 PM, [REDACTED] > wrote:

I'm pretty sure I'm incapable of losing weight.....I eat no carbs at all and I work out every day!!! What should I do?!

Sent from my iPhone

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