

WOODSON C. MERRELL, [REDACTED].
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Date: October 15, 2015

Patient: Jeffrey Epstein (Email: jeevacation@gmail.com Asst: [REDACTED])

- Continue acupuncture series (done here Oct 14 and 15)
- Due to lab results:
 - For high triglycerides a (1053 !) and cholesterol (270 with HDL 29:
 - Significantly change your diet---as close to a plant-based one as you can (mainly vegetarian, fish , non-fat dairy and egg whites as your proteins and only complex carbos)
 - Read Dean Ornish's *The Spectrum*
 - Start Lipitor. To try to prevent side-effects, start very slowly:
 - ½ tablet (of lowest dose 10 mg called in to your pharmacy) twice week for one week, then
 - ½ every other day for two weeks, then
 - 1 tablet every other day, then
 - Wait one month then recheck your blood test before increasing (and of course making sure no side-effects)
 - See your cardiologist Rony Shimony, MD to review further (and do any additional testing. Let us know your apt date and we will send labs with a note (do you want copies of your own labs?)
 - For elevated HgbA1C (5.9 with normal < 5.7) avoid refined carbohydrates
 - For low Vit D (24.8 with ideal 40-50 for you) start Vit D3 4,000 daily
 - For low testosterone, see one of
 - Urologist Harry Fisch, MD who uses mainly Clomid (occasionally HCG); 944 Park Ave, NYC 10028, [REDACTED] www.harryfisch.com
 - Endocrinologist Jeffery Mechanick, MD (less enthused about Clomid)
 - (my preference is Clomid one tablet daily---induces your body to make more of its own testosterone
 - Let us know appt date to send labs (if you don't have by then)
 - Use one enteric-coated baby aspirin daily
- You have other labs pending—call in 3-4 days to review these (including PTH)

All supplements are available at:

Willner Chemists

100 Park Avenue
(41st Street)
NYC, NY 10017

[REDACTED]
www.willner.com

VitaHealth

1235 1st Avenues
(Between 66th & 67th Street)
New York, NY 10065

[REDACTED]
Pharmacist: David Restrepo