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Telephone: [REDACTED]

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Date: October 9, 2014

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

- Start doxycycline antibiotic now: 100 mg twice/day for 7 days. Call Tuesday for preliminary results of today's tests.
- Start supplements;
 - *Beta Glucan Probiotic* by BioImmersion, one scoop in liquid once daily (Take 20-3 hrs away from antibiotics: contains excellent pro- and pre-biotics. You can alternate this with Bio-K
 - Take *Colostrum Plus* by Symbiotics: two chewable tablets once daily (to help bowel lining integrity and immunity)
 - Start red yeast rice (RYR): use Thorne's *Chol-East brand*, two 600 mg capsules twice/day. Check the cholesterol test numbers one month after starting—then consider with Rony about cautiously adding very small amounts of a statin if needed.
 - Continue with one *baby aspirin* every other day
 - Resume MTHF form of folic acid: you are missing two of the 4 enzymes (MTHFR) needed to metabolize folic acid to the active form. My favorite brand is *Folapro 800 mcg* by Metagenics, one daily
 - Resume magnesium—helpful for muscle and vascular relaxation (and bowel movement): use *200 mg magnesium citrate* twice/day: you can double this easily if need be
 - I sent you *Curcumin*—but this is preventive and not as important as the above. It is nature's most powerful anti-inflammatory—and also happens to be a delicious spice---have your chef make some dishes with it for you
- Consider doing an acupuncture series with me for your spinal stenosis
- I will check with Joe Purita, MD in FL to see if his stem cell injection work would be useful for your neurologic problem (www.stemcellorthopedics.com)
- Make sure to have another consult with a back specialist: my favorite is Paul Kuflik at the Spine Center at Mt Sinai
- With your recent elevation of PTH have a consultation with your Yale parathyroid specialist.
- Consider seeing Columbia urologist Harry Fisch, MD to discuss using Clomid to stimulate your body to make more of your own natural testosterone rather than topical synthetics—if your levels are still < normal (which is another cardiovascular risk); 944 Park Avenue NYC 10028 [REDACTED]
- Make sure to consume only whole grains re: your elevated triglycerides and tendency to elevated HbA1C (sugar metabolism/glycosylation).
- You said your sleep apnea is nearly gone now—without need of CPAP
- Call me in 7-10 days to review today's final test results

All supplements are available at:

Willner Chemists

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

VitaHealth

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

[REDACTED]
at the Continuum Center
for Health and Healing

[REDACTED]
Pharmacist: David Restrepo