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**From:** Karina Shuliak [REDACTED]  
**Sent:** Wednesday, October 12, 2011 12:40 PM  
**To:** Jeffrey Epstein  
**Subject:** Re: From Dr Silver. Basic diet/ health info.-- to be "digested" slowly =)

I was pretty sure that you'd say something like that:) because there's a lot of information about colon cleansing, detox and all this stuff which I'm pretty suspicious about. But what I found useful was basic information about food combinations, time of digestion, water, juices all those things. Actually I tried myself to eat a little different and I felt the difference with digestion.

On Oct 12, 2011 7:35 AM, "Jeffrey Epstein" <jeevacation@gmail.com> wrote:

<mailto:jeevacation@gmail.com> <http://www.everydayhealth.com/blog/zimney-health-and-medical-news-you-can-use/master-cleanse-diet-master-scam/> <<http://www.everydayhealth.com/blog/zimney-health-and-medical-news-you-can-use/master-cleanse-diet-master-scam/>>

On Tue, Oct 11, 2011 at 8:20 PM, Karina Shuliak <[REDACTED]> wrote:

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> Ok. Btw this is the email I was telling you about, take a look if you'd like to

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