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**Subject:** I'm choking the saddest  
**From:** Nuha Sayegh <chefnuha@gmail.com>  
**To:** Eric Jones <eric@recovery-compass.org>  
**Date Sent:** Saturday, October 25, 2025 12:20:37 AM GMT-07:00  
**Date Received:** Saturday, October 25, 2025 12:20:49 AM GMT-07:00

<https://www.instagram.com/reel/DQLoxAbjDnL/?igsh=NjZiM2M3MzIxNA==>