Email System Implementation

1. Database Schema (Supabase)

```
### Email Preferences Table
```sql
create table email_preferences (
 user id uuid references auth.users primary key,
 welcome_emails boolean default true,
 post_reminders boolean default true,
 weekly_reports boolean default true,
 ai_content_delivery boolean default true,
 email_frequency text check (email_frequency in ('immediate', 'daily', 'weekly')),
 created_at timestamptz default now(),
 updated_at timestamptz default now()
);
create table email_logs (
 id uuid default uuid_generate_v4() primary key,
 user_id uuid references auth.users,
 email type text not null,
 status text not null,
 sent_at timestamptz default now(),
 error_message text,
 metadata jsonb
);
```