```
grep -oE '\b(6452300105)+@[A-Za-z0-9.-]+.[A-Z|a-z]{2,}\b' email.txt
grep -oEi '^(yodsaphon)+' email.txt
grep -oE '\b(6452300105)+@[A-Za-z0-9.-]+.[A-Z|a-z]{2,}\b' email.txt
grep -oE '\b(6452300105)' email.txt
Oat — Today at 11:52 AM
grep -oE '\b[0-9]+' email.txt
grep -oEi '^(yodsaphon)+' email.txt
grep -oE '\b(6452300105)+@[A-Za-z0-9.-]+.[A-Z|a-z]{2,}\b' email.txt
grep -oE '\b(6452300105)' email.txt

grep -oE '\b[0-9]+@[A-Za-z0-9.-]+.[A-Z|a-z]{2,}\b' email.txt
grep -oE '\b[0-9]+' email.txt
```