

## SPAM eMAIL WITH HEADERS

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On this page you can review a copy of one of the 3,000+ SPAM eMails I received. My guess is that these were sent as both a distraction and to keep me from being able to READ my legitimate eMails. The download time for these eMails was approximately 35-45 minutes.

If you actually "read" the message contained in the eMail body, you are not losing your mind. It really is the same couple of sentences repeated over ... and over ... and over ... strictly as "filler."

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Return-path <wwwroo@mmm2607.sbc-webhosting.com>

Received from bright13. (bright13-qfe0.icomcast.net [172.20.4.102]) by msgstore03.icomcast.net (iPlanet Messaging Server 5.2 HotFix 1.09 (built Jan 7 2003)) with ESMTP id <0H9E00EUY0FWIG@msgstore03.icomcast.net> for [EMAIL REMOVED]@ims-ms-daemon; Mon, 27 Jan 2003 14:21:32 -0500 (EST)

Received from mtain05 (bright-LB.icomcast.net [172.20.3.155]) by bright13. (8.11.6/8.11.6) with ESMTP id h0RJLUX07491 for <@msgstore03.icomcast.net: [EMAIL REMOVED]@comcast.net>; Mon, 27 Jan 2003 14:21:30 -0500 (EST)

Received from mail26b.sbc-webhosting.com (mail26b.sbc-webhosting.com [216.173.237.56]) by mtain05.icomcast.net (iPlanet Messaging Server 5.2 HotFix 1.09 (built Jan 7 2003)) with SMTP id <0H9E00EJZ0EWX8@mtain05.icomcast.net> for [EMAIL REMOVED]@comcast.net (ORCPT [EMAIL REMOVED]@comcast.net); Mon, 27 Jan 2003 14:20:57 -0500 (EST)

Received from www.wwwroot.us (64.143.45.57) by mail26b.sbc-webhosting.com (RS ver 1.0.63s) with SMTP id 010159 for <[EMAIL REMOVED]@comcast.net>; Mon, 27 Jan 2003 14:20:35 -0500 (EST)

Received (wwwroo@localhost) by localhost (8.11.1) id h0RJKfn13569; Mon, 27 Jan 2003 14:20:41 -0500 (EST)

Date Mon, 27 Jan 2003 14:20:41 -0500 (EST)

From s7737356@7737356.com

Subject Eat pizza and lose weight?

To [EMAIL REMOVED]@comcast.net

Message-id <200301271920.h0RJKfn13569@no.domain.spam>

X-Loop-Detect 1

Original-recipient rfc822; [EMAIL REMOVED]@comcast.net

If you're like me, you've tried EVERYTHING to lose weight. I know how you feel - the special diets, miracle pills, and fancy exercise equipment never helped me lose a pound either. It seemed like the harder I tried, the bigger I got, until I heard about a product called Power Diet Plus.If you're like me, you've tried EVERYTHING to lose weight. I know how you feel - the special diets, miracle pills, and fancy exercise equipment never helped me lose a pound either. It seemed like the harder I tried, the bigger I got, until I heard about a product called Power Diet Plus.If you're like me, you've tried EVERYTHING to lose weight. I know how you feel - the

