Thunderbird - Messages not matching Headers

Problem
In Thunderbird, emails you are opening have message bodies that don't reflect the header of the email you are trying to read.
IE: You open up an email that should be with regards to Travel Reimbursement, but the Email body shows something completely different.

Cause
Thunderbird's database for that particular folder may have gotten corrupted and needs to be repaired.

Solution
To fix this, do the following

In Thunderbird...
1. Right-Click on the folder that has the problem messages and click on **Properties**.
2. In the **General** tab, click on **Repair Folder**.
3. Give it a few moments, to do what is needed.
4. Check the messages to see if the Email Message now properly matches the intended header of the email.

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