In this Newsletter I include recent research on the treatment of every type of medical condition imaginable. So, whatever your health concern might be, one of my Newsletters will contain the vital information you have been seeking.

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Linda has sold hundreds of Earthing™ products to our clients. Most have quickly noticed improvement in their health and well-being. For more information on Acupuncture or Earthing™, or to make an appointment give us a call on 4636 6100.

**HOT OFF THE PRESS**

In this edition: p1 - Hot off the press; p2 - Do you desire optimal health and wellness?; History and mystery of Sanjiao; What is the mysterious organ?; A simple analogy of the Triple Energizer; Knowledge is empowering; p3 - The ancients regarded the Sanjiao as the biggest organ inside the body; The influences of the grains in the stomach generates the Triple Burner; There is nothing that the Triple Heater does not envelop or surround; Biophysicist James Oschman shows that Earthing / Grounding supplies protective electrons that reduce inflammation in the body; p4 - The Triple Energizer–Coulomb network extends to the ultimate exterior extremity; Softcover book available to locals for $40.
**DO YOU DESIRE OPTIMAL HEALTH AND WELLNESS?**

Are you interested in mystery? Are you interested in history? Are you interested in general health issues that can make you feel more energized and healthier and have a great sense of wellbeing? If you answered YES to any of these questions, then this is a book that will keep you informed about recent scientific findings about how your body works and how to feel excellent health and wellbeing. General health topics include Earthing/Grounding, and the benefits of probiotics, but more importantly ‘real food’ – fermented foods.

Individuals wishing to know more about general health issues, stem cells, how cancer spreads throughout the body, newly discovered biological systems—including the Primo Vascular System, the gut microbiome, taste and sensory receptors spread throughout the body, and the endocrine function of adipose tissue, etc.—will find the book very illuminating and practical.

**HISTORY AND MYSTERY OF SANJIAO**

One of the 12 Main Organs of traditional Chinese medicine (TCM) is surrounded in mystery. In keeping with that theme of enigma, it has numerous names, including San-Jiao, Sanjiao, Triple Heater, Triple Burner, Triple Warmer, Three Heaters, Tri-Heater and the Three Burning Spaces. The World Health Organisation (WHO) has named it the Triple Energizer. While the Triple Energizer is an ORGAN, most western medical practitioners do not believe it exists at all. Note that all of these many names are interchangeable throughout this Newsletter.

Even amongst TCM practitioners, many believe that it is NOT even an organ, but rather a series of biological functions that occur throughout the body. If you enjoy the unravelling of a mystery that has existed for over 2,000 years, I have spent 4 years researching this misunderstood organ, and have written a book which proves that the Triple Energizer is an actual organ complex.

**WHAT IS THE MYSTERIOUS ORGAN?**

While you may never have heard of the Triple Energizer, you do have one, and it is controlling your numerous body fluids, temperature regulation, hormones, immune system, digestion and energy production every second of your life. Regarding the so-called mysterious San Jiao, due to a comment made in the TCM text, the *Non-ching—The Classic of Difficult Issues* there is an enormous amount of information and differing, prejudiced personal opinions and misconceptions that have been written over millennia and especially in the last 50 years by scholars who are inclined to apply their own interpretation to the original ancient TCM texts. While I do in part compare and contrast this array of views and renditions, my aim is to explain what I believe to be the actual location, the composition and morphology, and the traditionally described functions of the Triple Energizer as expressed by modern scientific discovery. I present scientific evidence to show how the Triple Energizer works, and why it has remained hidden and misunderstood all this time. Because of its lack of a defined shape (morphology) it was stated that it has ‘a name but no form’. Your hormonal endocrine system has no form. Individual clouds do not have a defined form either do they? Because the endocrine system and clouds have ‘no form’ does NOT mean that they do not exist. Those who believe that Sanjiao has ‘a name but no form’ will be truly amazed as to its actual location and its actual arrangement.

**A SIMPLE ANALOGY OF THE TRIPLE ENERGIZER**

The analogy of the Triple Energizer is like the available access of electrical power and treated water to every nook and cranny within the city limits. Thanks to the engineers employed by the local authority, the distribution of power through the established infrastructural grid of electrical power lines from the power station and the availability of water via the underground water mains surging with treated water sourced from local reservoirs or bores are assured.

Perhaps with the addition of extension leads or hoses, you could supply power and water to every conceivable spot within your property if you needed to. The analogy to ‘it acts to produce all the effects that this qi commands in every place in the organism’ is this. The electricity delivered to our home can be used to light up our nights, refrigerate our foods, warm us using electrical heaters, provide us with entertainment from sound-producing radio devices and televisions and can be used to heat frying pans and boilers so we can prepare meals. All these different requirements are energized from the same source of Qi (power). Similarly, the Triple Energizer is the bodily organ system responsible for distribution the numerous forms of liquids and fluids produced in the body. The organ also produces all the differing energy forms that we require to sustain life.

**KNOWLEDGE IS EMPOWERING**

In the book I establish the nature of the Western medical equivalent of this enigmatic TCM organ, along with many defined auxiliary anatomical components that cooperate in allowing the Triple Energizer to perform the TCM functions ascribed to this mysterious
organ complex. I have collated numerous recent scientific references and results of about 60 diverse biological and biochemical functions of the complicated gut microbiome organ system that classical TCM attributes to the San Jiao.

While I do not believe that the gut microbiome constitutes the Triple-Energizer organ per se, it is highly likely that these diverse functions of the gut microbiome intimately complement the San Jiao and its TCM-attributed functionality. The logical scientific conclusion is that this gut microbiome organ has always been there, but only with the substantial investigative research of modern science has this semisolid non-human organ system been shown to be a profoundly complex and sophisticated organ that has defied identification because of its very semisolid metamorphosing composition, which is replenished on an hourly and daily basis. I will now include random excerpts from the book to give an idea of the contents of the book. There is a very comprehensive Index at the back of the book so you can easily search out specific topics that are of interest to you.

**THE ANCIENTS REGARDED THE SANJIAO AS THE BIGGEST ORGAN INSIDE THE BODY**

Regarding the large size of the Sanjiao, in the Journal of Chinese Medicine article titled ‘The Location and Function of the Sanjiao’, the authors Qu Lifang and Mary Garvey (43), state, ‘The Sanjiao is one of the six fu. The ancients regarded it as the biggest of the organs inside the body. In fact, its location is given as inside the body and outside the other zangfu, in a sense enclosing or holding the other organs’.

**THE INFLUENCES OF THE GRAINS IN THE STOMACH GENERATES THE TRIPLE BURNER**

In the commentaries on the 31st Difficult Issue of Unschuld’s (1) translation of Nan Ching, Chang Shihhsien stated ‘The Triple Burner ... relies on the influences of the grains in the stomach as provision for its continuing generation. It is the official responsible for the maintenance of the ditches; the waterways originate from it. Water and grains enter the organism through the upper section of the Triple Burner; they leave through the lower section of the Triple Burner. Hence, one knows that the Triple Burner represents the conclusion and the start of the course of the influences’.

This shows that the Triple Burner initiates and concludes all issues in the body pertaining to all the food we eat (grains) and all of the fluids we drink. The Triple Burner then is responsible for producing all the various fluids in our body. These fluids and liquids include sweat, blood, lymph, interstitial fluid, tears, pancreatic juice, perspiration, urine, saliva, semen, gastric juices, fingerprint oil etc., and numerous forms of energy (qi) that engender 'life'. If something goes wrong here then digestive health problems and energy deficiency and tiredness result. Does this sound familiar?

**THERE IS NOTHING THAT THE TRIPLE HEATER DOES NOT ENVELOP OR SURROUND**

Interesting too is the fact that every atom in every cell in our body also came from the Earth and its atmosphere. How so? Every food item has its origin from the soil—be it honey, water, salt, milk, grain, vegetables, berries, fruit, nuts, meats (beef, pork, chicken, or fish, etc.), wine, beer, or cider. All food produce that we eat had its origin directly from the Earth and the rain and the Sun, of course, along with some Oxygen and Nitrogen and Carbon from the atmosphere. Subsequently, the atoms from the apple that we ate yesterday will become part of our Spleen or Heart. So all our atoms and all our microfloral hitch-hikers were derived from the Earth. We are essentially transmuted Earth under the management and control of the Triple Burner.

**BIOPHYSICIST JAMES OSCHMAN SHOWS THAT EARTHING / GROUNDING SUPPLIES PROTECTIVE ELECTRONS THAT REDUCE INFLAMMATION IN THE BODY**

A wide assortment of diseases and health problems, including but not limited to chronic pain, obesity, ADD/ADHD, peripheral neuropathy, asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, dental issues e.g. chronic periodontitis, ulcerative colitis and Crohn’s disease, chronic sinusitis, chronic active hepatitis, diabetes, heart disease, stroke, migraines, thyroid issues, and cancer are all rooted in chronic inflammation. Do you or your loved ones suffer from any of these conditions?

Regarding such inflammatory disorders, Biophysicist James Oschman stated, ‘We believe the healthy connective tissue matrix of a grounded person will have abundant electrons to neutralize those leaking free radicals and thereby prevent “collateral damage” to healthy tissues.’ Here, Oschman believes that the healthy connective-tissue matrix should automatically have abundant electrons and thus prevent damage to healthy tissues. In TCM, maintaining biological and biochemical order throughout the body is a function of
the Triple-Energizer Metasystem, which I believe is intimately connected with the Primo Vascular System (PVS)/Connective-Tissue Metasystem, or connective-tissue matrix, as Oschman calls it.

In the final section above, Oschman again emphasizes, 'The connective tissue in the body that is free of inflammatory pockets will be more conductive to electrons (inflammatory barricades are poorly conductive) and therefore will be better able to neutralize free radicals quickly wherever they form from whatever cause.' This epitomizes the protective function of Wei Qi associated with the San Jiao.

Remember that the San Jiao is omnipresent, ubiquitous throughout the entire body, that it is nothing but membranes, and that membranes cover like a bag every single cell, structure, and organ within the body. Notice too that Oschman shows that when the connective tissue matrix is grounded, inflammation is greatly reduced or negated.

**THE TRIPLE ENERGIZER–COULI NETWORK EXTENDS TO THE ULTIMATE EXTERIOR EXTREMITY**

Have you ever wondered about the individuality and uniqueness of your fingerprints? In TCM the couli are a body-wide network extension of the three major Sanjiao body cavities. The couli could be likened to the capillaries of the Sanjiao Qi and Water circulatory system, and it is via them that the periphery of the body in its entirety is irrigated, nourished, and moisturized by this circulatory system and, at the same time, detoxified through the sweat glands.

I suggest that the couli extend right down to our pores, where the oily liquid material is constantly oozing from our skin. For example, we can wipe our fingers as much as we want, but we continue to leave a fine film of our individuality on everything we touch, called our fingerprints. Even the residue of our fingerprints is secreted through our most superficial couli, thanks to our omnipresent Triple-Energizer Metasystem. Again with every breath, we exhale moisture, carbon dioxide, some 14% oxygen, alcohol (if we have had some as drink), personal chemicals emitted from our mouth flora, and volatile food components (for example, from garlic or peppermint).

Some dogs and cats have been known to detect that individuals have medical conditions, including cancer, from the exhaled breath of the individual. Other cats and dogs are known to detect that a person is close to death from their breath. So chemical markers for disease and death are also present on our breath, thanks to the distribution function of the Triple Energizer. Our constantly slightly moist breath is a representation of the mist from the Lungs within our Upper Heater, thanks to the ubiquitous presence of the Triple Energizer. Due to water diffusing across the moist surfaces of breathing passages and alveoli in the Lungs, exhaled air has a relative humidity of 100%. So along with urine removed through the Bladder and sweat secreted through the couli (pores) in our skin, we also regulate water balance through our exhaled breath and also in our feces.

**SOFTCOVER BOOK AVAILABLE TO LOCALS FOR $40**

The softcover book is being made available to residents of SE Queensland near Toowoomba from ANTRAC Acupuncture Clinic, 216 Ramsay Street, MIDDLE RIDGE, for the reduced price of $40 while stocks last. So if you desire to know more about how the Triple Energizer coordinates your body functions and optimises your body fluids, temperature regulation, hormones, immune system, digestion and energy production every second of your life, do yourself a favour and call Linda (4636 6100) and arrange a time to stop in and purchase your copy of the book *The ‘Mystical’ TCM Triple Energizer. Its Elusive Location and Morphology Defined* and start living life to the full. For the cost of a night out with your partner, you can be enlightened about the mystical and mysterious Triple Energizer and grow your personal health and wellbeing by better understanding how the Triple Energizer is keeping you alive every second of the day.

For more information on Acupuncture or Earthing™, or to make an acupuncture appointment give us a call on 4636 6100.