

**To:** Jeffrey Epstein[jeevacation@gmail.com]  
**From:** [REDACTED]  
**Sent:** Thur 1/17/2013 4:23:45 AM  
**Subject:** more

JE,  
Fun to see you. Really enjoyed the Botstein.

LOVE being at 301. SO easy and LOVE that I can prepare (and bring) my lunch, food, etc. Keeps me feeling better and better!! Thank you!

Ghislaine's talk is now pretty tight. She just needs to practice the crap out of it - I told her til it comes out of her pores in her sleep. I love that she is diving into something that's meaningful to her.

Korean acupuncture info at the bottom of this email (I may have sent it before). Also, just google: Pulmotonia (my type) and it will get you to many of the sites.

I met with an interesting woman, Edie Weiner, a futurist, super smart and very different type of thinker. She may be interesting for you to meet. I'm back in NY (I think - around March 15 - 19 or something like that) - so maybe in that window or before. Or not. Whatever you prefer. Here's Edie giving a talk:

[http://www.youtube.com/watch?v=P\\_TjN1LLtvM](http://www.youtube.com/watch?v=P_TjN1LLtvM)

She gave that talk at the TEDxMidwest conference in Chicago that I co-organize. It's May 2-3, and if you want to come, let me know, Mr. NO More Conferences guy.

I mentioned the hair dryer story to you -- it's about selective attention, inattentive blindness and what I call "Projective attention."

## The Hair Dryer that Got Away

I'm in NY and staying at a friend's apartment. He's not there.

I've had a terrific night's sleep, a hot shower, and now, plan to dry my hair and head over to a conference, where I'll be speaking about millennials in the workplace. After my session, several videotaped interviews are planned. I'm figuring out what to wear.

I brought several things to choose from so I could feel comfortable in front of the cameras. I even called my friend's assistant in advance, "Do I need to bring a hair dryer or is there one in the apartment?" Caught without a hair dryer on a previous visit, I knew I'd need a hair dryer for camera-ready hair. She assured me I would find one in the apartment.

I check the hall closet for a hair dryer. Then I check another closet. And another. One more.

OMG, *no* hair dryer!

I start catastrophizing as I imagine my fine, unruly hair without a dryer. I go through the closets again. Every closet. Panicked, I call my friend's office. His assistant, Lesley, is helpful. Five minutes later, there's a knock on the door. Someone in the building has a new hair dryer for me. Relief.

I notice the box is purple and looks familiar. I return to the hall closet. The box matches a box in the closet.

I had been looking for a hair dryer. What good is a box?

Laughing as I dry my hair, I wonder, how much is life like this every day? How many things am I looking for with such vigilance, and such absolute certainty, that, even when they're right in front of me, I fail to notice them.

When I don't know, it's possible to see.

I was so struck by this example of what is called inattentional blindness. We fail to notice things in plain sight. The [Chabris and Simons website](#) includes some great video demos; you can see how easy it is to miss what's right in front of you.

One of my favorite books on this topic is [Sleights of Mind: What the Neuroscience of Magic Reveals about Our Everyday Deceptions](#).

For many of us, our evolving relationship with technology in a 24/7, mobile, always-connected world, traps us in a hyper-focus on the screen, and a blindness to the rich world around us.

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THE above story happened at 301! It relates to the research and synthesis of bits I'm bringing together on luck, attention, the physiology of technology, etc.

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Here's the Korean Acupuncture info. Kelly went to the guy on Tuesday. She is apparently the same type I am....

xoxox



Korean 8 body acupuncture

**Korean Body Type Acupuncture - 8 Constitution Medicine**

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Eight Constitution Medicine is a completely new medical paradigm and has cured intractable and previously incurable diseases. It was first presented to the world in 1965 by Dowon Kuon, a world renowned acupuncturist that is currently treating cancer patients and conducting research at Jesun Acupuncture Clinic and Dawnting Cancer Research Institute in South Korea. His findings have stayed true after 47 years and 1 million plus clinical cases: all human beings regardless of gender or race can be classified into eight different human individualities or constitutions.

Each constitution has dynamic associations between internal organs. Some people are born with lungs that are strong but with a weaker liver. Others entered this world with weak lungs yet have strong functioning livers. Additional weak/strong pairs are: kidneys and pancreas, stomach and bladder, large intestine and gallbladder. Dr. Kuon refers to this state as 'suitably unbalanced'. Maintaining this state optimizes the immune function of the human body. So when a person's strong internal organ becomes overly strong or a weak one deteriorates, his body can succumb to illness.

If this person sought treatment in Eight Constitution Medicine for his illness, the state of their internal organs at birth would dictate their treatment. It would be completely personalized from someone else who may have the same illness because their constitutions would be totally different. By identifying the weaker internal organs at birth, it is also that much easier to understand the cause of an illness.

The idea is currently gaining ground of focusing on the cause of a disease rather than just treating the symptoms. While Oriental Medicine has operated under such theories for thousands of years, Eight Constitution Medicine elegantly connects the physiology and pathology of each constitution and its twelve internal organs (Liver, Lungs, Kidney, Large intestine, Small Intestine, Gallbladder, Stomach, Heart, Urinary Bladder, Pancreas, Pericardium, San Jiao). It is also complete in addressing what elements outside of the body such as the consumption of foods would optimize each constitution.

One easy to understand application of these findings is in the treatment high cholesterol. The typical one size fits all approach is reducing red meat consumption and increasing the intake of fruits and vegetables. However, over 90% of cholesterol is generated in the liver and so the impact of foods eaten is actually minimal. With Eight Constitution Medicine, the focus is in balancing the internal organ functions so that they are at optimal levels and performing appropriately for the body.

<http://ecmed.org/board/content.asp?bsNo=17&lng=en>

[http://www.8bodytype.com/clinic/about\\_us.html](http://www.8bodytype.com/clinic/about_us.html)

<http://www.acupuncturetorranceca.com/learning.htm>

<http://www.onearrowacupuncture.com/constmend.htm> case studies and links

The Doctor I consulted:

Dr. Min Kim