

*The economy depends about as much on economists as the weather does on weather forecasters.*

—Jean-Paul Kauffmann

## A Sea Adventure To Be Remembered

By Anita Finley

**Mark Twain: Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail way from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.**

Not many young men get to travel across the world at the age of 19, but as the slogan said, "Join the Navy and see the world," so young Ralph Lindholm joined up. In 1970, after being stationed in Whidbey Island, Washington, his travels began. His squadron was assigned to



**Ralph and Karen Lindholm**

go to Vietnam. But instead of flying to the Pacific, they flew to Mayport, Florida (near Jacksonville), then to Guantanamo Bay, Cuba and Puerto Rico, heading south across the Equator, pulling into the port of Rio de Janeiro. Then the trip really began to get exciting.

From Rio they went south across the tip of South Africa (Cape Horn), traveling through Java and Sumatra where they landed in the Gulf of Tonkin in the South China Sea, between Hainan Island and the coasts of South China and North Vietnam. There the carrier docked at the "Tonkin Gulf Yacht Club." Americans were flying on and off the flight deck. The A-3s were originally built for the single A Bomb, as they were very quick and could get in and out very quickly. They were not fighter planes but were used for in-flight refueling for attack aircraft. Ralph's title was "avionics shop supervisor" and without the advent of computers, the technical aspects of the job were critical. The photos show the USS Shangri-La carrier and one of the planes being repaired that flew from its deck.



Although Ralph always liked boats, one scary experience occurred when he was on the carrier at the tip of South Africa. He recalled, "the waves were so high, we were taking blue water over the bow. We couldn't see the other ships in our fleet. When our carrier was up, the other ships were down riding the 100-foot waves." That was one experience that is indelibly written in Ralph's memory. He added, "This wave action is very common where the Atlantic and the Indian Oceans traverse. Many of us were very seasick through the ordeal."

Why did I tell you this story about Ralph? Because of Ralph's sea experience, *Neptune* or *Poseidon*, the God of the Sea has always held a special place in his heart. If you see the logo of their company and read its name: Red Reef Realty, you, too will catch the wave!

When I first met Karen and Ralph Lindholm, I was so mesmerized by their real estate company's experience, ethics and focus, their sales representatives and their goals, that I wanted you to know them a little bit better. There are a lot of real estate agents out there, but very few with the home-like atmosphere, credibility and sociability of Ralph and Karen. As former Long Island, New Yorkers, they want to share their expertise with a select group of clients whom they can call friends.

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## Anti Aging Medicine Begins with the Quieting of the Mind

(A reader's question for Dr. Willix.)  
**What will be the next great breakthrough in Anti Aging Medicine?**

My answer would be that **MEDITATION will be the next breakthrough.**

When my meditation instructor told me that I had to meditate twenty minutes twice a day, I asked; "What are you nuts? Where the h\_\_\_ am I going to find twenty minutes twice a day?" He very calmly took my explosive response and said: "I will promise that if you meditate for twenty minutes twice a day for one year, you will have extra time on your hands at the end of the day." I have not stopped meditating since that fateful day, because he was one hundred percent accurate.

I believe that meditation is the most important health change that I have made in my lifetime.

**It is more important than exercise and nutrition combined. Why?**

Human beings are bombarded with thousands upon thousands of stimuli every day. The filter for those stimuli is your **central nervous system (CNS)**. This is the same system that controls every organ in your body; the heart, the kidneys, the liver and even the brain itself.

There are neuro-receptors in literally every cell in the body and the processing organ for that transmission is the CNS.

Did you know we take better care of our teeth than we do our CNS, because we expect it to stay healthy. We dental floss once sometimes twice a day to prevent our teeth from falling out from gingivitis. Trust me you can live without teeth but you cannot live without your CNS. So the most important system in the body the CNS needs Preventive Medicine just as much as your heart and brain and kidneys. That best form of CNS Preventive Medicine is **Meditation. I call meditation, dental floss for the mind.**

I hear patients tell me all the time, "I meditate when I run or while I am listening to music."

**How is your CNS getting a rest if you are running or listening to**

**music?** You are stimulating the neuro-transmitters during both of those activities. The only legitimate way to truly slow the aging process is to **rejuvenate the CNS**, which in turn quiets the mind. Meditation is the only process that achieves that goal.

It is evident that meditators live more productive lives and extend their life expectancy over the general population by 8-10 years. When one studies length of hospital stay for all illnesses, mediators have the shortest stay. When one looks at survival from all diseases including heart attacks and cancer, meditators have more cures and live longer than any other population of people.

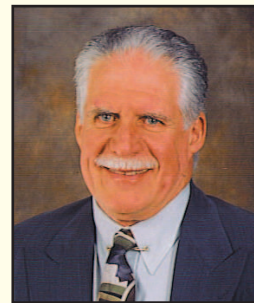
Scientifically, several changes occur during the meditative state. There is an area of the brain that is only activated in meditation. The cells of the body use less oxygen. The heart rate and breathing rates slow. The good brain hormones like Serotonin and other endorphins are increased. DHEA levels rise and Cortisol levels fall during the state of meditation, therefore the adrenal glands recover faster.

All of these physiologic changes lead to an overwhelming state of rejuvenation for the entire body but in particular, the CNS. The end result is that meditation slows the aging process. When one tests people who have been meditating for ten years or more, the physiologic age is much younger than their chronological age.

Now you know why I meditate every day. I want to stay healthy and vigorous. Meditation requires learning a technique. While there are many types of meditation, Transcendental Meditation™ has the most research associated with it and it is the technique that I have been using for over 15 years.

—Robert D. Willix Jr., M.D., FACS, Former Heart Surgeon, Andean AltoMesayok Shaman.

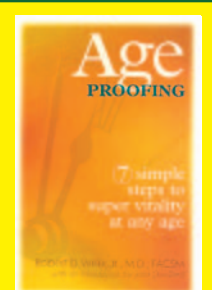
Robert D. Willix Jr., M.D., FACS - Cenegenics Medical Associate is an expert in the field of Alternative and Integrative Medicine. His free lectures are held the third Wednesday of every month (October 19) at his office at 1515 N. Federal Hwy., Suite 300, Boca Raton, FL. Call 561-362-0724 for an appointment or to attend the seminar. You can email Dr. Willix at [rdwmd2@bellsouth.net](mailto:rdwmd2@bellsouth.net) or visit his website: [www.Willixmd.com](http://www.Willixmd.com)



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