



Gazette

**Dedicated to
Inform, Inspire, Involve**

John Knox Village

A Life Plan Continuing Care Retirement Community

Published Monthly by John Knox Village, 651 S.W. Sixth Street, Pompano Beach, Florida 33060

Steps To Health By Burn Loeffke 'The Peace General'

Burn Loeffke
Gazette Contributor



"We are going to cut into your skull and place a tube in the brain to drain excess fluids..."

The surgeon was explaining the procedure that would put a shunt (a type of valve) that would monitor the pressure inside my brain. The shunt opens and closes depending on the amount of CSF (cerebral spinal

fluid) pressure in the brain.

The average adult produces about one pint (500 cc of CSF) per day. When the CSF circulatory path around the brain is blocked it causes the ventricles (cavities) in the brain to enlarge. This creates pressure inside the brain resulting in hydrocephalus (water in the brain).

Why Should We Care About Hydrocephalus?

Anyone can get hydrocephalus. We can develop it as part of the aging process, be born with it, or injury to the head are the main causes. Brain tumors and meningitis are other causes. We are all getting older. It is useful to know the symptoms as health providers often mistake hydrocephalus with symptoms of Alzheimer's disease.

What Are The Symptoms?

Think of the German car BMW, as a way to remember the main symptoms:

- Bladder problems (incontinence)
- Memory impairment
- Walking difficulty (wide gait, balance challenges)

How did I get hydrocephalus? Maybe repeated trauma to the head (more than 200 parachute jumps with two malfunctions), two helicopter crashes, wounds in combat or the aging process.

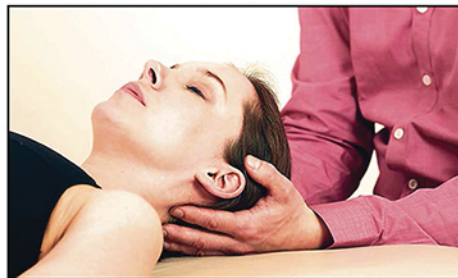
In November, I spent a week at the Upledger Institute going through an intensive protocol for veterans with brain injuries. We were treated with Craniosacral Therapy (CST). CST is a light touch approach that releases tensions deep in the body. It relieves pain and improves health and performance.

Years ago, I went to the Institute to see firsthand the results. I was impressed. Months later, I got certified and used it on medical missions in Africa where we had little high tech, but a lot of high touch.

Craniosacral Therapy Can Help With:

- Headaches
- Chronic neck and back pain
- Fatigue
- Orthopedic problems
- Many other illnesses

Give it a try. It may bring relief. To learn more about the Upledger Institute visit: www.upledgerclinic.com



Then Captain Loeffke (right without a cap) walked away from a helicopter crash, where two soldiers died from head wounds during the 1960s. The crippled helicopter is in the background.

Burn Loeffke is a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat.

As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness.

Today, as a senior, he starts his day at Hollywood Beach, FL with 200 crunches, 10 minutes of stretching and then, with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.