

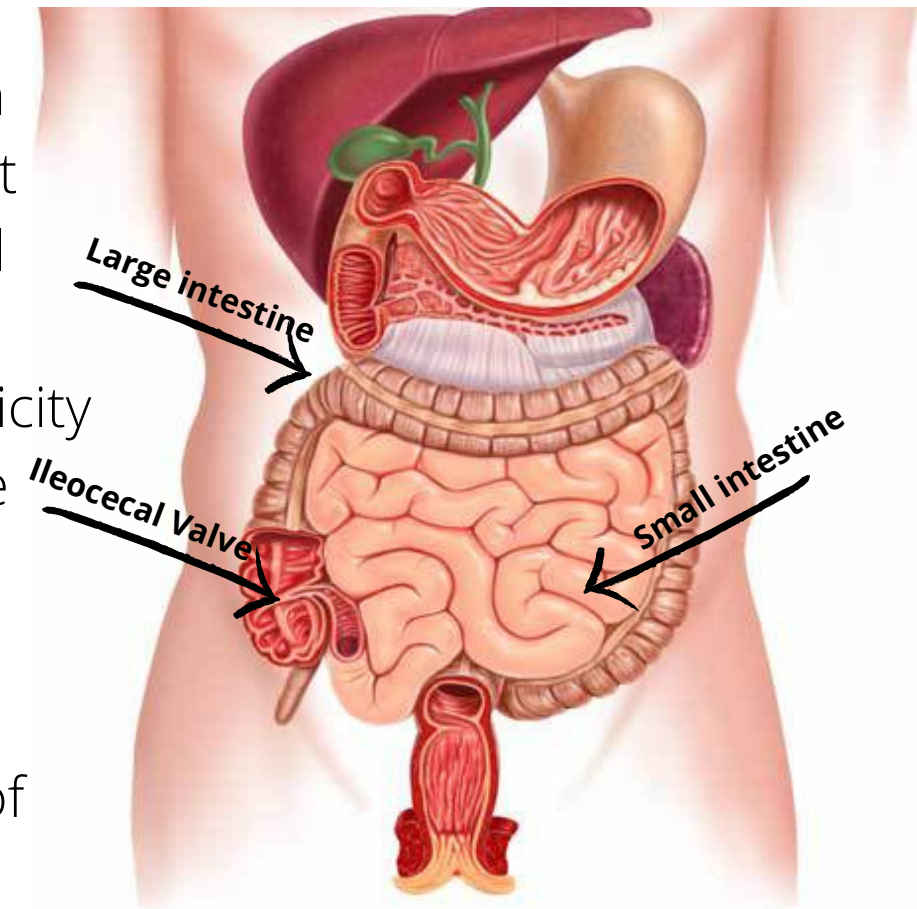
Open Ileocecal Valve

Ileocecal Valve

The last portion of your small intestine, called the ileum, joins the first portion of your large intestine, called the cecum. Between these two sections of the bowel is the ileocecal valve, which performs a very important function: it keeps material that has gone into the large intestine from returning to the small intestine.

Imagine that the small intestine is the kitchen area of the bowel. After food material has been processed and absorbed there, waste products proceed into the large intestine, which in part can be considered the garbage area- supposedly never to return to the kitchen. The ileocecal valve, when functioning normally, prevents this backward movement. When the valve fails to prevent the backward movement your body absorbs waste material, causing toxicity. The toxicity can cause many types of symptoms and is sometimes called the "great mimicker". Overall the condition is called the ileocecal valve syndrome, meaning a group of symptoms caused by dysfunction of the ileocecal valve.

The ileocecal valve syndrome is often found in today's population. The toxicity caused by a dysfunctioning ileocecal valve produces symptoms in the weaker or more susceptible areas of the body.



Function and Correction

The valve functions under nerve control. It is also influenced by some of the digestive secretions of the stomach and small intestine, as well as by emotions. Correcting the valve's function requires the efforts of your doctor and yourself. Your doctor, using applied kinesiology techniques, will examine you to determine the area of dysfunction, provide treatment to improve nerve control of the digestive system, and possibly recommend nutritional supplements to aid the digestive process and reduce irritation and inflammation.

Even when proper control of the bowel has been attained, the chances that the condition will recur are very great unless procedures are used to soothe the irritated bowel for a two-week period. During this time you should follow the dietary recommendations below or as modified by your doctor. This is a temporary diet only, because the low roughage content is not healthy for long term. Your doctor can help determine how long the diet is needed.

Eliminate from your Diet

All roughage foods including popcorn, potato chips, nuts, seeds, whole grains etc.

Raw fruits and vegetables including celery, cabbage, lettuce, carrots, apples, oranges, salads, pickles, tomatoes. (If cooked, these foods can be eaten and it will cause no problems..)

Spicy foods including chili, peppers, tacos, black pepper, paprika, cinnamon.

OMIT ALL ALCOHOLIC BEVERAGES!
NO COCOA, CHOCOLATE, or CAFFIENE PRODUCTS!

Ileocecal Valve Syndrome Symptoms

There may be a few symptoms resulting from valve involvement.

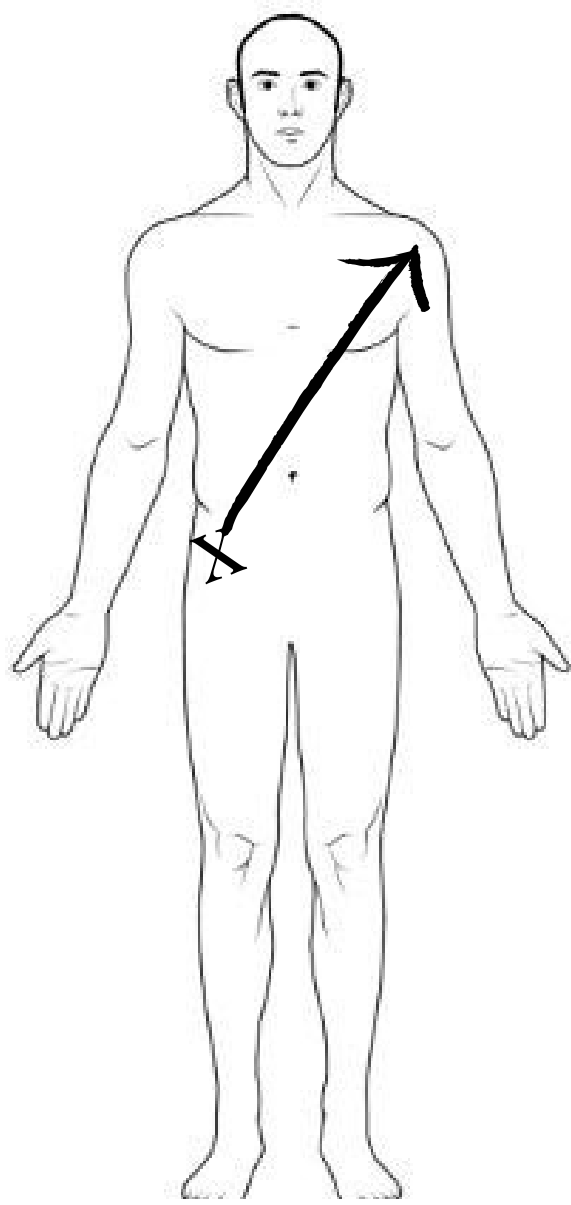
Shoulder pain
Sudden low back pain
Pain around heart
Dizziness
Flu symptoms
Pseudo bursitis
Pseudo sacroiliac strain
Tinnitus
Nausea
Faintness

Pseudo sinus infection
Pseudo hypochlorhydria
Headaches
Sudden thirsts
Pallor
Dark circles around eyes
Bowel involvement



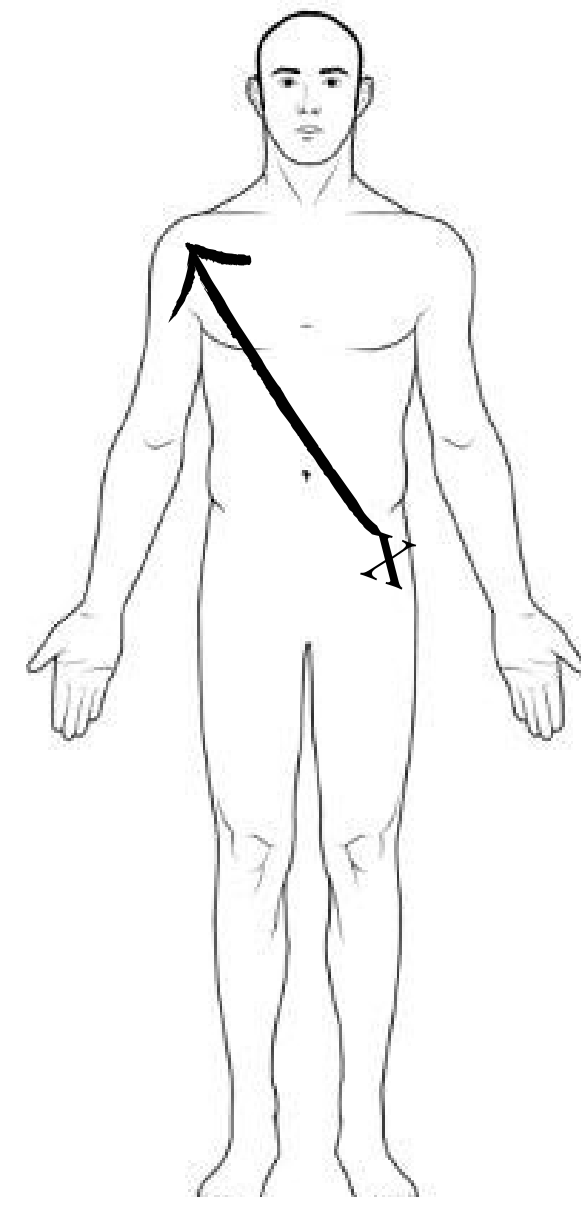
Ileocecal Valve Massage (ICV)

In some instances of long-standing valve problems, it is valuable for an individual to stimulate certain nerve areas at home. Where an "x" is marked, find the tender spot and use a moderately hard, irritating pressure. Work on the indicated areas from 60 to 90 seconds, three to four times a day.



Sigmoid Valve Massage (SIG)

In some instances of long-standing valve problems, it is valuable for an individual to stimulate certain nerve areas at home. Where an "x" is marked, find the tender spot and use a moderately hard, irritating pressure. Work on the indicated areas from 60 to 90 seconds, three to four times a day.



If you develop symptoms,
you can possibly obtain relief by holding the valve closed.
First, press into the abdomen and then pull up in the direction of the arrow.
Usually it is necessary to hold the valve closed for several minutes before relief is obtained.

For a long standing, difficult to treat open valve, a cold pack is of value. Cold tap water with a few ice cubes is placed in a plastic bag. The cold pack is placed over the valve (where the X is marked on the diagrams), and allowed to warm for approximately 20 minutes. Replace if necessary. Do not use a very cold ice pack.