



The Illusive Ileocecal Valve: It's Importance to Your Health and TFH Balances

By Jan Cole

Ironically, I'm currently dealing with assisting my own ileocecal valve as I write this paper. Since it's happened before, I know much of what to do, but have been procrastinating to do "it". For me, it takes prep time to be ready and diligent for 10 days to three weeks doing the recommended diet to help the valve heal. A bit of background that piqued my interest in writing this paper for our Touch for Health conference:

Years ago when my daughter, Sheri, was a teenager, we took a swimming class together at the development where we lived. As you may know, besides completing all the swimming strokes, laps, etc. there was a written test we needed to take. I did fine "in the water", but struggled to read the book for the test ... I couldn't see the "small" print. So I bought the highest wattage light bulb I could find at that time ... still couldn't read that darn "small" print.

Frustrated, I made an appointment with Dr. Don, an Applied Kinesiologist chiropractor, who frequently was a guest speaker at my Touch for Health classes. Right away, he muscled tested me for ileocecal value function. I didn't have a clue what that was "back then". He "corrected" it and advised me to do a particular diet to help the valve heal.

To my amazement when I got home, I could easily read the book... and passed the test the next day. Per his advice I did do the 10 day diet to help the valve heal...more about that later.

During the seven years I cared for my dad with Alzheimer's, my sister, Darlene, oft drove the 300 miles from Minneapolis to Crookston, MN where we lived as kids, to visit and help with Dad. One weekend I offered to do a Touch for Health balance with her re: different physical complaints she had, primarily persistent pain in her back and legs. She resisted saying "it would take too long"... she "needed to get home", she "didn't have time", etc. I promised I would go fast and do a modified 42 balance. (I only do the 14 muscle balance when teaching a TFH I/II classes).

One of the things I learned over the years after becoming a TFH instructor in 1977, a patient of Dr. Don and attending seminars with Applied Kinesiology chiropractors: Drs. George Goodheart, Alan Beardall and David Walther, was to check ileocecal valve function. With my sis, I first checked for "switching"; next her ileocecal valve. It was stuck ... I've forgotten if it was stuck *open* or *closed*. However it was, we also tested for any related emotions/relationship issues. Made the correction for the valve, and proceeded with the remaining muscles. Yes, she felt better and left on her drive home. About a week later during a phone call, she said, "Oh, I forgot to tell you, the next morning after you balanced me, was the first time in 5-6 years that I have gotten out of bed without pain!"

For about a month in 2013, I stopped doing a simple core exercise my physical therapist in 2010, when I had severely compromised sacroiliac and a painful bulging disk, taught me to do “for the rest” of my life. Faithful at doing at least five repetitions almost every day, I got lazy... too busy. Every Sunday that I can, I dance at the Denver Kickers Club, to polka, waltz, cha cha, fox trot, etc. In June, dancing with a “seasoned Dutch hop polka dancer”, leading my friend, Jean, we did a vigorous twisting step. Fun, for sure ...doing fine until the next morning! Needless, to say, I knew my sacroiliac was out ... back in pain again having much difficulty walking. I went to a chiropractor friend of mine nearby, who isn’t an AK chiro. Three visits which included: blocking the hips, electrical stim, decompression of the back and two K2 cold laser treatments helped a little, but was still having difficulty sleeping and walking because of the pain.

Determined to get back to “doing fine”, I had a friend drive me the 2 hours to Florence, CO for an appointment with friend, Dr. Don, one of the best AK chiros I know on the planet. Within 15-20 minutes, I was “back together”, free of pain and walking briskly again! While he was balancing me, he noted that the ileocecal valve and the sacroiliac was a very bad combo to have out of balance... since this valve is controlled neurologically by the first lumbar (low back) nerve root, (L1).

Several years ago my friends, a family of six, came to the resort where I stayed in Puerto Vallarta to swim and spend the day. While I was at the pool with the two little girls, the youngest son, Oscar David, came running to tell me about his momma. I speak poco Spanish so interpreted as best I could what he needed me to do while his dad, Oscar, who speaks fluent English, and his older brother had walked to the grocery store. Taking Marisol and Cielo by the hand, we followed him to my room as he chattered away trying to get me to understand. Their mom, Erica, was sitting on the couch in agony, looking a bit pale and so unhappy.

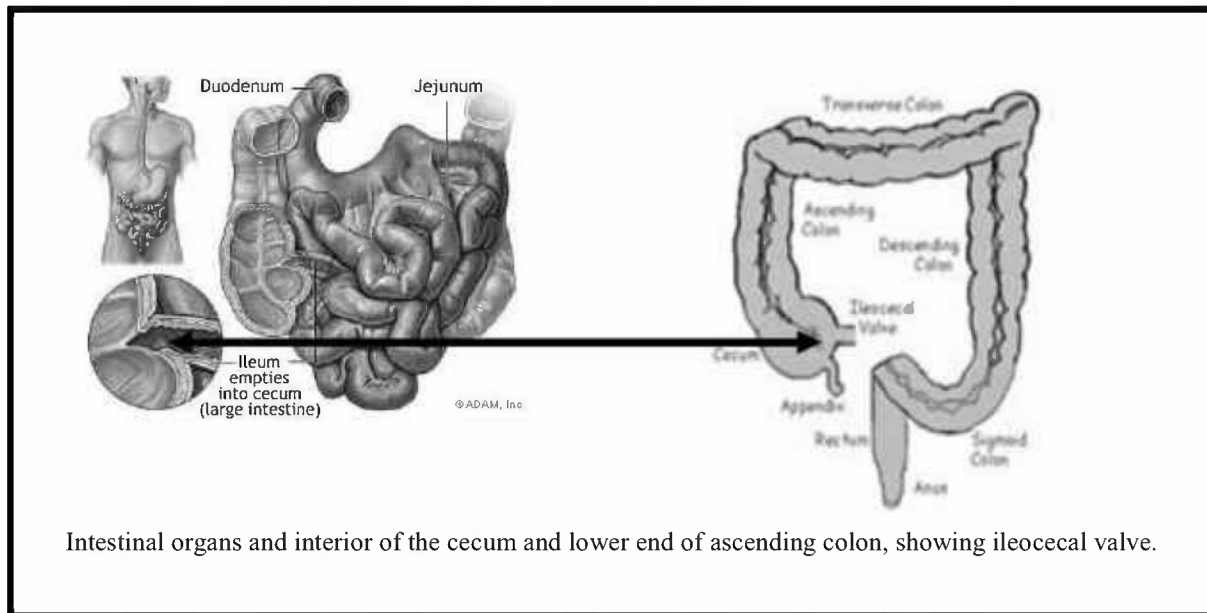
Doing my best for her to understand me, had her lay down in the bedroom while I checked and “balanced” her ileocecal valve. She was still uncomfortable, but out of agonizing pain. Later, Oscar told me that it had happened several times before, but they didn’t know what to do. Explaining to him what was done with Erica, I suggested he tell her to stay away from the popcorn she had just eaten ...and other roughage foods for a while. If the problem happened again or frequently, he should take her to a doctor.

A few weeks after returning to Colorado, on Skype, Oscar said she was still doing fine. I’ve been to PV at least four times since then, sharing some of the time with the family. Nothing more about it has been mentioned. Erica is still doing fine.

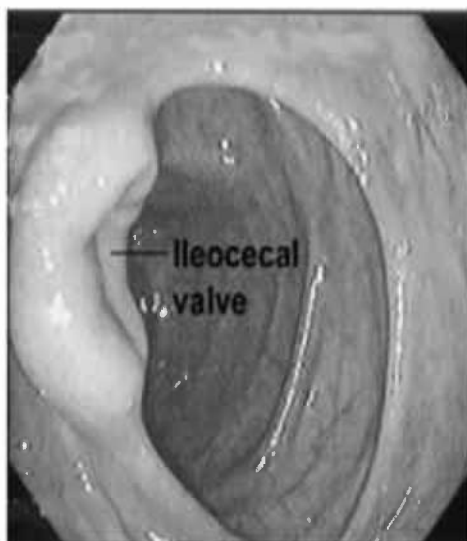
What is the Ileocecal Valve (ICV)? Where is it located in the body? It’s function?

The ileocecal valve, a small sphincter (two circular muscles) on the lower right side of the abdomen above the appendix, is located where the small intestine (the *ileum*) connects to the first portion of the large intestine (the *cecum*). It actually acts like a “doorway between the kitchen/dining room and the bathroom.” You can locate yours by imagining a line from your navel to the middle of your right groin. The valve is midway between these two points .

Its function is designed to keep your digested food (*chyme*) in the small intestine until the nutrients are absorbed and the residue is ready to pass into your colon where it becomes feces/waste matter. It's intended to be a one-way valve, only opening to let processed foods through, keeping the waste and toxins in your large intestine from backwashing into your small intestine and allowing fecal matter to be used in the making of blood. As you might imagine, this has great consequences since the small intestine is where the process of creating the blood/fuel to feed the body begins. When the valve is “stuck CLOSED”, elimination of waste is hindered. Both conditions, a **Closed** or **Open** valve, are very toxic and can cause problems wherever there is blood in the body.



What does it look like? What causes it to malfunction? Are there related symptoms? How does “traditional” medicine treat it? How do I know if mine is working okay? Can we muscle check it? What are options do improve its functioning? How can I help myself if I have a problem with mine?



(<http://www.yoursurgery.com>)

Endoscopic image of cecum
w. arrow pointing to **ileocecal valve**.

Causes of Ileocecal Valve Syndrome

- Dehydration
- How you eat (overeating, eating too frequently, too quickly, eating foods you are sensitive to, under-chewing your food)
- The foods you eat (chocolate, raw and hot spicy foods, popcorn, non-foods: junk foods etc.) and some of the liquids you drink (carbonated drinks, alcohol, caffeine)
- Not eating enough healthy high fiber foods including whole food nutrition...fresh fruits and vegetables
- Low blood/fuel can cause the valve to lose its tension and “stick”, usually, OPEN.
- A CLOSED valve is basically caused by a hypertonic or spastic intestinal muscle. Nutrient deficiencies (magnesium, usable calcium, low stomach acid and/or digestive enzymes) can cause muscle spasms.
- The liver meridian travels directly over the IC valve. It’s thought to be one of the main reasons for hangovers from the excessive amounts of alcohol consumed stressing this valve causing it to “stick OPEN”?
- Emotional upsets/traumas: sudden family death, work stress, getting fired, financial problems, unhappy relationships, divorce, constant worry, anxieties, fears, phobias: are some examples of likely stressors that are known to have a direct impact on the ICV through generally “shutting down the body” leading to ICV problems.

Behaving “normally” the ileocecal valve:

1. Is closed most of the time.
2. Opens briefly to let the contents of the small intestine exit.
3. Closes again quickly to prevent any materials in the large intestine from leaking back into the ileum (small intestine).

A major cause of digestive symptoms, the Ileocecal Valve Syndrome (ICV) has reached epidemic proportions. Problems occur if the valve stays open too long or not long enough. If residue from the cecum (large intestine) enters back into the ileum (small intestine), much like a clogged kitchen sink, toxins can be absorbed into the body creating digestive disturbances which can then lead to reduced immune protection and degenerative diseases.















Frequently, misdiagnosed, few health practitioners understand the significance and function of the ICV in digestive problems, which can oft be the cause of an array of symptoms. 95% of the time its a “stuck OPEN” ileocecal valve causing the problem, especially during seasonal changes and new moons. The following chart I composed gives some idea to the diversity of effects people can suffer. If you have or had any of these symptoms, you might want to mark them on the *ICV Syndrome Chart* to discuss with your chiropractor, natural therapy provider or other. Mainstream medical professions often overlook this disorder, so you may be skeptical until you read the list of symptoms. You may not have symptoms at first, but still can be affected by a dysfunctional ileocecal valve resulting in a combination of symptoms.

Ileocecal Valve Syndrome (ICV) examples:

(*O...stuck open *C...stuck closed)

| Pain/Discomfort | Physical | physical cont'd | Mental/Mind |
|--|---|---|---|
| Abdominal pain/bloating grumbling, tummy bulge/ fecal impaction *O/C | Allergies: aggravated by weak immune system; dust, cat hair, mites misattributed | Fever and/or flu-like symptoms ... mains cause of flu *O | Psychosomatic effect: Psyche/mind affects body/ soma... "Gut reaction" to emotional upsets |
| Carpal Tunnel Syndrome | "Asthma-like" symptoms | Gall bladder symptoms | Anxieties |
| Chest pains feel like heart pain | Bad breath (halitosis) /body odor *O/C | Heart symptoms, palpitations | Contrary disposition/ crankiness/grumpiness |
| Cramps *C | Bladder infections | High blood pressure | Depression |
| Elbow pain | Blurred vision *O | Hyperadrenia (relative *C | Expressing a temper |
| Joint, knee or groin pain | Burping habitually | Hypoadrenia (relative) *O | Fears |
| Elbow: pseudo-tennis or pseudo-golfer's elbow | Candida Albicans, viral, para- sites, bacterial infections *O/C | Indigestion; poor digestion; Malnutrition * O/C | Feeling a sense of separation |
| Headaches /migraines Sharp/pinpoint, espec. left base of skull. *O/C Dull lingers in frontal area | Colon: diverticulitis, colitis, irritable bowel. Crohn's, Celiac disease, spastic colon; Hemorrhoids | Inflamed appendix (hollow organ, neutralizes toxins caused by this condition) *C | Frequent mood changes |
| Low, mid, and/or upper back pain | Circulation problems | Low energy, dragging feet, sluggishness *O/C | Having an attitude |
| Muscle aches *O | Cold symptoms *O | Nausea | Inability to let go *C |
| Non-specific lower GI discomfort or symptoms | Compromised immune system | Nightmares | Inability to digest information received *O |
| Pain around the heart/ palpitations or heart flutter | Compromised lymphatic system | Puffy cheeks | Negative emotions, thoughts, ideas, dreams |
| Pinched nerves | Constipation *C | Pseudo hypochlorhydria (low stomach acid) | Phobias |
| Pseudo appendicitis | Dark circles under eyes (toxicity indicator)/ red eyes | Sinus infection, chronic or pseudo, post nasal drip | Over-attachment: to persons, situations *C |
| Pseudo bursitis | Diarrhea/loose bowels, too frequent *O | Skin problems: such as acne, eczema or psoriasis | Unclear, fuzzy thinking, confused *O |
| Pseudo frozen shoulder | Dehydration | Sleepiness/disturbances | Up-tight, tense *C |
| Right shoulder pain | Distorted body posture: curv- ature looks as back or hip is out | Sporadic bowel movements | |
| Right side pelvic pain | Dizziness/faintness | Syncope (fainting re: fall of blood pressure) | |
| Stabbing or burning front left thigh pain | Edema/swelling | Tinnitus: ringing or whistling noises in ear | |
| Sacroiliac strain | Elimination problems *C | Thrush | |
| Stiff neck, from toxins in weak upper trapezius | Electrolyte/mineral imbalance | Too many bowel movements, runny stool *O | |
| Sudden, sharp low back or like a disc pain, especially sitting or driving *C | Excessive flatulence (gas)/"bloated belly" *O/C | Water/fluid retention, Excess fecal matter... weight gain *O/C | |
| Lumbar disc herniation *O | Face pallor | Unexplained thirst | |
| Whole body arthritis | Fatigue/lethargy/T.A.T.T. (Tired All The Time Syndrome) | Weakens entire body *O | |

When the valve is functioning properly:

| | |
|---|---|
| Better and more complete digestion |  |
| Better circulation | |
| Better quality sleep |  |
| Clearer vision |  |
| Feelings of connectedness |  |
| Feelings of happiness more prevalent |  |
| Fewer muscle aches and pains |  |
| Healthier, stronger immune system | |
| More energy |   |
| More regular bowel movements |   |
| More smiles |  |
| Positive disposition |   |
| Less illness |  |
| Valve remains “closed” (resting) most of time | |

Ileocecal Valve Syndrome Treatment Options

- Chiropractic adjustments
- Applied kinesiology/specialized kinesiology practitioners “balances”
- Abdominal and ileocecal valve massage techniques for temporary “fixes”
- Temporary elimination (restricted) diet (for 2 to 3 weeks)
- Nutritional supplementation
- Homeopathy
- Watch video clips on YouTube ...note references at end of this article.
- Surgical removal of the valve (Hopefully, this would be a last choice.) Removal of the ileocecal valve can lead to bacteria passing from the large intestine back into the small intestine, which leads to some of the symptoms involved with ICV Syndrome. Since the valve wouldn't be there to regulate the flow from the ileum to the cecum, intestinal transit time is compromised. This can exacerbate symptoms such as malnutrition, electrolyte imbalance and diarrhea because the absorption of water, nutrients and electrolytes is impaired. Further leading to a complete breakdown in digestion and absorption of bacteria into the bloodstream.

How do I know if mine is working okay? Can we muscle check it? Balance it?

Muscle checking the valve (one way)

1. Best to check the valve lying down. Find a strong muscle as the indicator muscle. (Suggested: PMC Pectoralis Major Clavicular)
2. Check and correct for neurological disorganization (switching) by pointing five fingers inward around the navel. If the PMC (or other) tests strong proceed to checking the ileocecal valve.
3. If PMC tests weak find the “switch that’s off” and correct:
 - a.) Brain/Central Meridian: Zip up/Zip down and test
 - b.) Dehydration: Water test ...tug hair gently and test
 - c.) Kidney Meridian: Check K27’s Top of kidney meridian
4. Check for a CLOSED ileocecal valve by stroking with your hand diagonally upward from the right groin to left shoulder and test with the PMC (or other).
If tests weak the valve is stuck CLOSED.
If no muscle change indicates a “CLOSED” valve is not a problem.
5. Check for an OPEN ileocecal valve by stroking diagonally downward from left shoulder to right groin
If indicator muscle tests weak the valve is stuck OPEN.
No muscle change indicates “OPEN” valve not a problem.

Correction:

Depending on which direction, if either of the muscle checks indicates stuck OPEN or stuck CLOSED, massage the Ileocecal valve area in a circular motion,

- with a quick pressed upward motion toward the left shoulder if “stuck Closed” OR
- with a quick pressed downward motion toward the right groin if “stuck Open”.

from Differential Diagnosis for the Ileocecal Valve Syndrome

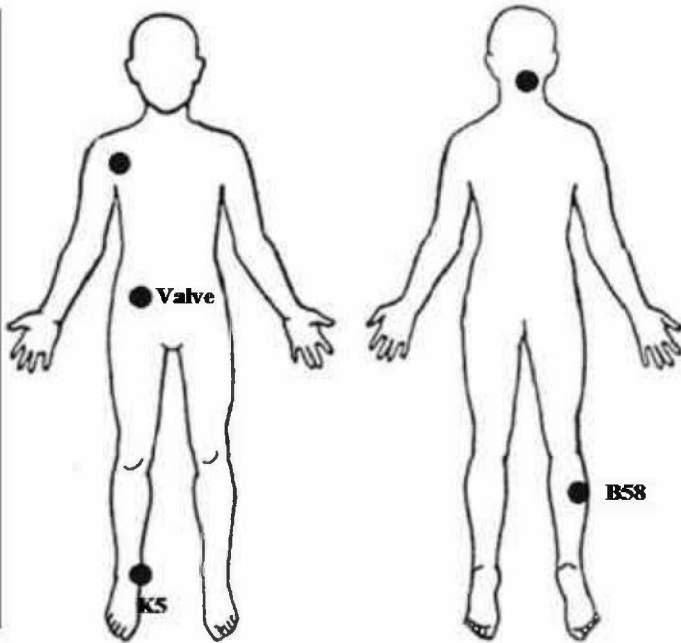
by Dr. David Walther, D.C.; Systems DC 1976

| | OPEN | CLOSED |
|-----------------------------|--|---|
| Challenge | Pulling up on valve strengthens a weak muscle. Pulling down on valve weakens strong muscle. | Pulling up on valve causes no change in weak muscle. Pulling down strengths weak muscle. |
| Acupuncture points | B58 & K5 Luo or connecting points for kidney & bladder to balance meridians | B58 Luo or connecting point to drain too full kidney into bladder meridian. |
| Nutrition | Chlorophyll + digestive aids | Calcium lactate, Vit D, sometimes silicon when calcium can't be absorbed. |
| Diet | Off roughage, raw fruits and vegetables and spicy foods. | Off roughage, raw fruits and vegetables and spicy foods. |
| Muscular involvement | Ilacus rotation, wrist extensors frequently used | Right rectus abdominal and quadriceps. Hypertonic psoas |
| Stress Receptor | ½” lateral to posterior occipital protuberance | ½” lateral to posterior occipital protuberance |

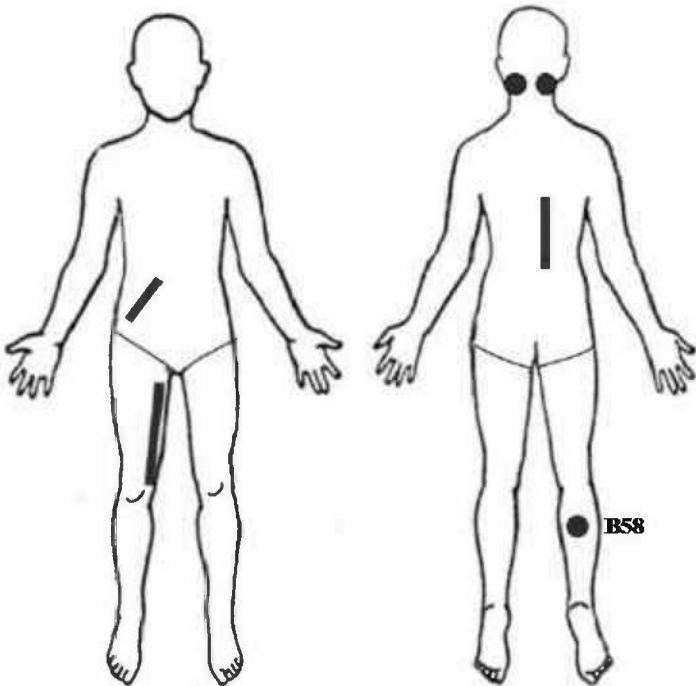
Note: Chlorophyll for healing an Open Ileocecal valve: (Standard Process *Chlorophyll Complex Perles* is recommended by most chiropractors who “work” with the valve . The Perles contain fat soluble vitamins. Water soluble chlorophyll products are not effective in assisting the ileocecal valve.)

OPEN Ileocecal Valve
Repair Diet:
10 days to three weeks

- * **Eliminate ALL roughage foods.**
- * **Eliminate RAW fruits, vegetables & spicy foods.**
- * **NO ALCOHOLIC beverages.**
- * **NO CAFFEINE, COCOA or CHOCOLATE products.**
- * **Chew 2 chlorophyll perles 20 min before eating & sometimes digestive aids**
- * **Stimulate the marked areas by massaging in a rotary method with fingertips.**



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CLOSED Ileocecal Valve
Repair Diet:
10 days to three weeks

- * **Eliminate ALL roughage foods.**
- * **Eliminate RAW fruits, vegetables & spicy foods.**
- * **NO ALCOHOLIC beverages.**
- * **NO CAFFEINE, COCOA or CHOCOLATE products.**
- * **Take calcium orotate & Vit. D 20 minutes before eating.**
- * **Stimulate the marked areas by massaging in a rotary method with fingertips.**

Ileocecal Valve Repair Diet ... Improving Your Digestion

Digestive health is far more important than most realize, since the digestion is directly related to immune system function, overall health of the body and **healthy** longevity. When any disease occurs, many doctors and health practitioners feel the ileocecal valve should be the first thing to check. Its malfunction can cause a buildup of undigested food or fecal matter in the intestines, leading to toxic conditions which in turn increase the buildup of unfriendly bacteria and parasites in the colon resulting in constipation, bloating and many other digestive issues and degenerative diseases, as you saw from a previous chart.

To **AVOID** experiencing the Ileocecal Valve Syndrome, one should eat a diet high in fiber and includes whole food nutrition...ADD more FRESH fruits and vegetables! According to the current popular "Raw Foods Movement", raw foods are best. I thought I understood what "raw" meant until attending my first *Longevity Now Conference* in Costa Mesa, CA in 2011. (www.thelongevitynowconference.com).

*"Raw" means any food that is **not cooked over 118 degrees**. When food is cooked above 118 F, essential nutrients, vitamins, minerals and enzymes are lost. Amino acids, the building blocks of protein, begin to deteriorate at that temperature and are completely destroyed at 160 F.*

However, to a malfunctioning valve, raw fruits and vegetables are not the best ...until the valve is healthy and functioning properly. Understanding what it means to have a healthy digestive system by healing the function of the ileocecal valve through safe dietary changes can help correct problems before leading to degenerative diseases. High quality organic and/or locally grown foods and digestive supplements are an essential part of the ICV Syndrome diet. Since it's often difficult to change your diet, an effective solution would be to add whole nutrient dense *super foods* higher in fiber and nutrition. Nutrient-rich powders added to smoothies will help your body rebuild your intestinal tract gently and safely to create better digestive health and a stronger immune system.

To allow the valve to relax and inflammation to heal:

BEST to eat 10 days to 3 weeks:

| |
|---|
| Water, water, water... Dehydration is responsible for many digestive problems. |
| "Up your Fiber" with steamed/soft cooked veggies |
| "Up your Fiber" with steamed/soft cooked fruit |
| Suggested: 5 parts cooked fruit and veggies and 2 parts protein. Need 35-50 grams of fiber a day. |
| Oils: flaxseed, hemp or olive , rawest form. Oils act like a lube in the bowel to keep "things moving". |
| |
| Meat, eggs and dairy , okay if they are part of "your normal" diet. Meat and dairy can cause constipation. Best to avoid for 30 days. |
| "Toss" your microwave (kills the foods enzymes = dead food with little to no nutrition) |

**Foods that can irritate and worsen the dysfunction of the valve:
BEST NOT to eat for 10 days to 2 weeks**

| RAW FRUITS & VEGGIES | ROUGHAGE FOODS (high fiber) | SPICY FOODS | STIMULANTS |
|---|--|--|--|
| Apples  | Crackers  | Black Pepper  | Alcoholic Drinks  |
| Beans    | Corn Chips  | Cayenne Pepper  | Black Tea  |
| Bell Peppers  | Nuts  | Chili Powder  | Caffeine.... All  |
| Cabbage  | Popcorn  | Cinnamon  | Cocoa  |
| Carrots  | Potato Chips  | Cloves  | Chocolate  |
| Celery  | Pretzels  | Hot Peppers  | Green Tea  |
| Cucumbers  | Other “chips”  | Paprika  | Liquors  |
| Curry  | Seeds  | Salsas  | |
| Garlic  | Toast  | Tacos  | |
| Ginger  | Whole grains  | | |
| Leeks  | | | |
| Lemons (<i>acidic</i>)  | | Soy sauce (<i>fermented</i>)  | |
| Lentils  | | Vinegar (<i>fermented</i>)  | |
| Lettuce  | | | |
| Onions  | | | |
| Oranges (<i>acidic</i>)  | | | |
| Pickles (<i>fermented</i>)  | | | |
| Salad  | | | |
| Tomatoes  | | | |

Note: Because of the way wheat is now processed, it scratches the bowel, depletes the body of nutrients and the high gluten sticking to the lining makes it difficult to excrete. Popcorn acts like “razor edges”.

Keep in mind a diet high in junk and processed foods, refined sugar, white flour, chemical food additives such as artificial colors and flavors, soda pop, alcohol and caffeine act like toxins in the body. They place a heavy load on your immune system, irritate the intestinal lining and overburden the liver. Poorly digested food irritates the ileocecal valve causing inflammation and swelling. This prevents the valve from shutting properly allowing bacteria from the colon to migrate into the small intestines. Feasting on the sugars in the small intestine will cause severe gas and bloating. Close the valve for bloating.

By eliminating one "junk food" at a time **and** eating more wholesome, nutritious foods are steps in the right direction to a healthier digestive system and body.

Nutrients that may be especially helpful to digestion including the ileocecal valve:

- products containing the **amino acid L-GLUTAMINE** since it is found abundantly in the intestinal tract and promotes intestinal healing. **L-Glutamine** can also be helpful in **reducing carbohydrate cravings** (e.g., to sugar and alcohol)
- products containing **SLIPPER ELM, MARSHMALLOW ROOT, CITRUS BIOFLAVANOIDS**. These nutrients help **heal the intestinal lining and reduce inflammation**, as well as, **pure ALOE VERA juice**.
- high quality **OMEGA 3 ESSENTIAL FATTY ACIDS** such as found in cold water fish (e.g., mackerel, sardines, wild salmon, cod liver oil). These help **reduce inflammation, promote intestinal healing and support the immune system**.
- **a MULTI-VITAMIN-MINERAL formula**. Since foods aren't properly digested with compromised digestive systems, there can be many vitamin/mineral deficiencies. A multi-vitamin-mineral formula can help restore nutrient balance to build healthy mucosal linings and gastric juices. Liquid formulas are better absorbed than tablets.

Possible Nutrient Deficiencies:

- **Zinc** and vitamin **B-6** needed to produce hydrochloric acid and maintain intestinal wall integrity.
- **Vitamin A** is needed to build healthy mucosal linings, including the lining of the intestines.
- **L-glutamine**, an amino acid, in protein, an important part in normal intestinal repair process.

Note: Chlorophyll for healing an Open Ileocecal valve: (Standard Process is recommended by chiropractors who "work" with the valve.) Also *Chlorophyll Complex Perles* can be used for **pain relief** for some degree of relief to complete relief regardless of the type of pain within 2-3 minutes to 30-40 minutes depending on the pain/person. (Chlorophyll Complex Perles contain fat soluble vitamins, including vitamin K.)

Dr. Royal Lee, described the mechanism of action of fat soluble chlorophyll as neutralizes guanidine (a strongly alkaline crystalline compound, $\text{NHC}(\text{NH}_2)_2$, formed by the oxidation of guanine and found in the urine as a normal product of protein metabolism.) on contact. Water soluble chlorophyll has none of these effects. More on chlorophyll's use for pain can be found in Mark Anderson's *Back to School for Doctor's*, 2006-2007, seminar CDs.

Ileocecal Valve Diet Chart

Week 1

- 2 capsules of chlorophyll (not liquid chlorophyll) 20 minutes before eating
- Check mark if: *“I successfully avoided foods from the Do Not Eat list.”*

| Start date | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----|-----|------|-----|-------|-----|-----|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Other | | | | | | | |
| | | | | | | | |
| My goal: | | | | | | | |
| <i>I successfully avoided foods from the Do Not Eat list.</i> | | | | | | | |
| Reward ? | | | | | | | |

Week 2

- 2 capsules of chlorophyll (not liquid chlorophyll) 20 minutes before eating
- Check mark if: *“I successfully avoided foods from the Do Not Eat list.”*

| Start date | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----|-----|------|-----|-------|-----|-----|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Other | | | | | | | |
| | | | | | | | |
| My goal: | | | | | | | |
| <i>I successfully avoided foods from the Do Not Eat list.</i> | | | | | | | |
| Reward ? | | | | | | | |

If you need to complete 3 weeks of the diet and the “tracking chart” has been helpful to you, print a 2nd of this page.

Temporary Corrections of Malfunctioning Ileocecal Valve

Abdominal/Ileocecal Valve Massage:

The whole digestive tract from the throat to the rectum is a muscular tube— of which any section can cramp, have problems and become too weak to function. Some folks experience burping, gurgling, flatulence or other sounds during or after the massage and sometimes a bowel movement will follow. Any of these can be evidence that the ileocecal valve needs help

To locate the ICV, find the halfway point between your navel and the groin of your right hip and press inward. (“in” two inches and “down” two inches from the top of the RIGHT hip). It can differ slightly person to person. If you feel pain when you press on this spot, you probably have an open ileocecal valve. It can feel more or less tender depending on the person and the acuteness of ICV Syndrome. It might be easier to locate the tender spot(s) while lying down. Some people feel that finding and massaging the area is easier if you use coconut or massage oil.

1.) Ileocecal Valve Chart **pg. 53** (info from DC Systems)

2a.) Using the same procedure to correct an OPEN or CLOSED valve, massage the reflex area using medium pressure in a circular motion while breathing deeply until the pain goes away. Repeat at least twice a day for a few weeks. Massaging the valve will encourage proper function.

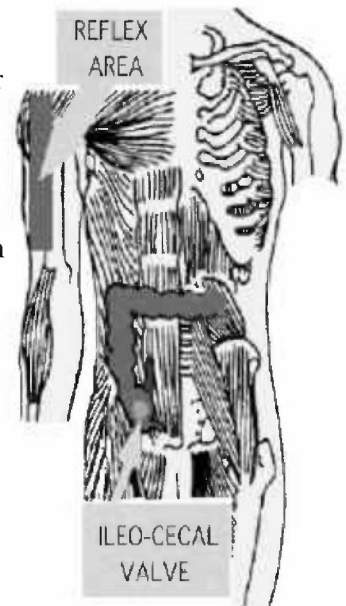
2b.) Variation: massage with medium pressure, in a rotary motion for five seconds. Using a closed fist, briskly stimulate reflex area (right upper arm) for 5-10 seconds. Stimulate as often as necessary.

3.) Overall abdominal massage: Massage upward from the ileocecal valve toward the ribs, across the stomach above the navel to the opposite rib, down the left side, across on the opposite side of the abdomen from the ileocecal valve. This firm deep massage encourages proper bowel function. Abdominal massage can also be done 3 times a day before meals, in bed before going to sleep and in the morning before you get out of bed.

Take time to locate all your tender or hardened spots and continue to massage daily until the tenderness subsides after a week or two of diligent “massaging”. Many health practitioners advocate massaging the reflexes firmly twice a day.

4.) Additionally, using your left fist, briskly massage the bicep muscle (the one that bulges when you bend your elbow) on your right upper arm, the reflex area connected to the ileocecal valve.

5.) Because of the inflammation to the valve, an ice pack can also be used over that area.



Massages only may not result in a permanent change in your symptoms, but may give you temporary relief. However, until the underlying cause is corrected, the likelihood is that the ileocecal valve syndrome will persist due to the underlying causes of this disease. According to some doctors the Candida must be controlled for it to ever be functioning correctly!

Ileocecal Valve Allergies

An allergy is an over-response of the immune system to a stimulus. When the immune system is in balance and properly supported, it doesn't over-respond, thus allergy symptoms are minimized or non-existent.

Linked to the ileum (small intestine), when this function is compromised, there can be an over-stimulation of the immune response, leading to inflammation and an allergic response. A healthy functioning small intestine doesn't over respond to an allergen. When an unhealthy ileum is exposed to an allergen, the over-response affects the normal flow and function and can affect the ileocecal valve, as well, since it's located at the distal portion of the small intestine. When the body is supported and the immune system is assisted, over time the body will react less and less to former allergy triggers.

Other facts about the Ileocecal valve (ICV):

- The broad spectrum of problems is usually related to toxicity and intestinal dysfunction
- Colonics are NOT recommended if the ileocecal valve is malfunctioning.
- Certain medications: antidepressants, antacids, antihistamines, diuretics: compound the problem.
- Over-the-counter laxatives force you to go, cause electrolyte losses, irritate the lining of your intestines, can cause cramping, urgent searches for a bathroom, and even embarrassing accidents.
- The ileocecal valve is distinctive because it is the only site in the GI tract which is used for Vitamin B12 and bile acid absorption.,
- Functionally, roughly two liters of fluid enters the colon daily through the ileocecal valve.
- Tumors of the ileocecal valve are rare, but have been reported in the literature.
- It was described by the Dutch physician Nicolaes Tulp (1593–1674), and thus it is sometimes known as Tulp's valve.
- If the ICV isn't working properly it will struggle with raw foods.
- If fruit bloats you or your symptoms worsen, your ICV could be the cause.
- “Houston folds” are set of muscles in the folds of the large intestine on the LEFT side of the body, can have similar problems to the ICV. When the Houston is out of balance, hemorrhoids may develop. BOTH Houston and the Ileocecal valve could be out of balance.
- A hiatal hernia will often cause frequent gas and bloating. Caused by improperly digested protein that accumulates in the intestinal tract contributing to intestinal irritation and inflammation.
- A high percentage of people with a hiatal hernia also have an OPEN ileocecal valve.

You might only have a few of the symptoms caused by the ICV, but if you don't take action to stop and correct these issues, you risk the onset of diseases that can reduce your quality of life. You can

naturally help heal a dysfunctional ileocecal valve!

Resources/references:

www.balancedwellness.co.uk/

Ileo-Cecal Valve - Energy Balancing www.energybalancing.com/selfeval/ileocecal.html

ileocecal valve - definition of **ileocecal valve** in the ...medical-dictionary.thefreedictionary.com/

Ileocecal Valve Correction of Applied Kinesiology synergistickinesiology.com/ileocecal_valve_correction.html

Blockage of the ileocecal valve would prevent? Chyme from entering the colon (Large intestine). ... **youtube**; blog ...**Energy Medicine -- Exercise to Support Ileocecal Valve and Houston's** ... Ileocecal and **Houston's Valves in the body**. www.youtube.com/watch?v=R4_drvYgKko

Duodenum, jejunum, and ileum to the ileocecal valve When the **ileocecal valve** is stuck open waste products can back up into the small intestine ... <http://www.youtube.com/watch?v=67KMWRkklJE>.

wiki.answers.com/Q/What_is_the_function_of_the_ileocecal_valve#side1 Video clip

<http://www.youtube.com/watch?v=AEfgu9nanBI> Dr. Barry Swindler ileocecal valve, how it relates to sciatica, carpal tunnel, swelling

Ileocecal valve | www.DigestiveAwareness.com... YouTube. ileocecal valve. Ileocecal Valve Symptoms. Submitted by dr_john_pollard. on Sun, ..Many people find this site to do problems with their ileocecal valve

<http://www.youtube.com/watch?v=EcTfbU1sG-g> Dr. Eugene Charles demonstrates ileocecal valve technique. ileocecal valve Applied Kinesiology DVD

Ileocecal Valve Syndrome – By Rick Ferola • 2 min • www.youtube.com/watch?v=fvSQzUbg_-c
14/02/2012 I suffered with ileocecal valve syndrome for much of my life until I discovered a unique nutritional program that...

www.stopyeast.com, short video tell you what the ileo cecal valve is, where it is located and how to close it yourself if it should become stuck open. This also details what sort of a sensation you will feel if the valve is open. This illustrates how to close the valve from a prone position. More information on candida

www.youtube.com/watch?v=k9jrHMnr2cE Candida related to problem ileo-cecal

Jessica G 3089 · Apr 22 '12 I have chronic neck tension/stiffness that goes away when I sleep on the couch (until my hips hurt, then the cycle starts anew). I'm 99% sure it's my pillow + sleep position. I just ordered a whole slew of different side-sleeper pillows from Amazon and am hoping that one will do the trick. My point: what's your sleep position like? It's so easy to put strain on your neck muscles through bad alignment. Do you eat sharp pointy things? (I'm thinking of something like pumpkin seeds, because potato chips and corn chips are not part of paleo diet, right?)

I wasn't able to keep my neck adjusted, when I met a chiropractor at a social event and she said 'oh that's your ileocecal valve.' Okaaay. She gave me a pamphlet about it and said stop eating sharp things (and non-paleo things) and your neck may stay adjusted. And it did. And she's been my chiro ever since.

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