

# CLOSED ILEOCECAL VALVE

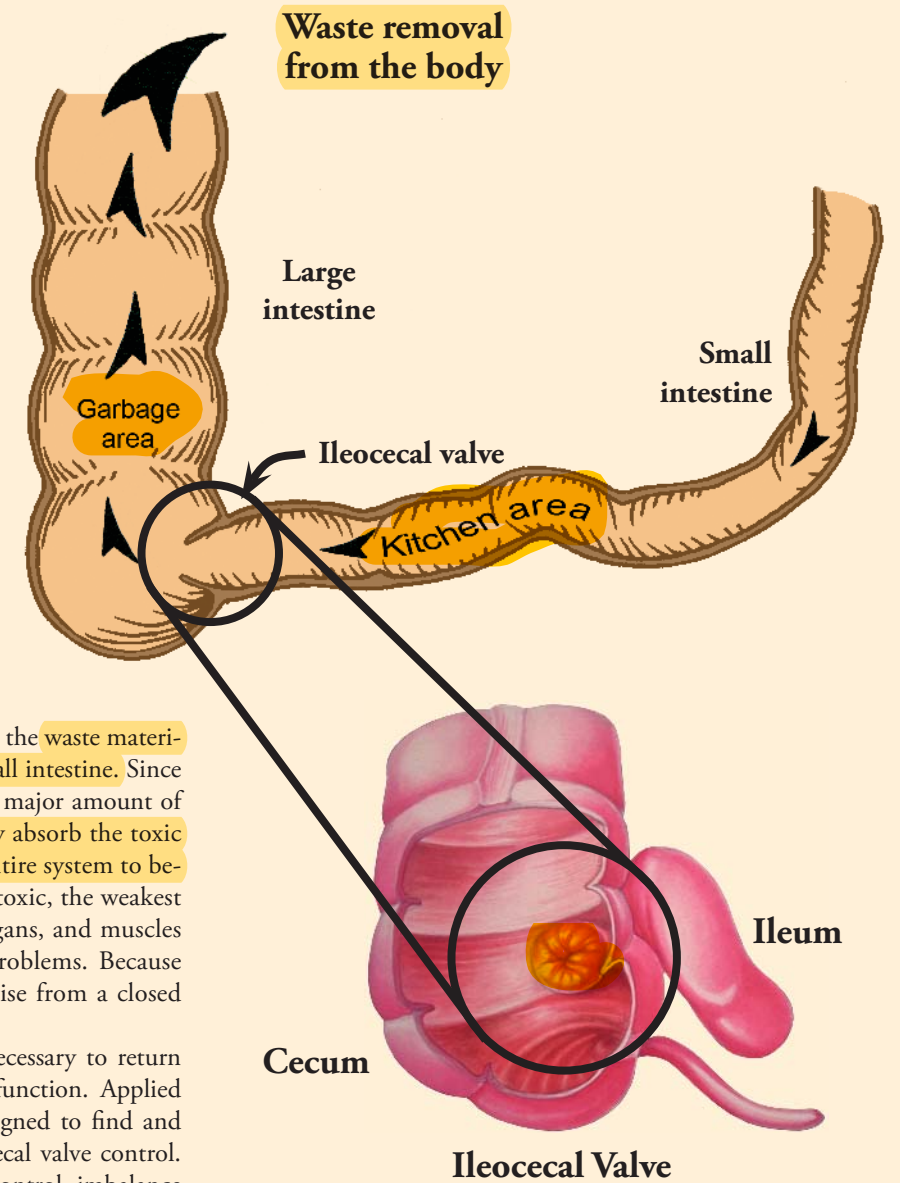


## Movement through the bowel

The ileocecal valve is located between the small and large intestines, and is under nerve control. This valve holds material in the small intestine until digestion is complete. The small intestine can be considered the kitchen area of the bowel because the major amount of food absorption takes place there. When the process is complete, the material becomes waste to be removed from the kitchen area. At this time the ileocecal valve opens to allow the waste material to go into the large intestine, or garbage area of the bowel.

Sometimes there is dysfunction of the valve and it fails to open properly, causing the waste material to remain too long in the small intestine. Since the small intestine is where the major amount of food is absorbed, the body may absorb the toxic waste material, causing one's entire system to become toxic. When the body is toxic, the weakest parts of the body's systems, organs, and muscles become more susceptible to problems. Because of this many symptoms can arise from a closed ileocecal valve.

There are several steps necessary to return the ileocecal valve to normal function. Applied kinesiology examination is designed to find and correct the cause of poor ileocecal valve control. This may be a failure of nerve control, imbalance of the autonomic nervous system, or other controlling dysfunction.



The ileocecal valve syndrome is often found in the general population. Responsible for a myriad of symptoms, it is sometimes called the great mimicker. As a result of ileocecal valve involvement, an individual can have any of the symptoms listed.



## Closed Ileocecal Valve Syndrome Symptoms

Symptoms usually improve after getting out of bed and moving around

Symptoms usually intensify with inactivity

- 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
- Headache
- Sudden thirst
- Pallor
- Dark circles under eyes
- Bowel involvement

Certain precautions help avoid re-irritation of the valve. For two weeks a dietary change may be necessary. The dietary recommendations contained in this pamphlet may be revised by the doctor. It is often necessary to supplement with calcium and/or vitamin D or other nutritional supplements.

## Eliminate From Your Diet:

All roughage foods, which include  
Popcorn – Potato chips – Nuts  
Seeds – Whole grains

Raw fruits & vegetables, which include  
Celery – Cabbage – Lettuce – Carrots  
Apples – Oranges – Salads  
Pickles – Tomatoes  
If cooked these foods can be eaten  
and will cause no problems.

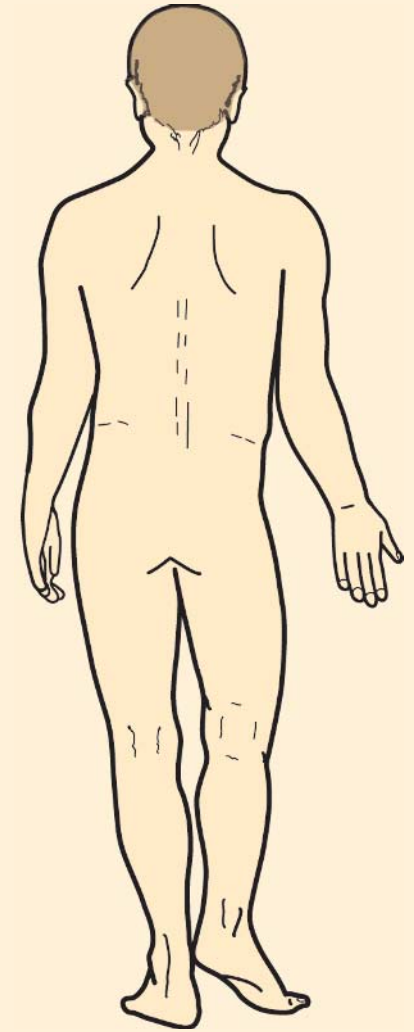
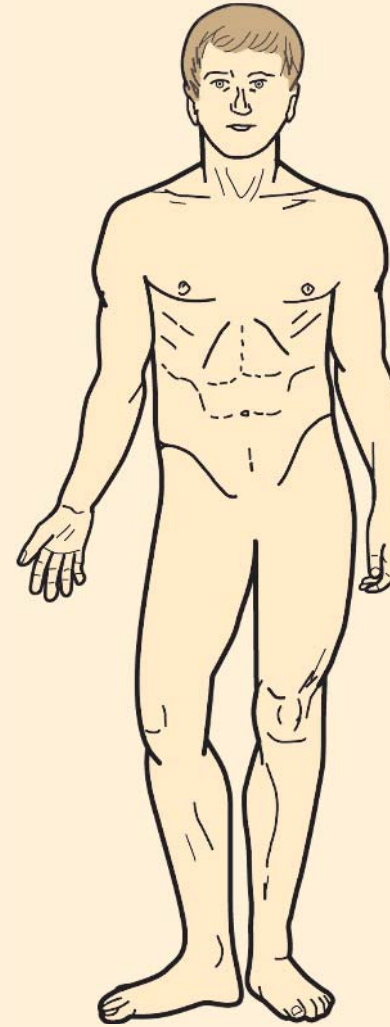
Spicy foods, such as  
Chili – Peppers – Tacos  
Black pepper – Paprika – Cinnamon

NO LIQUORS OR  
ALCOHOLIC BEVERAGES

NO COCOA, CHOCOLATE, or  
CAFFEINE PRODUCTS

With some chronic ileocecal valve problems, it is helpful for the individual to stimulate certain nerve areas at home. If this is true in your case, the doctor will mark the locations for you to stimulate on the accompanying illustrations. Where a circle is drawn on the illustration, use a rotary massaging motion with the pads of your

fingertips for about \_\_\_\_ seconds. Where an “x” is marked, find the tender spot and use a moderately hard, irritating pressure for about \_\_\_\_ seconds. Where a dot is marked tap on the area for about \_\_\_\_ seconds. Work on the indicated areas \_\_\_\_ times per day.



*Dr. Jodi L. Kennedy*