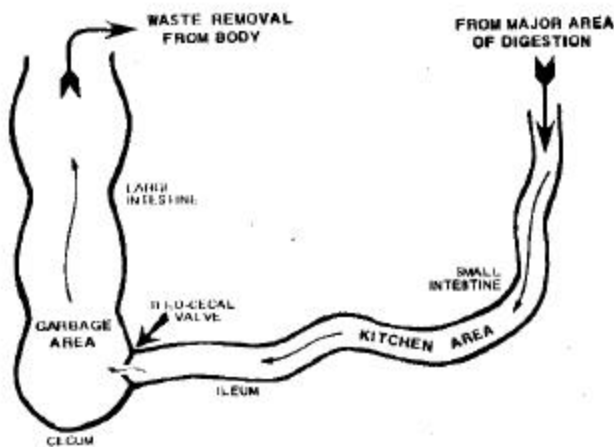


Ileocecal Valve

The last portion of the small intestine is called the ileum. It joins onto the first portion of your large intestine, called the cecum. Between these two sections of the bowel there is a valve, called the ileocecal valve. This valve has a very important function to perform, that being to keep material – once it has gone into the large intestine – from ever returning to the small intestine.

You can consider the small intestine the kitchen area of your bowel. After the food material has been processed and absorbed in the small intestine, the waste products proceed into the large intestine – the garbage area – supposedly never to return to the kitchen area. The ileocecal valve, when functioning normally, prevents this backward movement. Your examination has shown that the valve fails to open at times. This causes the waste material to stay too long in the small intestine. Since the small intestine is where the major amount of food is absorbed, the body begins to absorb the toxic waste material. This causes your entire system to become toxic. When your body is toxic, the weakest parts in your system, organs, and muscles become more susceptible to problems. This is the reason so many varied symptoms can arise from a closed ileocecal valve.

Normal Movement of Material in the Bowel



There are several steps necessary to return your ileocecal valve to normal function.

The valve functions under nerve control. Improper nerve control can be corrected by your doctor. However, though correction has been obtained, the chances of the condition returning are very great unless – for a period of two weeks – procedures are utilized to reduce the irritation to the already inflamed and irritated bowel. For a two-week period you

should follow the dietary recommendations contained in this pamphlet. Your doctor may provide you with some nutritional supplements to aid the digestive process and reduce irritation and inflammation.

The ileocecal valve syndrome is found quite frequently in the general population. It is responsible for a myriad of symptoms, and is sometimes called the great mimicker. As a result of the ileocecal valve involvement, an individual can have any of the following symptoms.

Ileocecal Valve Syndrome Symptoms

Symptoms usually improve after getting out of bed and moving around.

Symptoms usually intensify upon staying in bed.

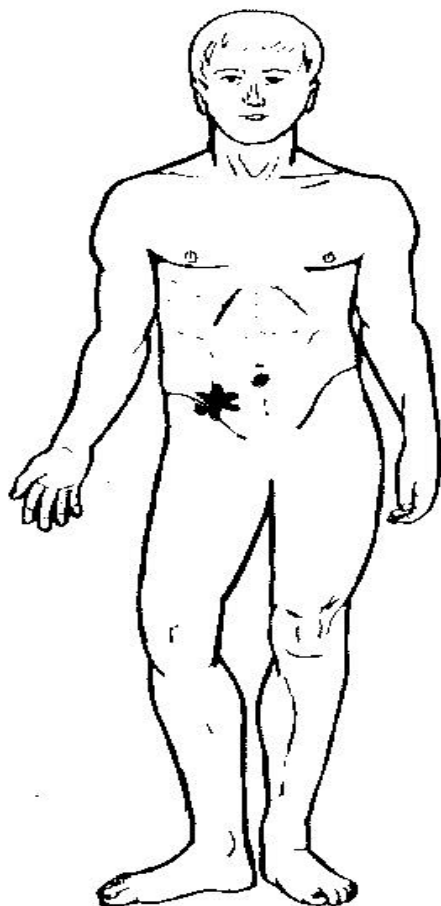
Shoulder pain
Sudden low back pain
Pain around heart
Dizziness
Flu symptoms
Pseudo bursitis
Pseudo sacroiliac strain
Tinnitus
Nausea
Faintness
Pseudo sinus infection
Pseudo hypochlorhydria
Headache
Sudden thirst
Pallor
Dark circles under eyes
Bowel involvement

In some instance of long-standing ileocecal valve problems, it is valuable for the individual to stimulate certain nerve areas at home. If this is true in your case, the doctor will mark on the accompanying illustration the locations for you to stimulate. Where a circle is drawn on the illustration, use a rotary massage method with the pads of your finger tips. Where an “x” is marked find the tender spot and use a moderately hard, irritating pressure. Work on the indicated areas from 15 to 20 seconds several times per day until you feel bowel “gurgles” or your symptoms abate.

If you develop symptoms, possibly you can obtain relief by holding the ileocecal valve closed. Usually it is necessary to hold the valve closed for several minutes before relief is obtained.

In a long-standing, difficult to treat “open ileocecal valve syndrome” a cold pack is of value. The cold pack is made up

of cold tap water, not ice, and is placed over the valve and allowed to warm for approximately 20 minutes. Replace if necessary.



Eliminate from your diet:

ALL ROUGHAGE FOODS,

which would include

- Popcorn
- Potato chips
- Nuts
- Seeds
- Whole grains
- etc.

RAW FRUITS & VEGETABLES,

which includes:

- Celery
- Cabbage
- Lettuce
- Carrots
- Apples – Oranges
- Salads
- Pickles – Tomatoes
- etc.

These foods can be eaten if cooked and will cause no problems.

SPICY FOODS,

such as:

- Chili
- Peppers
- Tacos
- Black pepper
- Paprika
- Cinnamon
- etc.

**NO LIQUORS, ALCOHOLIC BEVERAGES
NO COCOA, CHOCOLATE, or CAFFEINE PRODUCTS**