

Ileocecal Valve Syndrome

What is the Ileocecal Valve?

The Ileocecal Valve is located between the ileum (last portion of your small intestine) and the cecum (first portion of your large intestine). Its function is to allow digested food materials to pass from the small intestine into your large intestine. The ileocecal valve also blocks these waste materials from backing back up into your small intestine. It is intended to be a one-way valve, only opening up to allow processed foods to pass through.

Ileocecal Valve Syndrome

When the ileocecal valve is stuck open waste products can back up into the small intestine (much like a backed up kitchen sink drain) disturbing your digestion and also creating unhealthy toxins that are absorbed into the body. Also, if the ileocecal valve is stuck closed waste products are prevented or constricted from passing into the large intestine.

Unfortunately, this disorder is often overlooked by the medical profession. A dysfunctional ileocecal valve can result in a combination of symptoms.

Ileocecal Valve Syndrome Symptoms

- Right shoulder pain
- Right side pelvic pain
- Low back pain
- Pain surrounding heart
- Flu symptoms
- Tinnitus
- Nausea
- Syncope / Near syncope
- Headache
- Bad breath
- Face pallor
- Dark circles under eyes
- Dizziness
- Bowel disturbances (diarrhea / constipation)

Causes of Ileocecal Valve Syndrome

- Dehydration
- Emotional upsets
- How you eat (overeating, eating too frequently, eating too quickly, eating foods you are sensitive to, under-chewing your food)
- Foods you eat (carbonated drinks, alcohol, caffeine, chocolate, raw foods, hot spicy foods)

Treating Ileocecal Valve Syndrome

Treatment options for ileocecal valve syndrome are chiropractic adjustments, applied kinesiology, homeopathy, and alternative diet.

Temporary Diet Recommendations During Treatment

For two to three weeks--Avoid:

- **Roughage foods--such as:** popcorn, nuts, potato chips, pretzels, seeds, whole grains
- **Raw fruits and vegetables--such as:** celery, bell peppers, cucumbers, cabbage, carrots, lettuce, tomatoes
- **Spicy foods--such as:** chili powder, hot peppers, salsas, black and cayenne pepper, paprika, cloves, cinnamon
- **Also eliminate--** liquors, alcoholic drinks, cocoa, chocolate, caffeine products