



## Ileocecal Valve Health

The following are guidelines for insuring success in the treatment of Ileocecal Valve Syndrome:

### Eliminate from your diet:

- **Chocolate** or Cocoa 
- All roughage foods, such as:
  - **Popcorn** 
  - Potato and corn chips
  - Nuts
  - Seeds
- Spicy foods, such as:
  - Chili
  - Hot peppers
  - Tobasco
  - Any hot sauce
- No more than two alcoholic drinks a day
- No more than two caffeine drinks a day

### Symptoms:

- Shoulder Pain
- Low back pain
- Pain around the heart
- Flu-like symptoms
- Sacroiliac pain
- Unresolved chronic low back pain
- Headaches
- Bursitis
- Tendonitis
- Bowel Problems

