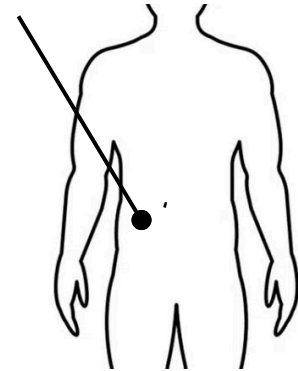


Ileocecal Valve Health

The ileocecal valve (ICV) is located in the lower right quadrant of the abdomen between the small and large intestines. The ICV **regulates the flow of digested material** while preventing reflux of waste and bacteria back into the small intestine, protecting it from overgrowth while maintaining proper digestion.

*The following guidelines are to ensure success in the treatment of **Ileocecal Valve Syndrome**, which occurs when the ICV is not functioning properly in the body:*



BEST FOODS TO ELIMINATE FROM YOUR DIET TO HELP YOUR ICV:

- ALL **Chocolate!** (Milk/Dark/White)
- **Popcorn!** (+ Kettlecorn, too)

YOU MAY ALSO NEED TO ELIMINATE:

- All roughage foods, such as:
 - Potato chips
 - Nuts
 - Seeds
- Raw vegetables and fruits
- Spicy foods, such as:
 - Chili
 - Hot peppers
 - Tabasco
 - Any hot sauce
- More than 2 alcoholic drinks a day
- More than 2 caffeinated drinks a day

KNOWN SYMPTOMS OF ICV SYNDROME:

- Shoulder pain
- Lower back pain
- Pain around the heart
- Flu-like symptoms
- Sacroiliac pain
- Unresolved chronic lower back pain
- Headaches
- Sinusitis
- Sciatica
- Bursitis
- Tendonitis
- Sacroiliitis

Some Self-Care Routines:

- Taking supplement nutrition such as Zymex, Zymex II, Lactic Acid Yeast, & Lact-Enz from supplement company Standard Process.
- **Seek chiropractic care** to help relieve pressure on the nerves controlling the valve if symptoms do not allieviate after 3 days.