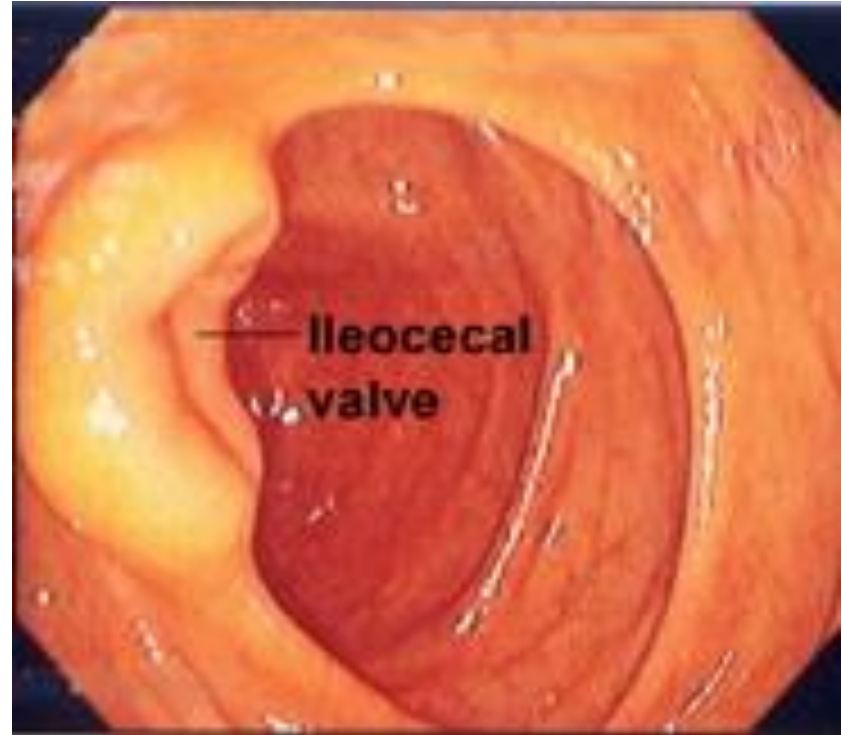


Ileocecal Valve Dysfunction

with

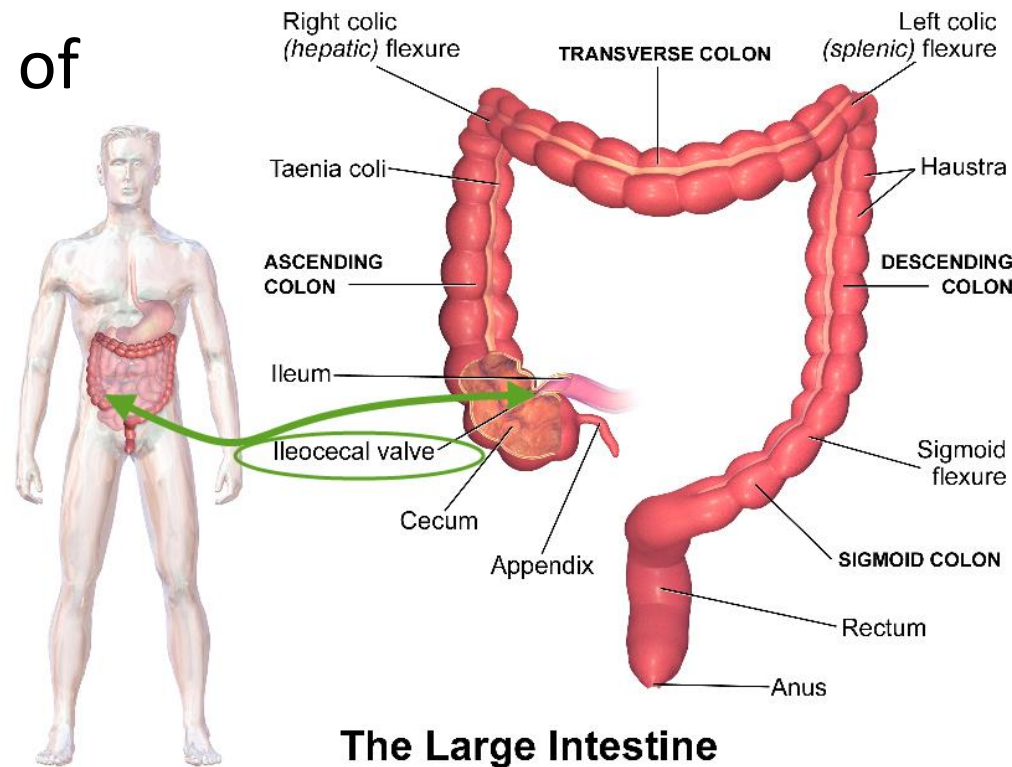
Dr. Ritamarie Loscalzo



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Ileocecal Valve

- Gateway between small and large intestine
- **Open:** backflow of large intestine contents into small intestine – gas, bloating, discomfort
- **Closed:** lack of progression of feces from small intestine into large intestine – constipation
- Normally distention of ileum due to food causes the valve to open
- Sympathetic stimulation (stress) causes it to contract and remain closed



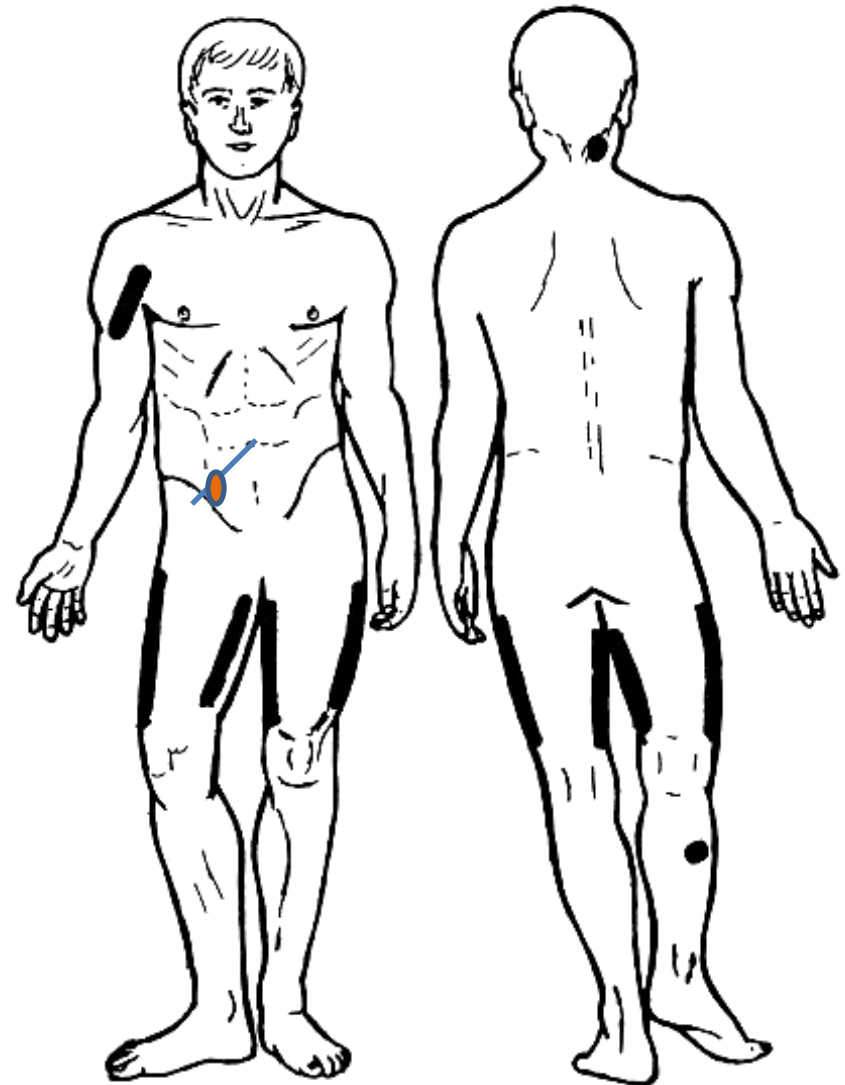
Symptoms of Ileocecal Valve Dysfunction

- Constipation
- Palpitations
- Chest pain with activity
- Pseudo Meniere's
- Migraine
- Edema
- Right shoulder pain
- Neck stiffness
- Mid afternoon nausea
- Dizziness
- Tinnitus
- Dark circles under eyes
- Achiness



Ileocecal Valve

Location and Reflexes



Ileocecal Valve Dysfunction Protocols

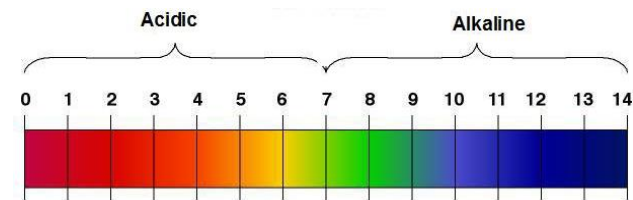
see diagram on previous page

- **Manipulation:** Draw an imaginary line from belly button to right hip bone. Poke around about 2/3 way down from belly button to find a sore spot. Massage in counterclockwise circles then massage by pulling from hip towards left shoulder.
- **Reflex point massage**
 - LI4, BI 58, KI5
 - Base of skull
 - Anterior, superior, right arm

■ Diet:

(temporary: for about 2 weeks)

- ✓ Avoid high fiber foods:
blend lightly steamed vegetables, avoid raw
- ✓ Avoid spicy foods
- ✓ Add chlorophyll:
green juice, liquid chlorophyll supplement
- ✓ Bitters and enzymes with each meal
- ✓ pH balanced diet



Transit Time



- Time from mouth to anus
- Should be 18 – 24 hours
- Can test using charcoal
- Hippocrates, “the father of medicine”, urged the citizens of Athens that it was essential that they should pass large bulky motions after every meal!

Improving Transit Time

(Ideally your food should be eliminated within 18 hours!)

- **Avoid irritants:** Avoid caffeine, alcohol, processed fats, chocolate, wheat/gluten, and dairy.
- **Avoid allergens:** Culprits are usually WHEAT, CORN, SOY, DAIRY, EGGS and PEANUTS, but can be anything to which you have a sensitivity.
- **Relax before and during your meals:** Take a few deep breaths and avoid multitasking.
- **Eat enough fruit:** Sometimes just adding fruit and more water helps transit time.
- **Drink enough water** to keep things moving along.
- **Use mucilagenous herbs** to lubricate stool: chia and flax, slippery elm, etc.
- **Keep your gut critters balanced:** Use probiotics and anti-candida protocols.
- **Exercise** to keep the muscles in the large intestine working properly.

