

ILEOCECAL VALVE

MASSAGE GUIDE



ILEOCECAL VALVE SYNDROME

WHAT IS THE ILEOCECAL VALVE?

The ILEOCECAL VALVE is located between the ileum (the last portion of the large intestine) and the cecum (the first portion of the large intestine). It is a one-way valve that allows digested foods to pass from the small intestine into the large intestine and keeps waste materials in the large intestine from flowing backwards into the small intestine.

WHAT IS ILEOCECAL VALVE SYNDROME?

Ileocecal Valve Syndrome occurs when the valve gets irritated & becomes a two-way valve allowing waste materials from the large intestine to back up into the small intestine. The small intestine absorbs these toxic waste products which leads to unpleasant symptoms.

TREATMENT:

- 2-3 chiropractic treatments to stimulate proper nervous system control of the ileocecal valve
- Avoidance of crunchy foods & cold liquids/foods for 2 days after treatment
- Establish proper eating habits (ex. only eating while sitting down, eating slowly, fully chewing food before swallowing)
- Supplements for chronic cases (adrenal support, anti-infection, etc.)
- Possible Diet Change (avoidance of caffeine, allergenic foods, etc.)

CAUSES

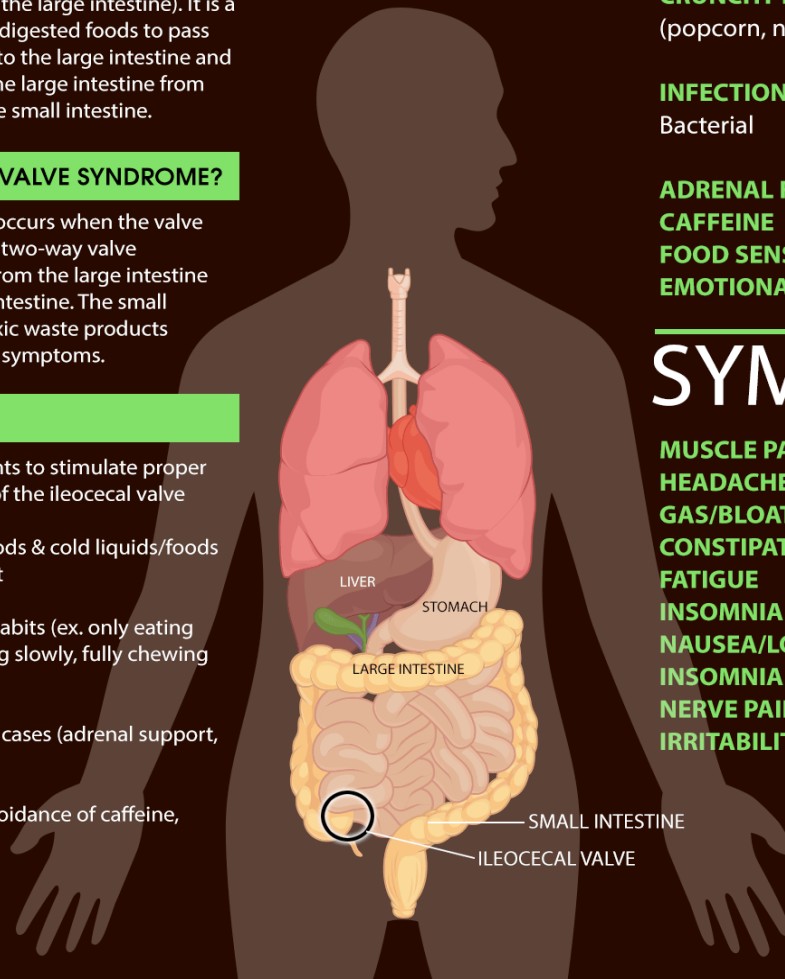
CRUNCHY FOOD/NOT CHEWING WELL
(popcorn, nuts, seeds, chips, pretzels, etc.)

INFECTION: Viral / Parasitic / Fungal / Bacterial

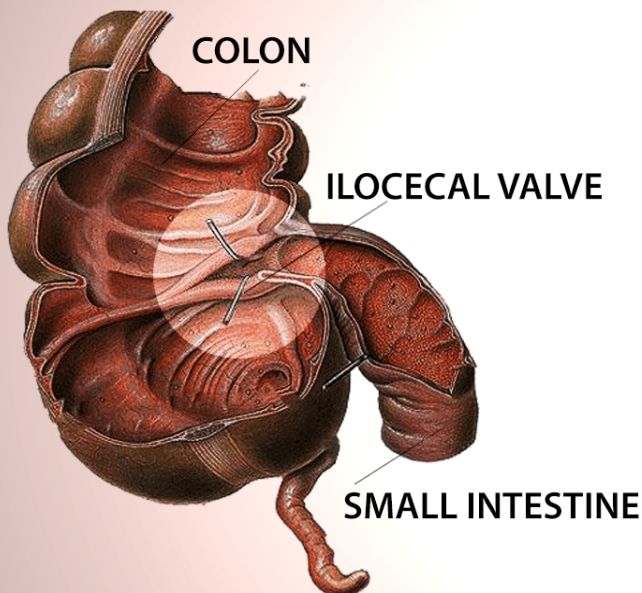
ADRENAL FATIGUE
CAFFEINE
FOOD SENSITIVITIES
EMOTIONAL STRESS

SYMPTOMS

MUSCLE PAIN / SPASM / STIFFNESS
HEADACHE
GAS/BLOATING
CONSTIPATION/LOOSE STOOLS
FATIGUE
INSOMNIA
NAUSEA/LOSS OF APPETITE
INSOMNIA
NERVE PAIN
IRRITABILITY



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The small intestine empties its contents into the large intestine, or colon. Here is where the contents are to be treated for bacterial and pathogenic invaders. The appendix is responsible for secreting compounds to disinfect digesting food so that the colon becomes a 'clean room environment'

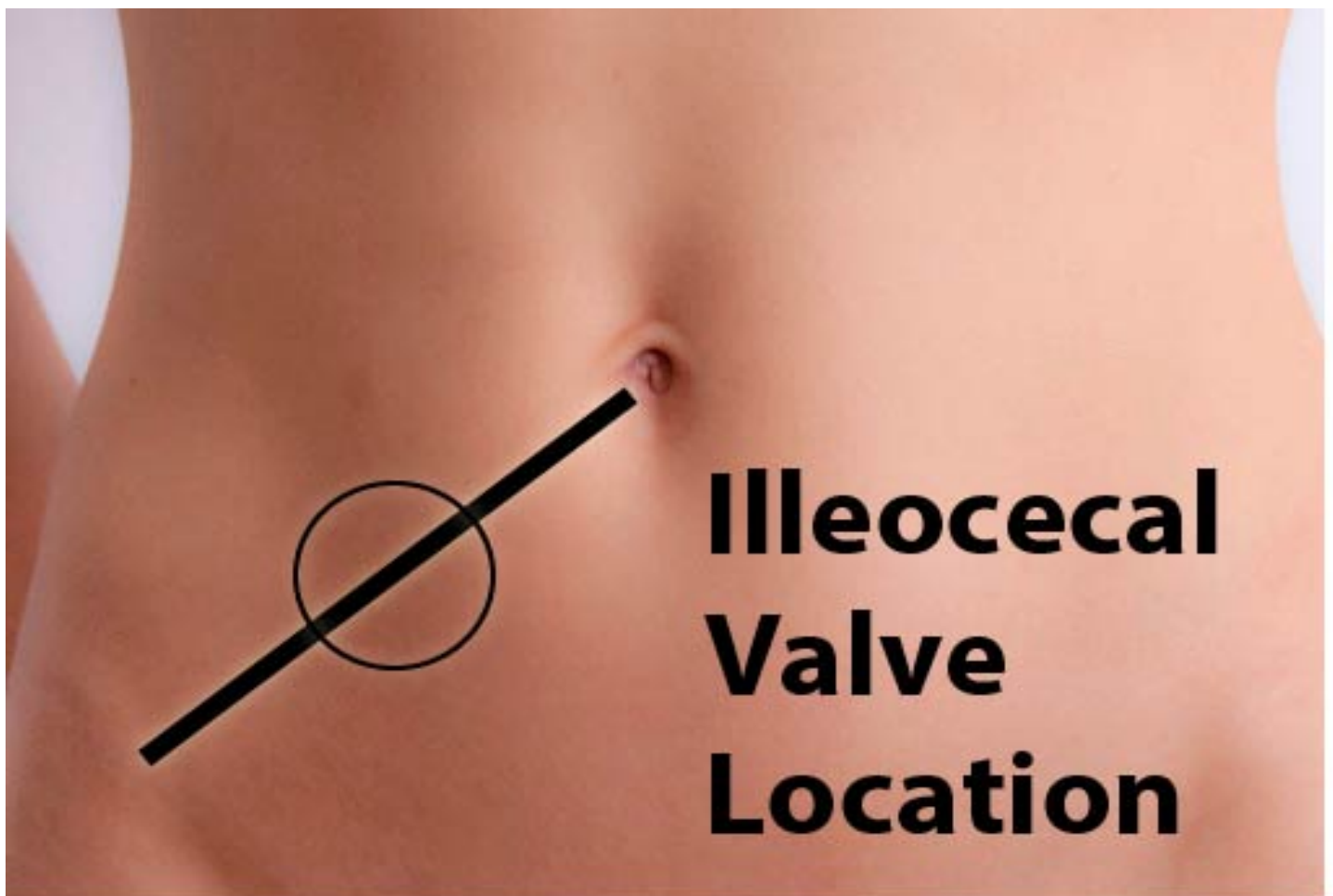
The area that you see is called a 'trap' and is where sediment such as heavy objects, worms, parasites, and others accumulate. This is why the appendix is located here.

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How to Locate and Massage the Valve?

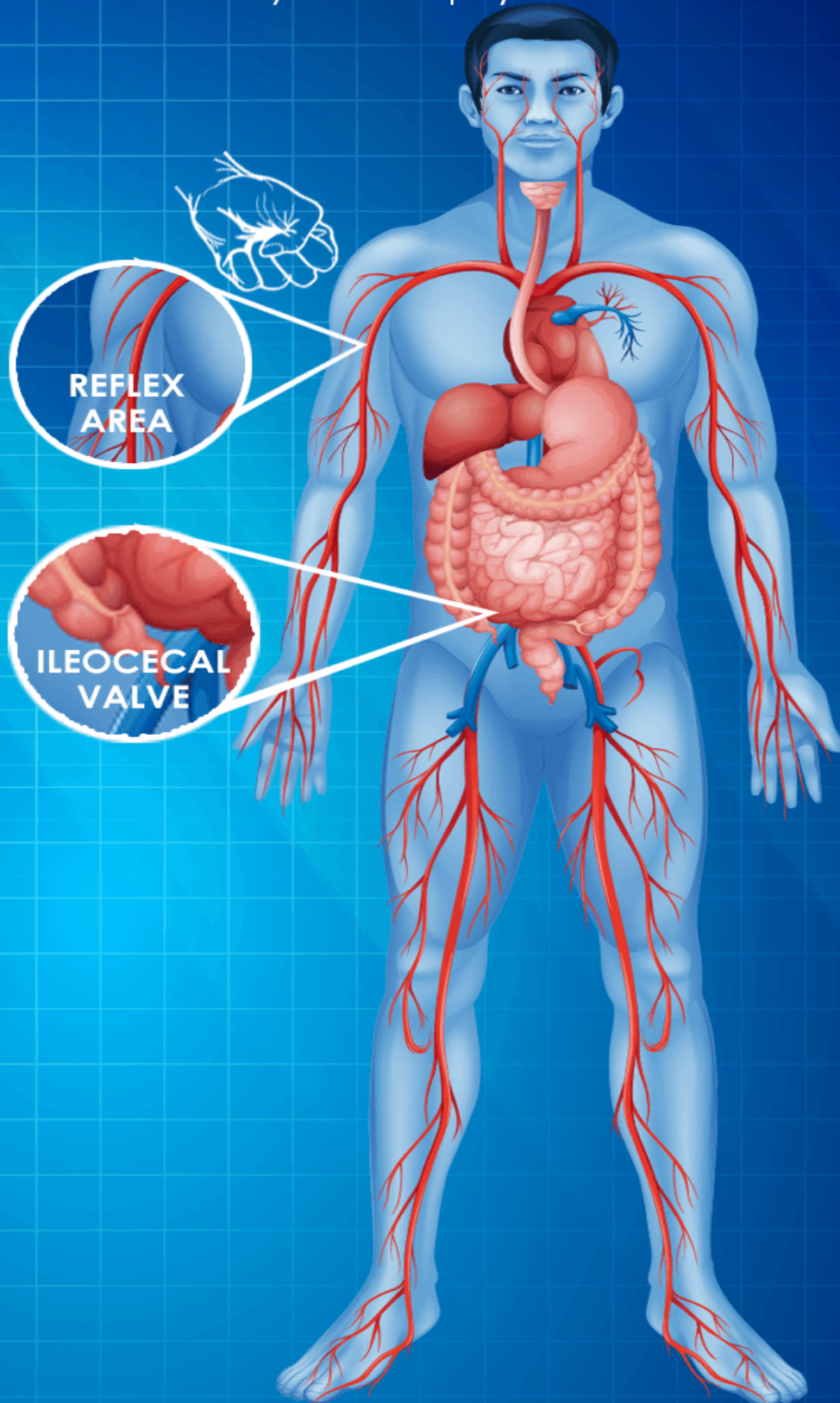
In order to massage the valve, you can follow these steps. Keep in mind that placement may vary from person to person.

1. **Thumb Placement:** Place your right thumb on your hip bone and your left thumb on your navel.
2. **Locate the Valve:** The valve is located about halfway between the hip bone and belly button so imagine a line connecting these two points and find the middle.
3. **Finger Placement:** Take all of your fingers and place them about 3 inches below that middle point. You should be close to the ileocecal valve.
4. **Press In Slowly:** Press in slowly but deeply and firmly. Search for the little tender hardened area and this is your valve. Some people find it easier while laying down.
5. **Circular Motion Massage:** After you find it, begin to massage it in a circular motion with medium pressure for five seconds.
6. **Post Massage:** After the massage, form your hand into a fist and stimulate the reflex are located in the right front upper arm (close to your armpit) for 10 seconds. View the chart on the following pages for location visuals.



ILEOCECAL VALVE REFLEX AREA

Form your hand into a fist and stimulate the reflex area located in the right front upper arm (close to your armpit) for 10 seconds



How Often To Do the Valve Massage

This can be done 3 times a day before meals as well as first thing in the morning and last thing before bed.

Also, keep in mind that the entire digestive tract is a muscular tube and is constantly contracting (peristalsis) and relaxing. Sometimes these muscles may show signs of cramping or have weak areas. This may present as gas, burping, or weird throat noises such as gurgling.

These signs can indicate that your valve needs support. The tenderness associated with the location of the valve may go away after a week or two of implementing this technique.

How to Close an Opened Valve?

An open valve will likely result in signs of small intestinal bacterial overgrowth or diarrhea. You can try closing the valve yourself by finding the valve and pushing in with your fingers. While you are pushing, pull up and toward the left shoulder for 3 minutes.

Placing an ice pack over the valve for 15-20 minutes may also help close the valve.

In addition, we suggest using Activated Charcoal to aid in stopping diarrhea. This supplement has the capability of binding materials and absorbing them like a sponge. It can absorb over 100 times its own weight in toxins and bind them so that they are excreted in [stool](#). This is also our go to product for absorbing die off toxins of harmful pathogens in the gastrointestinal tract.

This is the protocol we use for diarrhea:

GI Regulator: 2 caps with meals

Gut Healing Protein: 2 scoops in shakes 1-2x daily

L-glutamine: 2 scoops in shake

Activated Charcoal: 2-4 caps 3x daily (outside of meals)

Do this until the diarrhea stops and then drop all dosages in half and continue for two weeks. This approach absorbs toxins, increases secretory IgA, aids in rebuilding the gut lining, kills off pathogens, and absorbs die off toxins.



How to Open a Closed Valve?

When [constipation](#) is experienced, try massaging the valve for several minutes as well as the reflex area in the right upper arm (5).

We have found the most effective product for constipation to be magnesium, as most diets are either deficient or the body is not absorbing this nutrient well. We use 200-800mg of magnesium in the form of magtein, magnesium L-threonate, and magnesium lysinate glycinate chelate.

These forms of magnesium have been proven to be the most absorbable.

Most [supplements](#) containing magnesium are not absorbed efficiently by the body and can require excessive amounts to get the correct amount. [Brain Calm Magnesium](#) also contains magtein, which is the only form of magnesium shown to cross the blood brain barrier and improve brain function.

Other methods for relieving constipation include 8 ounces of unsweetened aloe vera juice, green juices with fresh ginger and lemon, increased amounts of fibrous vegetables, and ginger herbal teas. Ginger promotes bile secretion and detoxification from the liver as well as peristalsis throughout the gastrointestinal tract.

Steps for Maintaining a Healthy Valve

1. **Eliminate Bad Foods:** Eliminate the toxic foods from the intestinal tract with garlic or chlorophyll
2. **Remove Spicy Foods** (for at least a week) and remove alcohol, cocoa, chocolate and caffeine from the [diet](#) if you struggle with this problem.

3. **Reflex Points:** This last step is very important. To relieve symptoms quickly, rub the reflex points below for 10-20 seconds each. It is not beneficial to this for longer or shorter of a time period.

The reflex points include the right upper front arm by armpit, outer and inner thighs of both legs on the front and back, the right side of the neck next to the spine and touching underneath the occipital bone of the skull, and the back of the right calf close to the knee.

Reflex Points for Maintaining a Healthy Ileocecal Valve

To relieve symptoms quickly, rub the reflex points below for **10-20 seconds** each.

Right side of the neck next to the spine and touching underneath the occipital bone on the back of the skull

Right upper front arm by armpit

Outer and inner thighs of both legs on the front and back

Back of the right calf close to the knee

