

of the Week...

What You Should Know About L1...

is involved with providing the primary nerve supply from the control centers in the brain to the *Ileocecal Valve which is the valve between the large and small intestines* – It is commonly found to be an area that is subluxated and associated with the diverse series of health complaints resulting from the person being bowel toxic.

What is the Ileocecal Valve?

In plain English, the Ileocecal Valve is a valve or properly termed, it is a sphincter muscle between the small intestine and the large intestine that should prevent a backwash or reflux of large intestine contents back into the small intestine. Simply, it makes sure the digestive process moves in the right direction. It is intended to be a one-way valve, only opening up to allow processed foods to pass through.

When the ileocecal valve is stuck open, waste products can back up into the small intestine disturbing your digestion and also creating unhealthy toxins that are absorbed into the body. If the ileocecal valve is stuck closed, waste products are prevented or constricted from passing into the large intestine.

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
- Ringing in the ear
- Nausea
- Headache
- Bad breath
- Dark circles under eyes
- Dizziness
- Bowel problems (diarrhea/constipation)

The Bottom Line...The Bottom Line...The Bottom Line...

Ileocecal valve problems can be caused by many factors including a subluxation at L1. Other contributing causes include: dehydration, emotional upsets, overeating, eating too frequently, eating too quickly, eating foods you are sensitive to like soda, alcohol, caffeine and spicy food. Chiropractic care is an obvious and beneficial approach as is a temporary elimination diet where you avoid roughage, raw fruits and vegetables, spicy foods, alcohol, junk food and stimulants.

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(847) 788-0880