

## Ileo-Cecal Valve

The Ileo-Cecal valve is a small muscle located between the small and large intestine. Found only on the right side of the body, this one way check valve allows our food to pass into the large intestine for further processing. The proper function of this valve is to open and close upon demand. When this muscle sticks in the open position it causes a backwash from the large intestine into the small intestine, allowing fecal matter to be used in the making of blood. This has great consequences as the small intestine is where the process of creating the blood/fuel to feed the body begins. When this muscle is stuck closed, the process of eliminating waste will be hindered. Both of these conditions are very toxic and can cause a problem anywhere in the body there is blood. These conditions are related to eating improper food and/or emotional stress and can seriously affect the performance of the whole body. Low blood/fuel can also cause the valve to lose its tension and stick, usually in the open position. This situation can be identified by the whining sound in the individual. The liver meridian travels directly over the IC valve, so excessive amounts of alcohol consumed will stress this valve causing it to stick open. The result is one of the main causes of hangovers.

### Associated Conditions

- Grumpiness
- Mood changes
- Crankiness
- Feeling a sense of separation
- Being contrary
- Tired all the time
- Sleepiness
- Low energy
- Dark circles under the eyes (indicator of toxicity)
- Dragging feet
- Cramps
- Fever
- Expressing a temper
- Headaches
- Nightmares
- Main cause of the "flu"
- Having an attitude

### When valve is stuck open

- Classic flu and common cold symptoms
- Too frequent bowel movements
- Runny stool
- General muscle aches
- Fever (body's attempt to cleanse itself using heat to force poisons to the surface of the skin)
- Unclear thinking
- Blurred vision
- Inability to properly digest information received

### When valve is stuck closed

- Elimination problems
- Constipation
- Inflammation of the appendix (a hollow organ that neutralizes toxins caused by this condition)
  
- Inability to let go
- Over-attachment, i.e., situations, persons, conditions

### Technique for Correction

Use the same procedure to correct an open or closed valve. At the area of the valve, (in two inches and down two inches from the top of the RIGHT hip), massage with medium pressure, in a rotary motion for five seconds. Then using a closed fist, briskly stimulate reflex area (right upper arm) for 10 seconds.

The correction may be performed as often as necessary.

What to expect when the valve is functioning properly

- Connectedness will be felt
- Positive disposition
- More energy
- Feeling happy
- More quality sleep
- Regular bowel movements
- Elimination of muscle aches
- More complete digestion
- Clearer vision

More smiles

