

## From the Kitchen to the Septic Tank How Does Your Food Flow?

Written by Shelby Molchan

Located at the end of the Ileum (the last part of the small intestine) the Ileocecal Valve is what separates the small and large intestines. The ICV (Ileocecal Valve) opens to allow a bolus of chyme (digested material) to pass into the Colon to be processed and eliminated. At this point, in a properly functioning digestive tract, most of the nutrients in the bolus have been extracted by the villi of the small intestine and have been absorbed into the bloodstream providing nutrition to the cells of the body.

To understand the vital role that the ICV plays in the proper functioning and overall health of the body this popular analogy is used. Imagine the small intestine as the 'kitchen' of your body. Food that is consumed is processed and delivered to the body for energy, healing and nutrition. Also imagine the large intestine (the Colon) as the 'septic tank'. It extracts and removes toxic waste from the body. With this in mind it is easy to see how an ileocecal valve dysfunction can quickly lead to autointoxication. Autointoxication is when the body poisons itself. This occurs when the ICV spasms open, allowing toxins from the 'septic tank' to back up into the 'kitchen'.

Originally thought to be a 'one way' or 'check' valve, recent studies are finding the ICV is much more complex. The ICV is affected by pressure response, chemicals, roughage and emotional state, among other things. In its normal position the ICV is relaxed and closed. It opens only to allow digestive material (chyme) to pass from the small intestine into the Colon. Autointoxication can occur when the ICV is stuck in an open or closed position.

Symptoms of ICV dysfunction can range from acne, constipation, diarrhea, red eyes, black under eyes, bloated belly, tiredness, sore neck and back, headache/migraines, bad breath, pain in the heart area, right shoulder and right pelvic pain, just to name a few. It is reported by clients and practitioners that routine waking at 3:00 am may also be associated with a stuck ICV.

So how can you tell if your symptoms are related to ICV dysfunction? Applied Kinesiology (AK) is a method of muscle testing and has a test and a correction for the Ileocecal Valve. Colon Hydrotherapy is an extremely effective method of cleansing the bowel of accumulated toxic material, which can relieve many of the symptoms of autointoxication. Your Colon Hydrotherapist may also suggest the use of chlorophyll, herbs or homeopathic remedies in conjunction with your treatments to heal and improve ICV function and help cleanse and detoxify the bowel. Many

people report that bowel cleansing improves intestinal function, energy, overall health and quality of life as well.

References:

1. 'Tissue Cleansing Through Bowel Management' Bernard Jensen, D.C. Ph.D. Nutritionist
2. DynamicChiropractic.com
3. About.com/Ileocecal Valve Syndrome
4. 'How Kinesiology Can Help Get Rid Of Acne' Stephanie Relfe B.Sc (Sydney)

*For more info contact Shelby Molchan at Island Rainbow Wellness Center, (775)762-2463.*

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