

Malfunctioning Ileo Caecal Valve (ICV)

Malfunctioning Ileo Caecal Valve is a very common condition, giving rise to a long list of distressing symptoms. It is also frequently the cause of the "I just don't feel well" syndrome.

Where is the Ileo Caecal Valve?

The ICV is located between the end of the Small Intestine (the Ileum) and the beginning of the ascending colon, the Large Intestine (the Caecum).

It is a valve composing of two parts: a sphincter muscle at one end and a valve type structure at the other end – at the beginning of the Caecum.

What does it do?

When relaxed in a normal state, the valve is closed and should not open, except when, after digestion is complete, a section of chyme is ready to pass through (chyme is digested food expelled by the stomach into the first part of the Small Intestine).

The first job of the valve is to hold the chyme in the Small Intestine until all the desirable absorption has taken place. At appropriate intervals, it should allow sections of the chyme to pass into the Large Intestine.

The second vital job is to prevent the chyme that has passed into the Caecum (now becoming faecal matter), being mixed with existing faecal matter from flowing back into the Small Intestine.

It also has the important effect of allowing time for water to be extracted from the Ileum. There is an energy connection between the Kidneys and the ICV which helps balance water and retention in the body.

Why is it a problem if the Ileo Caecal Valve is not working properly?

If the valve stays open, it will allow toxic material to enter the Small Intestine. If material does flow from the Caecum back into the Small Intestine, there is an increase in undesirable bacteria, which contaminates the villi that extract the goodness from the chyme. Villi are finger shaped projections from the membrane lining of the Small Intestine that provide a large area for the absorption of digested food.

The body starts to poison itself, slowly resulting in any of the symptoms listed on the table.

If it stays shut, then it causes putrefication in the Small Intestine. Food which should have passed into the Caecum is retained in a putrid form, which toxifies the Small Intestine. People who suffer from a closed valve often have increased symptoms and aches and pains in the morning upon waking up, which ease with movement, and after defecation.

What causes a Malfunctioning Ileo Caecal Valve?

It can be caused by eating too much roughage, for example: raw fruits, raw vegetables, popcorn, nuts, and seeds. These types of foods commonly cause the Ileocecal Valve Syndrome.

Other causes include eating *too much* food; eating *too highly spiced* foods (such as, chili, salsa, and pepper); consuming junk foods (such as, crisps, chips, cocoa, chocolate - and caffeine).

One main contributing factor is emotional stress which upsets the balance of the ICV. The expression "gut reaction" refers to where the problem ends up after stress and emotional upset.

What possible symptoms arise from the ICV Malfunctioning?

Whether it is closed or open, the person who suffers from the syndrome is steadily and continuously poisoned by toxins which should be flowing out of the body in good time.

This situation, can, and frequently does exist for years, either intermittently or on a more or less permanent basis.

This auto-toxicity can and does give rise to a list of unpleasant symptoms which will not be permanently resolved unless the Ileo-Caecal involvement is corrected.

List of symptoms:

Abdominal pain, "grumbling appendix", groin pain	Headaches
Acne	Hip pain, particularly on the right side
Allergies	Hyperadrenia (overactivity of the adrenal glands)
"Arthritic" type pains	Hypoadrenia (adrenal gland fatigue)
Bad breath	Hypochlorhydria (absent or low gastric stomach acid)
Bloating	Indigestion
Blurred vision	Irritable Bowel Syndrome (IBS)
Body odour	Knee pain, small joint pain
Bowel gas, distention of belly	Lethargy
Burping habitually	M.E.
<i>Candida Albicans</i> persistent problems	Migraines
Carpal Tunnel Syndrome	Nausea
Catarrh	Nervous debility
Chest pains, that may feel like heart pains	Oedema (excessive retention of fluid in the body)
Chronic fatigue	Pallor
Colds	Palpitations or feeling of "heart flutter"
Colitis (inflammation of the colon)	Post-nasal drip
Constipation / diarrhoea	Post-viral syndrome
Dehydration	Shoulder pain, particularly on the right shoulder
Depression	Skin problems, can exacerbate eczema or psoriasis
Dark circles under the eyes	Spots
Dizziness	Stiff neck
Digestive disorders	Sudden low back pain
Oedema	'Tired All The Time' (T.A.T.T.)
Elbow pain / pseudo-tennis / pseudo-golfer's elbow	Thirst
Flu symptoms	Thrush
Fatigue and general lethargy	Tinnitus, ringing or whistling in the ear
Fluid retention	Water retention
Gas	

Karin Marianne Lang

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Session Information

To start with, you can book a **FREE** initial 30-minute Consultation.

Most Sessions can be in person or over Zoom.