

# Health Solutions / Family Chiropractic Quarterly

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David Spitzer, editor

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## Calendar of Events

- ▶ Jasper County Community Wide Health Fair, May 19, 2006, at the Sunrise Community Center in Newton, IL. Time: 7 am - 1:30 pm. Stop in and see Dr. Naddaf.

**NOTE:** The Effingham office (Health Solutions) will remain closed on Tuesdays and Thursdays until further notice.

## Doctor's Words of Wisdom - Intestinal Valves

"Life (the vital force) is God-given but not necessarily God-maintained; free choice exists. Build vital force and health ensues." Dr. Loes

It seems that every time I need to write an article for this newsletter, one of my patients presents me with a topic. This time a very nice young lady who is suffering from abdominal pain, allergies, weakness, multiple joint pain and other symptoms gave me the idea. Although a good number of people suffer from this condition, it is difficult to get information on the subject. So, here is the short and condensed version on intestinal valves.

As we eat, our food goes through the alimentary track, which is supposed to be one way traffic. Food should go down and not back upwards! In order to keep the food from flushing upward, God has placed a couple of valves in our intestines:

1. Iliocecal valve (ICV) is a little known valve separating the ileum (last part of the small intestine) from the cecum (first part of the large intestine). Its function is to prevent materials in the large intestine from regurgitating (or backing up) into the small intestine, as well as preventing a premature and untimely passing of material from small intestine. The small intestine functions like our kitchen, digesting food and preparing food for nutritional use of our body. The function of the large intestine is like a septic tank system, eliminating toxic waste products and removing them from our body.

2. Houston valve (HV) is the sphincter located between the transverse and descending sections of the Large intestine (colon) positioned in front of the left kidney. It prevents decaying fecal matter from backing up into the transverse colon.

Autointoxication quickly occurs when the ICV spasms open, allowing toxins from our large intestine (septic tank) to back up into our small intestine (kitchen) and absorb into our body. The small and large intestines are two very different environments with two very different functions, and the Iliocecal Valve is vital in assuring that the two environments don't mix. Similar phenomenon occurs with the HV. These two valves should maintain homeostasis (stability) in the intestinal environment.

The function of these valves was poorly understood. However, in most recent years their function has been proven much more complex. They include, but are not limited to, responding to pressure, nerve control, various secretions, chemicals, and roughage. Most importantly, the state of our emotions and stress level affects the function of these valves. Proper functioning of both the ICV and HV is vital to keeping healthy environments in the small and large intestines, healthy digestion, healthy bowel movements and overall health of the body and mind. Malfunction of these valves can cause toxicity and intestinal dysfunction.

Although these valves are not organs or glands, they can cause many of the symptoms that mimic potentially life-threatening diseases. Iliocecal is also referred to as "the great mimicker." The mainstream medical professionals often misdiagnose the Iliocecal valve syndrome and Houston valves syndrome. The knowledge of the function, symptoms, and problems relating to these valves, as well as the proper care of these valves often saves a person much physical, emotional and financial burden.

In their relaxed normal position these valves are closed and only open to pass food bolus from the small intestine to the large intestine. About 90% of the problems occur when the valves lock open and allow materials to flow backward, very much like a septic tank backing up. The other 10% of the problems occur when the valves lock closed, which does not allow the flushing of the material through the intestinal track. When the iliocecal valve is stuck open, waste products can back up into the small intestine (similar to a backed-up drain) disturbing your digestion and also creating unhealthy toxins that are absorbed into the body. Also, if the iliocecal valve is stuck closed, waste products are prevented or constricted from passing into the large intestine. Remember that our body treats our

gastrointestinal organs as an external environment. Therefore, when the back flushing of food and intestinal matter occurs, the internal environment treats it as an attack and counter attacks by overproduction of fighter cells.

Surprisingly, well-intending people wanting to improve their diet by eating more roughage, raw fruits, vegetables, popcorn, nuts, and seeds commonly cause the Iliocecal Valve Syndrome. Other causes include eating too much food; eating too highly spiced foods, such as chili, salsa, and pepper; consuming junk foods like chips, cocoa, chocolate, caffeine; frequent snacking, common prescription and non prescription medications; improper supplementation with vitamins full of additives; excess use of some herbs; and most over the counter or herbal diuretics.

The symptoms of ICV and HV syndromes are similar. They include right shoulder pain, right side pelvic pain, pain in the lower right of the belly, feeling full after eating small amounts of food, feeling bloated, excess gas, low back pain, pain surrounding the heart, flu symptoms, tinnitus, nausea, syncope / near syncope, headache, bad breath, face pallor, dark circles under eyes, dizziness, and bowel disturbances (diarrhea / constipation). The only additional symptom in HV is inability to stay in bed. Although the person wants to sleep longer, he or she cannot, due to excess pain and weakness. However, once the patient is up and going, as she/he moves around and becomes more active, she/he feels better. These individuals are usually known to be tense and uptight. The symptoms associated with ICV & HV are often worsened after eating foods high in dietary fiber, fresh fruits and vegetables.

The symptoms associated with these syndromes often resemble other common, chronic, recurring health issues. Because of the numerous and varied array of symptoms associated with the iliocecal valve, it is often called the "great mimicker." These broad spectrum health problems include, but are not limited to:

- Dark circles under the eyes
- Ringing in the ears
- Low back pain
- Bursitis
- Fibromyalgia
- Headaches
- Weakened immune functions
- Allergies
- Cold flu & sinus
- Nausea, faintness, and dizziness
- Indigestion, gas, & bloating

## Causes of Iliocecal Valve Syndrome

Dehydration

Commonly prescribed and used OTC medications

Overuse of herbs and supplements

Additives in food and supplements

Emotional upsets

Stress

How you eat (overeating, eating too frequently, eating too quickly, eating foods you are sensitive to, under-chewing your food)

Foods you eat (carbonated drinks, alcohol, caffeine, chocolate, raw foods, hot spicy foods)

Treatments for Iliocecal and Houston Valve Syndromes include acupuncture, chiropractic adjustments, applied kinesiology, homeopathy, alternative diet and appropriate supplementation.

Diet Recommended During Treatment for two to three weeks - avoid:

- whole or multi grains
- Raw fruits and vegetables - such as: celery, bell peppers, cucumber, cabbage, carrots, lettuce, tomato
- Spicy foods - such as: chili powder, hot peppers, salsas, black and cayenne pepper, paprika, cloves, cinnamon
- Roughage - foods such as: popcorn, nuts, potato chips, pretzels, seeds,
- Irritants – such as alcoholic beverages, cocoa, chocolate, coffee and caffeine products

## Update news

It is with great joy and pleasure I announce the upcoming grand opening of my sisters' restaurant, the "Hodge Podge Café. It is slated to open in early May. The café is located on Washington Street in Newton, Illinois, and will feature Global Cuisine and an Ice Cream Bar. The café will provide special food delights from around the world on their menu. They will also offer private meeting rooms in the café. I am joyfully awaiting this day to start eating my fill of healthy food without the guilty feeling of eating "junk food" as I am enjoying the ambiance and laziness of eating out!

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