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The ileocecal valve syndrome is often found in today's population. It is responsible for numerous symptoms and is sometimes called the "great mimicker." As a result of ileo-cecal valve involvement, an individual can have any of the following symptoms.

Ileocecal Valve Syndrome Symptoms

- Shoulder pain
- Sudden low back pain
- Pain around heart
- Dizziness
- Flu symptoms
- Pseudo bursitis
- Pseudo sacroiliac strain
- Tinnitus
- Nausea
- Faintness
- Pseudo sinus infection
- Pseudo hypo-chlorhydria
- Headache
- Sudden thirst
- Pallor
- Dark circles under eyes
- Bowel involvement

FOR FOUR DAYS

**Eliminate
from your diet:**

All roughage foods, which include
Popcorn
Potato chips
Nuts- Seeds
Whole grains

Raw fruits/vegetables, including
Celery
Cabbage
Lettuce
Carrots
Apples - Oranges
Salads
Pickles - Tomatoes

*If cooked, these foods can be eaten
and will cause no problems.*

Spicy foods, such as:
Chili
Peppers
Tacos
Black pepper
Paprika
Cinnamon

**NO LIQUORS OR
ALCOHOLIC BEVERAGE**

NO DAIRY, CHEESE OR ICE CREAM

**NO COCOA, CHOCOLATE, or
CAFFEINE PRODUCTS**

In some instances of long-standing ileo-cecal valve problems, it is valuable for an individual to stimulate certain nerve areas at home. If this is true in your case, the doctor will mark the locations for you to stimulate on the illustrations found below. Where a circle is drawn on the illustration, use a rotary massaging method with the pads of your fingertips. Where an "x" is marked, find the tender spot and use a moderately hard, irritating pressure. Work on the indicated areas from to _____ seconds _____ times per day.

