

# Ileocecal Valve health

The following are additional guidelines for all patients, but patients with many of the symptoms of ileocecal valve need to be especially vigilant.

## Ileocecal Valve Symptoms:

Shoulder Pain, Low Back Pain, Pain Around the Heart, Dizziness, Flu Symptoms, Pseudo Bursitis, Pseudo Sacroiliac Pain, Tinnitus, Nausea, Faintness, Pseudo Sinus Infection, Headache, Sudden Thirst, Pallor, Dark Circles Under the Eyes, Bowel Involvement

## Eliminate from your diet:

### All roughage foods

Popcorn, Potato chips, Corn chips, Nuts, Seeds, Whole grains

### Spicy Foods

Chili, Peppers, Salsa, Black pepper, Paprika, Cinnamon

### No Liquors or Alcoholic Beverages

(In general, alcohol is ok approx. twice a week, but not 2 days in a row. Some people are more sensitive to one type of alcohol than another. In general the better the quality of the alcohol, the better your body will be able to handle it.)

No Cocoa, Chocolate

### Caffeine

Caffeine Limited To One Cup in the Morning with Breakfast

(A cup or two of coffee is OK if it is done in the morning before 12pm. If drinking decaf, drink only water-decaffeinated coffee. Regular decaf contains methyl chloride in small amounts.)

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