

# Friedman Chiropractic, Inc.



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## NATURE'S SAFETY VALVE

Many people periodically suffer from mysterious health complaints from which no clear diagnosis can be made. The hidden cause of one such condition is a functional health challenge called the Ileocecal Valve Syndrome. The IC Valve, which looks like two lips, is located at the junction of the small and large intestine near the appendix. Its purpose is to prevent the backflow of material from the large intestine into the small intestine where it originated and to prevent food not fully assimilated from leaving.

*"If I were going to write a book on indigestion, I should first devote myself to diseases of the nervous system."*

*Goodhart, M.D.*

assimilated food which has become waste, instead of moving further down the colon, actually moves backwards into the small intestine. This material, which is now toxic waste, is absorbed into the bloodstream causing an array of odd symptoms.

Symptoms of intestinal toxicity from this condition are shoulder pain, sudden low back spasms, pain around the heart, dizziness, bursitis, nausea, faintness, sinus pain, headaches, excessive thirst, pallor, allergies, dark circles under the eyes, fatigue and a feeling of malaise. Toxins from this condition, circulating in the bloodstream, land

The IC Valve can lock up due to diet, stress, digestive problems, or nerve irritations. When any of these conditions occur, the valve may fail to close or open properly, which is called an Ileocecal Valve Syndrome. Fully digested and

in each person's weakest body area such as an organ or muscle.

We must remember that everything in the body works in tandem with all other organs to maintain health. According to Neuro-

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vascular Dynamics, the IC Valve works in unison with the gall bladder and the other two gastric valves, the pyloric and internal rectal valves. This close inter-relationship of the entire GI tract, orchestrated by the nervous system, is most important. This is why problems in the gall bladder and pancreas, precipitated by stress or diet, can lead to valvular malfunction in distant areas of the tract and vice versa.

Causative dietary factors can be either too much or not enough roughage, too many spicy foods, caffeine, excessive chocolate, cocoa, alcohol, or dehydration. Insufficiency of B complex, vitamin D, calcium and digestive enzymes can also be triggers.

The wide range of reflex nerve symptoms produced by this disorder helps us

*“Look to the nervous system as the key to maximum health.”*

*Claudius Galen  
(130-200 A.D.)*

understand why this disorder is called the “Great Mimic.” Neurovascular Dynamics practitioners also routinely checks the IC Valve for spasm in non-traumatic low back pain, right knee pain, allergies, infections and migraines. NVD manual diagnosis can determine if the cause is diet or stress or both. Bennett Reflex can then treat the valve as well as the entire digestive tract to restore good motility and balance.

**Office News: Dr. Friedman is now working most Saturdays.**



## Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

## Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

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### DISCLAIMER

This newsletter is intended to provide health information to improve quality of life and assist users to better understand their health and arrange more easily for healthcare services. It is not an attempt to replace the need to seek healthcare services nor to provide specific healthcare advice. Information provided should not be used to diagnose or dispute a qualified healthcare professional's judgement. If you have any questions, please give our office a call or check with your local healthcare professional.