

ICV The #1 Cause of Autointoxication & How To Fix It

Dr. King's
by kingbio

What is the ICV & What Does it Do?

The abbreviation, "ICV," stands for the ileocecal valve. It's sometimes called "**The Great Mimicker**," because the symptoms of a distressed ICV can mimic so many different ailments.

The ICV is the gatekeeper between the small intestine and the large intestine.

If we use the analogy of digestion and absorption taking place in the body's "kitchen," that would be the small intestine. Afterward, the remainder goes to the body's "septic tank": the large intestine.

The ICV keeps the body's septic system from backing up into its kitchen.

If the ICV spasms in either the "open" or "closed" position, autointoxication occurs.

When the valve spasms open, toxins to be eliminated by the large intestine (septic tank) back up into the small intestine (kitchen) and get reabsorbed into the body.

When the valve spasms closed, waste materials at the end of the small intestine cannot move into the large intestine to be eliminated, which also causes toxic build-up that gets reabsorbed into the body.

Causes of ICV spasm include: too much roughage, food allergies, food intolerances, toxicity, stress, overeating, spicy foods, chocolate, caffeine, alcohol, dehydration, and frequent snacking.

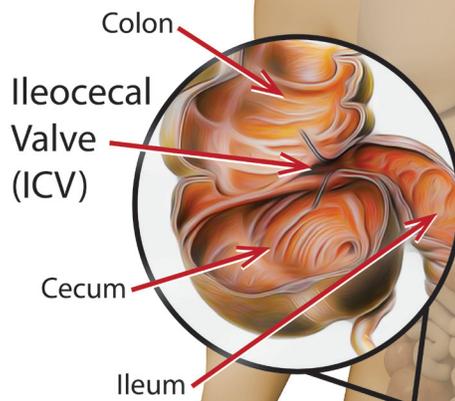
In Dr. King's clinical experience, 80 percent of the population has ICV symptoms in any given six-month period.

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"Most people think toxins come from the outside, not the inside. An ICV in spasm is the #1 cause of autointoxication."

- Dr. King

ICV Spasm Symptoms:

- dark circles under eyes
- ringing in ears (tinnitus)
- low back and or sacroiliac pain
- right shoulder or bursitis pain
- fibromyalgia
- headaches
- weakened immune functions
- Candida albicans*, yeast infections
- allergies
- colds, flu and sinus problems
- leaky gut syndrome (dysbiosis)
- nausea, faintness and dizziness
- general fatigue or malaise
- bad breath
- body odor
- indigestion, gas and bloating
- diarrhea, constipation
- paleness of the face
- pain in heart region
- palpitations, increased pulse
- hypochondria
- edema
- emotional and mood changes



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The Healing Revolution is here.®

Is your ICV Happy? Check Yourself!

- 1 ▶ Lie supine (on the back).
- 2 ▶ Press down gently in the lower right quadrant of the abdomen (called McBurney's point) just inside the crest of the ilium bone. (See photo.)
- 3 ▶ If you have an ICV problem, it is common to notice pain to a slight tenderness depending on the intensity of the ICV problem.
- 4 ▶ If your ICV is in spasm, you will usually notice a tender knot deep in this area of your abdomen that may feel like a golf ball under a pillow.



If ICV pain is severe, it could be initially confused with appendicitis*. If you still have an appendix, however, appendicitis normally causes an elevated white blood cell count and a slight fever.

*For severe or prolonged abdominal pain, seek immediate medical help.

How to Fix an ICV in Spasm – Correction and Prevention

- 1 ▶ **Diet:** For 2-3 weeks, decrease or eliminate from your diet: high roughage foods, raw foods, spicy foods, foods that cause allergic and/or intolerance reactions, toxins, alcohol, and stimulants.
- 2 ▶ **Massage:** Lying on your back, first press straight down over the ICV area and hold for 30 seconds. Try pressing down on one side of the valve and holding pressure; slowly move the pressure in the opposite direction over the valve. Take your time and hold this position for about 30 seconds. Repeat this in four different directions: You will usually find one direction that creates more intestinal gurgling noise and feels better to you. Repeat this direction; hold three times or until you do not hear any gurgling sounds. "I recommend massaging your ICV twice a day when tender and inflamed." – Dr. King (See photo.)
- 3 ▶ **Homeopathic Remedies:** "I have found homeopathy to be deeply corrective for this condition, as well as for all others. In the case of the **Dr. King's Natural Medicine Ileocecal Valve Detox** formula, I advise my patients to use it 4-6 times per day, orally, topically, and via the olfactory method (breathing the mist in through the nose) for best results. Homeopathy corrects problems from the inside out and the outside in." – Dr. King



The ICV – Your Guide to the Perfect Diet for YOU

Everyone's digestive system is uniquely theirs. Once you know these healing techniques, the ICV can be "**The Great Monitor.**" It is a great guide to help you monitor and learn which foods are healthy or harmful to you.

Check your ICV two to three times a day to see if it's happy (no tenderness or gurgling). If it's happy, the food you have been eating over the past 12 hours was right for you. If not, keep a log of what foods you have eaten. With a little detective work, over time, you will see patterns that will guide you away from problem foods and toward your perfect diet!

"In my 40 years of experience, paying close attention to the ICV is as important as drinking pure water, eating well, getting enough sleep, and avoiding toxins."

– Dr. King



For 40+ years, Dr. King has empowered everyone to take back their health with free, DIY healing techniques. Learn more at:

DrKings.com

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