

INNATE INTELLIGENCE

ILEOCECAL VALVE and CECUM

• **Normal Function – Ileocecal Valve-** The ileocecal valve (a sphincter muscle) is located at the junction of the ileum and the cecum. It allows digested food to pass from the small intestine into the large intestine but prevents backflow of contents from the colon into the ileum.

• **Normal Function – Cecum-** Its primary functions are to store and mix food remnants with bacteria, helping to form feces, and to absorb remaining fluids and salts.

• **Innate Stimulus –** Sympathetic stimulation to the ileocecal valve generally causes it to contract and close, inhibiting the passage of chyme from the small intestine into the large intestine. It also inhibits peristalsis and secretions in the colon. Parasympathetic stimulation has the opposite effect.

• In most individuals, **the appendix** protrudes from the cecum. It is believed to have a role in supporting the immune system and helping to restore healthy gut bacteria after infections or antibiotic use. It may act as a “safe house” for beneficial bacteria, repopulating the gut after disruptions.

SYMPTOMS OF ENERGY DEFICIENCY	
STRESS RESPONSE	ORGAN EXHAUSTION
Increases nutrient requirements The ileocecal valve is contracted, inhibits peristalsis in Cecum	Deficient nutrients available Inappropriate response in the Ileocecal valve and Cecum
FREQUENT SYMPTOMS	
When the ileocecal valve doesn't close properly, symptoms arise like abdominal pain, bloating, changes in bowel habits, and, in some cases, nausea or vomiting	These symptoms can arise from a variety of issues, including reflux of colonic contents into the small intestine or small intestinal bacterial overgrowth (SIBO)
NUTRITIONAL CONSIDERATIONS	
Improve Digestion and Absorption	
Focus on whole, unprocessed foods, especially those rich in soluble fiber, like fruits and vegetables. Eliminate foods like refined carbohydrates, processed foods, alcohol, fried foods, and caffeine, which can exacerbate inflammation and digestive issues. Until the ileocecal valve is functioning properly, lettuce, popcorn, raw vegetables and fruits, and foods in the cabbage family should be avoided until inflammation, gas, bloating, and bowel dysfunction are under control.	
CLINICAL CONSIDERATIONS	
Involuntary muscle contractions	
Sympathetic Nerve Supply	T5 to T11
The ileocecal valve receives sympathetic nerve supply from the superior mesenteric plexus. This plexus carries sympathetic fibers from the celiac and superior mesenteric ganglia. These sympathetic fibers can cause contraction of the ileocecal valve, reducing motility and closing down enteric activity during sympathetic stimulation.	

Supplementing nutrients to counter symptoms is little more than educated guesswork. Symptoms are Innate's signal that a system, organ, or tissue is unable to produce adequate energy to meet its responsibilities for maintaining homeostasis and normal physiological function. **Carbohydrates, protein, lipids, vitamins, and minerals are building blocks used in producing energy.** They must be put to work. They are not workers.

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