



PYLORIC and ILEOCECAL VALVE RELEASE | MANUAL TECHNIQUE

PYLORIC VALVE:

The pyloric valve is located between the stomach and small Intestine. The main purpose of the pyloric valve is to control the flow of material from your stomach into your duodenum, the top section of your small intestine where most of the nutrients are extracted from food matter. Under normal conditions, the valve opens slightly a few times a minute to allow a small amount of material into the duodenum. It has a secondary function of preventing bile reflux, which is bile flowing from your intestines into your stomach.

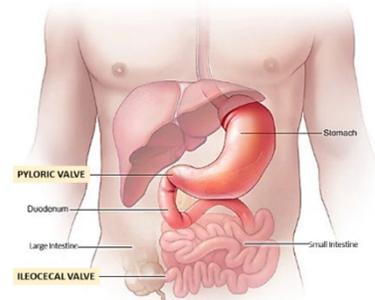


Image courtesy of Mayo Foundation for Medical Education & Research

Unfortunately, the pyloric valve doesn't work correctly for many people. Either it "spasms" and doesn't open or it doesn't close completely and allows bile to pass into the stomach and, potentially, into your esophagus. Both conditions can create a lot of discomfort and serious medical problems. We see quite a few patients with pyloric valve problems. In most cases, they have no idea why they are in pain. Once we identify the problem, we can help them get on track to healthy, pain-free living again.

ILEOCECAL VALVE:

The ileocecal valve is a small muscle located between the small and large intestines and is found only on the right side of the body. This one-way valve allows our food to pass into the large intestine for further processing. The proper function of this valve is to open and close upon demand.

When this muscle sticks in the open position, it causes a backwash from the large intestine into the small intestine, allowing fecal matter to be used in the making of blood. This has great consequences as the small intestine is where the process begins of creating the blood which feeds the body. When this muscle is stuck closed, the process of eliminating waste will be hindered.

Both of these conditions are very toxic and can cause a problem anywhere in the body. These conditions are related to eating improper food and/or emotional stress and can seriously affect the performance of the whole body. Low blood/fuel can also cause the valve to lose its tension and stick, usually in the open position.

Manual Technique for Pyloric and Ileocecal Valve Release

IMPORTANT NOTE: This exercise is not suitable for patients who have hiatal hernias or who are pregnant.

Get your [yoga mat](#) and lie down flat on your back with a [half roll](#) (or small rolled up blanket) under your mid back area so your ribcage is raised a bit. You may also want to put a small pillow under your head.



Begin by breathing slowly and relaxing your face, jaw and neck. Breathe in through the nose and out through the nose. This is a good time to create a mind-body connection by thinking of all that you are appreciating in your life – including these few minutes of relaxation.

Have a [1-3 pound hand weight](#) nearby. You can use a glass bottle filled with liquid if you don't have a hand weight. (The hand weight is easier to hold and works better at getting into the valves.) Wear a shirt so that you do not irritate your skin.



PYLORIC VALVE RELEASE INSTRUCTIONS:

Your pyloric valve is located about 4 fingers (c. 2") up from your navel, more or less in the center of your body. Not to worry if you are not directly on the valve. The nervous system will still respond and begin to relax.

After locating this area, complete the following steps:

1. Use the end of the hand weight to knead on top of your pyloric valve, rocking from its left side (the stomach end of the valve) toward its right side (where the pyloric valve connects to the small intestine) for about 60 seconds.

2. Then use the end of the weight to push all the way from your left (on the stomach) to the pyloric valve to move any partially digested food in your stomach through your valve into your small intestine. Do this flushing movement slowly (take about 5 seconds) and repeat 5-10 time.

ILEOCECAL VALVE RELEASE INSTRUCTIONS:

Your ileocecal valve is located about 4 fingers down from your navel (c. 2") + 4 fingers to your right. You can also locate your right hip bone and place your hand right above that. Not to worry if you are not directly on the valve. The nervous system will still respond and begin to relax.



This valve opens diagonally toward your left shoulder.

1. Use the end of the weight to knead into the valve, up and diagonally (while staying in place) in the direction of your left shoulder for about 60 seconds.
2. Use the end of the hand weight to push all the way from the left side of your belly on a horizontal line, along the small intestine, all the way over to your ileocecal valve on your right. Do this flushing movement slowly (take about 5 seconds) and repeat 5-10 times. You will be flushing below the belly button or slightly over it.

To learn more about the Pyloric/Ileocecal Valve release and to see these instructions demonstrated, view the video provided on the Patient Resources page of our website.

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