



ACTIVE BALANCE

### ***Symptoms:***

- Headache
  - Gas
- Bloating
- Constipation
- Loose stools



- Muscle pain
- Tummy cramps
- Loss of appetite
  - Wheezing
  - Tiredness



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### ***What is the ICV?***

The ICV is located between the ileum and the cecum. Its function is to process digested food from the small to the large intestine, keeping waste products from flowing back up into the large intestine.

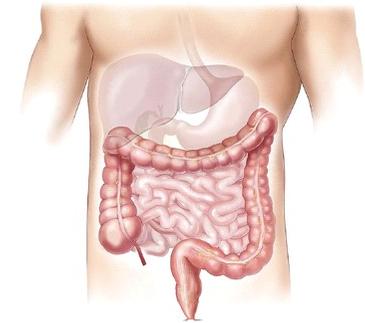


Malfunc- tions of the ICV occur when the one-way system becomes a two-way system and waste materials start to back up allowing the small intestine to absorb the toxic waste.



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### ***ICV aka Ileocecal Value***



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## ACTIVE BALANCE

### ***Causes:***

- Food intolerances: Sugar, Gluten, Dairy, Nuts etc
  - Caffeine
  - Infection
- Emotional Stress
- Not chewing enough

### ***Recovery:***

Using tests from Kinesiology and finger palpation Active Balance is trained to be able to tell you what your body can and cannot deal with.

Even though primarily, the symptoms are more severe in those with intolerances, we believe prevention is better than cure and therefore should all be limiting sugar in our diets.



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### ***Recovery Cont:***

Sugar makes the body produce insulin causing cortisol to be released which stimulates the breakdown of triglyceride stores in the adipose tissues, leading to an increase in free fatty acids in the blood.

Free fatty acids in the blood, which are thought to raise the risk of cardiovascular disease by causing insulin resistance, raise blood pressure and in some cases cause diabetes.

High levels of cortisol in the blood can also decrease white blood cell and antibody formation, which can lower immunity making you more susceptible to getting ill.



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### ***Self Help:***

- Gently massage the area
- Chew food properly
  - Eat slowly



- Avoid processed/sugary foods
- Drink plenty of water to aid the detoxification of the body
  - Stop eating when you are 80% full