

Wellness with Joanna

Ileocecal Valve Treatment Aftercare

Having your Ileocecal Valve (ICV) balanced is hugely beneficial to your health and following the aftercare empowers you to maintain the balance and continue to feel the benefits.

Avoid roughage and raw food for a minimum of two weeks. Please enjoy plenty of fruit and vegetables ensuring these are cooked (steamed, stewed, roasted, etc)

Stimulants and irritants should be avoided for a month. Examples of these include: tea, coffee, carbonated drinks, highly spiced foods, coarse cereals, popcorn, nuts, wheat, cow's milk and crisps.

Alcohol should be avoided for a period of two weeks.

Drink plenty of water. Water is the only substance we ingest that doesn't require digesting, keeping well hydrated is paramount to every function of the body and is an inexpensive, easy way to improve your health. Drink between meals and avoid drinking with meals. Ideally drink water 15 minutes before a meal and wait at least an hour after meals.

Avoid eating on the run, chew all food thoroughly and avoid eating whilst emotionally or otherwise stressed.

Avoid sugar and refined carbohydrates. Sugar upsets the acid/alkali balance of the body and disturbs the balance of the gut microbiome. Refined carbohydrates, such as white bread or pasta can prolong absorption problems with the small intestine, which inhibits gaining all of the nutritional benefits of the food and/or supplements you are ingesting.

Moderate, regular exercise helps to restore the tone of the bowel. Please avoid strenuous exercise, such as running or high intensity training for a month.

Take your supplements, as directed. This is vital to maintain balance and feel the benefits of the treatment. It is in your power to remove the 'bad' from your diet and, the supplements your body has shown as beneficial through muscle testing, are putting in the good.

There is a wealth of delicious and nutritious food you CAN have. If you would like recipe ideas and inspiration please ask, I'm here to help!

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