



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Cool Trick For Pain... Any Pain

“Many ‘home remedies’ are simply clinical pearls passed along.”

I've shared many times that wellness is a science based practice. Things like blood chemistry and nutraceuticals are used in treatment with clinical success. But let me also share, throughout my 30 years of experience, I have witnessed amazing results with therapies that could be categorized as "home remedies."

It's not surprising that the ones that work are based on physiological principals. The biggest difference is that there are no major studies backing them up. And many of these "home remedies" are simply clinical pearls passed along.

I heard this one from my colleague, Dr. Louis Boven. He was a close friend of the late Dr. Goodheart, so it may have

been Dr. Goodheart who initially discovered it, but I've decided to share it with you. You never know when it might come in handy.

Here's the pearl. Whenever you have pain, any pain, from headaches to pain anywhere in your body, get a cool pack and place it over the ileocecal valve area. The ileocecal valve is the opening into your large intestine. It's located here, on this diagram. Or you can find the position here, to the lower right of your naval.

By placing a cool pack on this area, directly on the skin, Dr. Boven believes it slows any back flushing from the large intestine to the small intestine due to a sluggish ileocecal valve. You see, the ileocecal

valve should be "one way," meaning digested food should travel "one way" from the small intestine to the large intestine. Sometimes the valve gets sluggish and contents from the large intestine leak back into the small intestine.

The large intestine contains both good and bad bacteria. If the small intestine is flooded with bacteria from the large bowel, the immune system will start attacking them. Here's why. White blood cells release chemicals called cytokines to kill bacteria. Depending upon how leaky one's gut is, a percentage of cytokines will be absorbed into the blood stream and ramp up systemic inflammation.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

So, the clinical pearl is for any type of pain, support the ileocecal valve with a cool pack to reduce one of the sources of inflammation. Remember, I said cool pack, something that is about the temperature of the refrigerator.

Dr. Boven shared this pearl at a seminar he did on inflammation. The next morning, for some reason, one of my staff had a blinding headache. A naturopath on our staff kiddingly suggested to her colleague to try the cool pack. Since nothing else was working, she thought she would give it a try. To her amazement, in 20 minutes the pain was significantly better, almost gone. Several days later this same naturopath had a headache of her own and tried the cool pack to see if it was a fluke. Boom! The headache was gone in 20 minutes.

Several weeks later on a Friday night, I contracted some severe lower back pain. I had a rough night's sleep since I was in so much pain.

But I remembered Dr. Boven's clinical pearl and the success it granted my staff, so I took a glass bottle of kumbucha out of the refrigerator and placed it in my pants on my right side. Much to my surprise, in 30 minutes, my back pain was 50% better. I tried it again in 60 minutes and again in 120 minutes. The pain was definitely better, but still present. I did the same thing once on Sunday morning, and that was it for the day. I was back to running on Tuesday.

This technique is a game changer. Try it for yourself. Of course, pain due to inflammation can come from many causes. For unresolved pain, see your Wellness professional for a closer look. But it never hurts to have a few "home remedies" up your sleeve. Pain is pain. So, grab a cool pack, or in my case, a cold bottle of kumbucha, and find your ileocecal valve.