

# Resetting the Ileocecal and Houston Valves

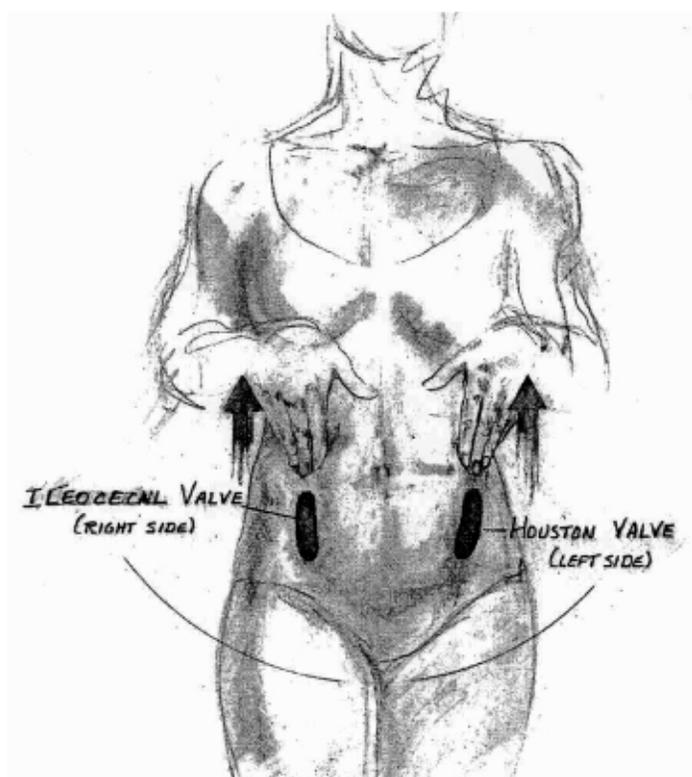
The ileocecal valve is located on the right hand side of the body just inside the hipbone. It connects the small intestine with the ascending colon of the large intestine and regulates the flow of fluids and waste. The Houston “valve,” located inside the left hipbone, is not a true valve but plays a similar role in helping to regulate the action between the descending colon of the large intestine and the rectum. Together, these two “valves” play an important role in making sure your body removes nutrients from food and releases unnecessary material for evacuation.

When these valves get out of synch and fail to open and close properly, the resulting symptoms can mimic at least 27 serious illnesses, including Crohn’s disease and Irritable Bowel Syndrome. However, they can be reset with a simple energy exercise.

There is a second advantage to re-setting these valves on a regular basis. The rhythmic pulsing of the valve muscles is linked to all the other valves in the body. By keeping the ileocecal and Houston valves in good rhythm, you are supporting the function of other crucial valves in the body.

## Reset the Ileocecal and Houston Valves

- When you are experiencing diarrhea or constipation.
- When you feel off your rhythm.
- When you feel you are holding on to unwanted waste, ideas, or behaviors.
- When you feel things are running through you (both literal and symbolic).
- When you are experiencing headaches or a sense that toxins are backed up in your system.
- Whenever you feel a need to support your digestive processes.
- When you are in the midst of grief.



## Resetting the Ileocecal and Houston Valves

To reset the valves, place your right hand on your right hip bone with your little finger at its inside edge. Your hand is over the ileocecal valve. Place your left hand at the corresponding spot at the inside edge of your left hipbone. This is the Houston valve, and resetting both valves creates a symmetry between them. Exert pressure as you massage and slowly drag the fingers of each hand up six to seven inches with a deep inhalation. Shake the energy off your fingers with the out breath and return to the original position. Repeat about four times. End by dragging your thumb downward one time with pressure.

Source: Donna Eden’s *Energy Medicine* (rev. ed.). Tarcher/Penguin, 2008.

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