

# Sympathetic Overflow, Sleeplessness and Depression in a Teen-A Case Study

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## Abstract

The objective is to share a case history that demonstrates the interrelatedness of the digestive system (Ileocecal valve) to the hormonal system (adrenal axis). Case histories involving several systemic interactions can be confusing to clinicians. The symptomatic expression in this case was depression, sleeplessness, and back pain. Based on several case observations the ileocecal valve should share the title with other disorders that have been dubbed "great pretenders" mimicking many other diseases and disorders.

Over the years, several patients have presented with conditions that are unexplained by conventional laboratory testing, analysis, and standard medical examination procedures. This has left clinicians across many disciplines duped, and the patient hopeless as their afflictions fell short of "true pathology" when they were really "functional illness." Even worse, well meaning doctors experiment and the patient is prescribed antidepressant or anti-anxiolytic medications because no obvious cause could be identified.

Applied kinesiology examination and procedures in this case allowed a reverse tracking of the sequela and helped make diagnosis fruitful. Applied Kinesiology procedures can allow the clinician to take appropriate action at the appropriate time and assist patients in healing who may have lost hope.

### Key Indexing Terms

Chiropractic, Applied Kinesiology, Adrenal Stress, Herbs, Manual Muscle Test (MMT), Nutrition, Physiological Phenomena, Adrenal Stress Syndrome, Functional Medicine, Large Intestine, Colon, Iliocecal Valve

### Introduction

Synergy in the human body is underappreciated by almost all healthcare professionals. The interactions of hormones, meridians, reflexes, and neurologic stimuli are myriad; in the search for health and wellness this delicate balance should always be restored when possible.

The digestive tract alone contains many functional valves as well as its own nervous and hormonal system; these valves include iliocecal, cecal colic, valve of Houston, cardiac sphincter, lower esophageal sphincter, and anus. The adrenal gland is source for over 50 different hormones in the human body. The interactions of these and other hormones exceed our current understanding. But it is known that myriad interactions exist. Outside

of gross anatomic studies and imaging, clinicians should consider receiving training that allows a better understanding of the fact that functional illness precedes poor function and this leads to pathology.

The management of health in a manner that addresses "cause" is still a novelty in modern civilization. The approach of working with the body by addressing collaterally damaged tissues and then the primary cause is a needed in order for true long term healing to take place.

Since the Ileocecal valve syndrome is not an inflammatory bowel syndrome little attention is paid to it in medical circles. In clinical practice more attention must be paid to the synergistic physiology and structure as they relate to each other and as they relate to history and presentation. Most education received by professional healthcare practitioners' in any field does not pay attention to this need. The idea of a connection between a patient's body part "A" and "B" fails to be made many times due to their remoteness. The incidence and number of possible disorders relating to the combined dysfunction of the adrenal gland and ileocecal valve reported anecdotally are numerous and may include health problems that seem to have no connection.

#### **Jargon relating to Ileocecal valve.**

Adrenal means the two adrenal glands situated on top of the kidneys. Functional hypoadrenia or adrenal insufficiency refers a physiologic condition, in which there is hormone dystrophy,

The Ileocecal valve also abbreviated "ICV", is located at the junction of the ileum and cecum. As it has been demonstrated to be a functional valve - it opens and closes. "Open" means the opening is dilated. And "closed" means the orifice is approximated or contracted so nothing can pass through. Normal valve functions may occur inappropriately and create symptoms. Manipulation of the valve involves opening or closing it manually. "Meridian therapy" is the stimulation of acupuncture points that alter function and energy in energetic pathways called "meridians." Nutritional support would be those supplements given to assist structural corrections. "Diet modification" means changes made to patients' diets. "TFL" is short for the Tensor Facia Lata a muscle which originates between the ASIS and the middle and lateral aspect of the external surface of the iliac crest and attached on the lateral thigh on the Iliotibial band (IT band) a thickening of the fascia lata. "TS Line" Stands for Tempero-Sphenoidal line, a mostly diagnostic palpatory line located bilaterally on the skull near the temporal and sphenoidal areas. The clinical palpates this line for nodules that correspond with muscle and possible organ imbalance.

#### **Case Study**

A 16 year old female presented with a history of extreme malaise, fatigue, slow cognition, poor school performance, attention issues, depression, and insomnia.

Prior to intake the patient was seen by her primary care doctor, pediatrician, neurologist, and a psychiatrist. All findings were negative so the patient was offered an antidepressant.

Using standard medical physical examination the following abnormalities were detected; orthostatic hypotension and light sensitivity to pupils, high basal temperature, alopecia,

no pulse change on standing, a ten second breath holding time, and an average vital capacity of 800cc's (normal=3900cc's) was found as well as a sliding hiatal hernia.

As per Walther in The Applied Kinesiology Synopsis standard reflexes for an open ICV were tested and in this case all were active, these were treated with hard digital pressure, or other standard methods; these included neurovascular, lymphatic, and the acupuncture meridian connector point bladder 58. The patient was then put on Nutri-West's Chlorophyll plus, Total Enzymes, and DSF as these strengthened the TFL on gustatory challenge.

This patient made a gradual full recovery over 4-month span. Energy returned, sleep then improved, and lastly mood; motivation, and positive outlook improved as well.. Per her mother she returned to the normal life of a 16 year old.

## **Discussion**

Ferretting out the relationship between organ systems can be difficult. In this case hyperadrenia seemed to be causing the ICV imbalance. Currently there are very few objective measures other than muscle testing to act as a guide. Coupled with history, some lab studies, and a good exam, the muscle test is extremely helpful to use as a tool in tracking down the primary source of a problem.

During the first visit close attention was paid to normalizing valve and digestive function. As progress was being made by valve management we then moved into the phase of working with synergists that dominate poorly functioning organs like the adrenal gland. There are many differential diagnoses that must be made in this case and these included; Lyme disease, thyroid disorders, chronic infectious mononucleosis, and disorders of energy producing systems of the body. These problems must be considered and valve dysfunction should be ruled out after the search for pathology is fruitless.

## **Conclusion**

Synergistic, functional, or holistic management is the future for some people if they are to earn health. Sympathetic overflow from the adrenal axis and concurrent management of conditions like the ileocecal valve hold promise for many and protect them from a life of pain and dysfunction. Competent Adrenal management represents an opportunity that can have a significant impact on a wide array of human biological functions and offers the hope of recovery for those lost in the quagmire of chronic illness. It will serve clinicians well to add management of synergistic illness to their armamentarium.

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