

○ The Vital Connection

## Your Spinal Column & Nervous System

**Sympathetic chain** - To eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function

**C4** - Nose, lips, mouth, eustachian tube, mucous membranes, lungs

**C5** - Vocal cords, neck glands, pharynx

**C6** - Neck muscles, shoulders, tonsils

**C7** - Thyroid gland, bursa in the shoulders, elbows

**T1** - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart

**T2** - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes

**T3** - Lungs, bronchial tubes, pleura, chest, breast, heart

**T7** - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum

**T8** - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve

**T9** - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine

**L1** - Large intestine, inguinal rings, uterus

**L2** - Appendix, abdomen, upper leg, urinary bladder

**L3** - Sex organs, uterus, bladder, knees, prostate, large intestine

**L4** - Prostate gland, muscles of the lower back, sciatic nerve

**L5** - Lower legs, ankles, feet, prostate

**Sacrum** - Hip bones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate

**Coccyx** - Rectum, anus

**C1** - Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes

**C2** - Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart

**C3** - Cheeks, outer ear, face, bones, teeth, trifacial nerve, lungs

**Brachial plexus** - Forms the radial, ulnar, median and other nerves that go to the muscles, joints and other structures of the shoulder, arm, wrist, hand and fingers

**T4** - Gallbladder, common duct, heart, lungs, bronchial tubes

**T5** - Liver, solar plexus, circulation (general), heart, esophagus, stomach

**T6** - Stomach, esophagus, peritoneum, duodenum

**T10** - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine

**T11** - Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve

**T12** - Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve

**Sacral plexus** - Forms the sciatic as well as other nerves that go to muscles, joints and other structures of the leg, knee, ankle, feet and toes

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