

## References

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# Your Spinal Column & Nervous System

the  
vital  
connection

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*Your brain is made up of nerve cells that organize into a thick cord of billions of nerve fibers to create your spinal cord. Your spinal cord extends down your back, protected by your spinal column, from where it branches into numerous nerves that travel to the billions of destinations in your body.*



This is a vast communications system over which a constant stream of billions of messages flow to keep your body working properly.

These magical messages fill your brain and nerves, sending energy and information to your muscles, bones, heart, liver, stomach, eyes, ears and blood vessels. If this connection stopped you'd quickly die. If the messages were partially blocked or altered your body would malfunction and the result would be suffering, sickness, disease and a gradual disorganization and decline until death.

You can go for many weeks without food, for a week or so without water, for a few minutes without air, but not even a second without the life energy and information streaming across your nerves.

To be fully alive you need to be fully connected. Chiropractors locate and correct subluxations, the small internal distortions that create "disconnections" in your body that interfere with your nervous system communications.

On the following page are common spinal subluxation locations and how the subluxation may affect your health.





Organs		Subluxation Effects	
<b>sympathetic chain</b>	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		
<b>C1</b>	blood supply to the head; pituitary gland; scalp, bones of the face, brain, inner and middle ear; sympathetic nervous system; eyes	headaches, migraines, nervousness, insomnia, head colds, nervous "breakdowns," anxiety, difficulty concentrating, ear infections, hormonal problems, menstrual difficulties, depression, "brain fog," low IQ, low resistance to disease, low overall brain function, digestive disorders	
<b>C2</b>	eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, heart	sinus troubles, allergies, crossed eyes, deafness, eye troubles, fainting spells, seizures and many other conditions	
<b>C3</b>	cheeks, outer ear, face, teeth, facial nerve, lungs	neuralgia, neuritis, acne, pimples, dry skin and other conditions	
<b>C4</b>	nose, lips, mouth, eustachian tube, mucous membranes, lungs	hay fever, hearing problems, tonsillitis and other conditions	
<b>C5</b>	vocal cords, neck glands, pharynx	laryngitis, hoarseness, whiplash, throat conditions	
<b>C6</b>	neck muscles, shoulders, tonsils	hiccoughs, stiff neck, upper arm pain, arm weakness, loss of grip strength	
<b>C7</b>	thyroid gland, bursa in the shoulders, elbows	bursitis, thyroid, shoulder and other conditions	
<b>L1</b>	large intestine, inguinal rings, uterus	constipation, gas, colitis, diarrhea, hernias and other conditions	
<b>L2</b>	appendix, abdomen, upper leg, bladder	bedwetting, appendicitis, cramps, difficulty breathing, acidosis, upper leg conditions	
<b>L3</b>	sex organs, uterus, bladder, knees, prostate, large intestine	bladder troubles, menstrual troubles, impotence, knee pain	
<b>L4</b>	prostate gland, muscles of the lower back, sciatic nerve	prostate problems, low back spasms, sciatica, leg weakness	
<b>L5</b>	lower legs, ankles, feet, prostate	swollen ankles, weak ankles, tingling in the feet, leg cramps, leg pain, back pain, sciatica	
<b>sacrum</b>	hip bones, buttocks, rectum, sex organs, genitalia, bladder, ureter, prostate	pelvic problems, leg length differences, spinal curvatures	
<b>coccyx</b>	rectum, anus	hemorrhoids, anal itching, pain with sitting, migraines, infertility, brain pressure, mental symptoms	

Organs		Subluxation Effects	
<b>brachial plexus</b>	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		
<b>T1</b>	arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart	asthma, dry cough, shortness of breath, bronchitis, breathing problems and other conditions	
<b>T2</b>	heart, including its valves and covering; coronary arteries; lungs; bronchial tubes	high or low blood pressure, chest pains, heart conditions, irregular heartbeat, asthma, bronchitis, breathing problems	
<b>T3</b>	lungs, bronchial tubes, pleura, chest, breast, heart	bronchitis, pleurisy, pneumonia, congestion and other conditions	
<b>T4</b>	gallbladder, common duct, heart, lungs, bronchial tubes	gallbladder conditions, jaundice, shingles and other conditions	
<b>T5</b>	liver, solar plexus, circulation (general), heart, esophagus, stomach	liver troubles, stomach problems, ulcers, general circulation problems	
<b>T6</b>	stomach, esophagus, peritoneum, duodenum	indigestion, heartburn, colitis, digestive disorders, ulcers	
<b>T7</b>	pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum	diabetes, gastritis, pancreatitis, ulcers, digestive disorders, blood disorders	
<b>T8</b>	spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve	blood disorders, stomach ulcers, stomach pains, leukemia, anxiety, digestive disorders, fatigue, lack of immunity	
<b>T9</b>	adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine	allergies, hives and other conditions	
<b>T10</b>	kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine	kidney troubles, fatigue, hardening of the arteries, nephritis, conditions of the testes and uterus	
<b>T11</b>	kidneys, ureters, large intestine, bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve	kidney infection, kidney stones, menstrual difficulties and pain, stress disorders, intestinal disorders, digestive disorders and other conditions	
<b>T12</b>	small intestine, lymph circulation, large intestine, bladder, uterus, kidneys, ileocecal valve	rheumatism, gas pains, lymph circulation problems, swelling, digestive disorders	
<b>sacral plexus</b>	forms the sciatic and other nerves that go to the muscles, joints and other structures of the leg, knee, ankle, feet and toes		