



the vital connection

your spinal column & nervous system

Your spinal column and nervous system is a vast communications system over which a constant stream of messages flow to keep your body working properly.

sympathetic chain		Organs	Subluxation Effects	brachial plexus				
C1		eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function	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	T1		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	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
C2		eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, heart	sinus troubles, allergies, crossed eyes, deafness, eye troubles, fainting spells, seizures and many other conditions	T2		heart, including its valves and covering; coronary arteries; lungs; bronchial tubes	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
C3		cheeks, outer ear, face, teeth, lungs, facial nerve	neuralgia, neuritis, acne, pimples, dry skin and other conditions	T3		lungs, bronchial tubes, pleura, chest, breast, heart	lungs, bronchial tubes, pleura, chest, breast, heart	bronchitis, pleurisy, pneumonia, congestion and other conditions
C4		nose, lips, mouth, eustachian tube, mucous membranes, lungs	hay fever, hearing problems, tonsillitis and other conditions	T4		gallbladder, common duct, heart, lungs, bronchial tubes	gallbladder, common duct, heart, lungs, bronchial tubes	gallbladder conditions, jaundice, shingles and other conditions
C5		vocal cords, neck glands, pharynx	laryngitis, hoarseness, whiplash, throat conditions	T5		liver, solar plexus, circulation (general), heart, esophagus, stomach	liver, solar plexus, circulation (general), heart, esophagus, stomach	liver troubles, stomach problems, ulcers, general circulation problems
C6		neck muscles, shoulders, tonsils	hiccoughs, stiff neck, upper arm pain, arm weakness, loss of grip strength	T6		stomach, esophagus, peritoneum, duodenum	stomach, esophagus, peritoneum, duodenum	indigestion, heartburn, colitis, digestive disorders, ulcers
C7		thyroid gland, elbows, bursa in the shoulders	bursitis, thyroid, shoulder and other conditions	T7		pancreas, duodenum, stomach, spleen, gallbladder, peritoneum, liver	pancreas, duodenum, stomach, spleen, gallbladder, peritoneum, liver	diabetes, gastritis, pancreatitis, ulcers, digestive disorders, blood disorders
L1		large intestine, inguinal rings, uterus	constipation, gas, colitis, diarrhea, hernias and other conditions	T8		spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve	spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve	blood disorders, stomach ulcers, stomach pains, leukemia, anxiety, fatigue, digestive disorders, lack of immunity
L2		appendix, abdomen, upper leg, bladder	bedwetting, appendicitis, cramps, difficulty breathing, acidosis, upper leg conditions	T9		adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine	adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine	allergies, hives and other conditions
L3		sex organs, uterus, bladder, knees, prostate, large intestine	bladder troubles, menstrual troubles, impotence, knee pain	T10		kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine	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
L4		prostate gland, muscles of the lower back, sciatic nerve	prostate problems, low back spasms, sciatica, leg weakness	T11		kidneys, ureters, large intestine, bladder, adrenal medulla, uterus, ovaries, adrenal cortex, ileocecal valve	kidneys, ureters, large intestine, bladder, adrenal medulla, uterus, ovaries, adrenal cortex, ileocecal valve	kidney infection, kidney stones, stress disorders, menstrual difficulties and pain, intestinal disorders, digestive disorders and other conditions
L5		lower legs, ankles, feet, prostate	swollen ankles, weak ankles, tingling in the feet, leg cramps, leg pain, back pain, sciatica	T12		small intestine, lymph circulation, large intestine, bladder, uterus, kidneys, ileocecal valve	small intestine, lymph circulation, large intestine, bladder, uterus, kidneys, ileocecal valve	rheumatism, gas pains, swelling, lymph circulation problems, digestive disorders
sacrum		hip bones, buttocks, rectum, sex organs, genitalia, bladder, ureter, prostate	pelvic problems, leg length differences, spinal curvatures	sacral plexus		forms the sciatic and other nerves that go to the muscles, joints and other structures of the leg, knee, ankle, feet and toes	forms the sciatic and other nerves that go to the muscles, joints and other structures of the leg, knee, ankle, feet and toes	
coccyx		rectum, anus	hemorrhoids, anal itching, pain with sitting, migraines, infertility, brain pressure, mental symptoms					