








# 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	
		eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function			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
C1		blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, eyes, sympathetic nervous system	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	arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
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
C3		cheeks, outer ear, face, teeth, lungs, trigeminal nerve	neuralgia, neuritis, acne, pimples, dry skin and other conditions	T3	lungs, bronchial tubes, pleura, chest, breast, heart
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
C5		vocal cords, neck glands, pharynx	laryngitis, hoarseness, whiplash, throat conditions	T5	liver, solar plexus, circulation (general), heart, esophagus, stomach
C6		neck muscles, shoulders, tonsils	hiccoughs, stiff neck, upper arm pain, arm weakness, loss of grip strength	T6	stomach, esophagus, peritoneum, duodenum
C7		thyroid gland, elbows, bursa in the shoulders	bursitis, thyroid, shoulder and other conditions	T7	pancreas, duodenum, stomach, spleen, gallbladder, peritoneum, liver
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
L2		appendix, abdomen, upper leg, urinary bladder	bedwetting, appendicitis, cramps, difficulty breathing, acidosis, upper leg conditions	T9	adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
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
L4		prostate gland, muscles of the lower back, sciatic nerve	prostate problems, low back spasms, sciatica, leg weakness		kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
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, urinary bladder, uterus, kidneys, ileocecal valve
sacrum		hip bones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate	pelvic problems, leg length differences, spinal curvatures		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		

