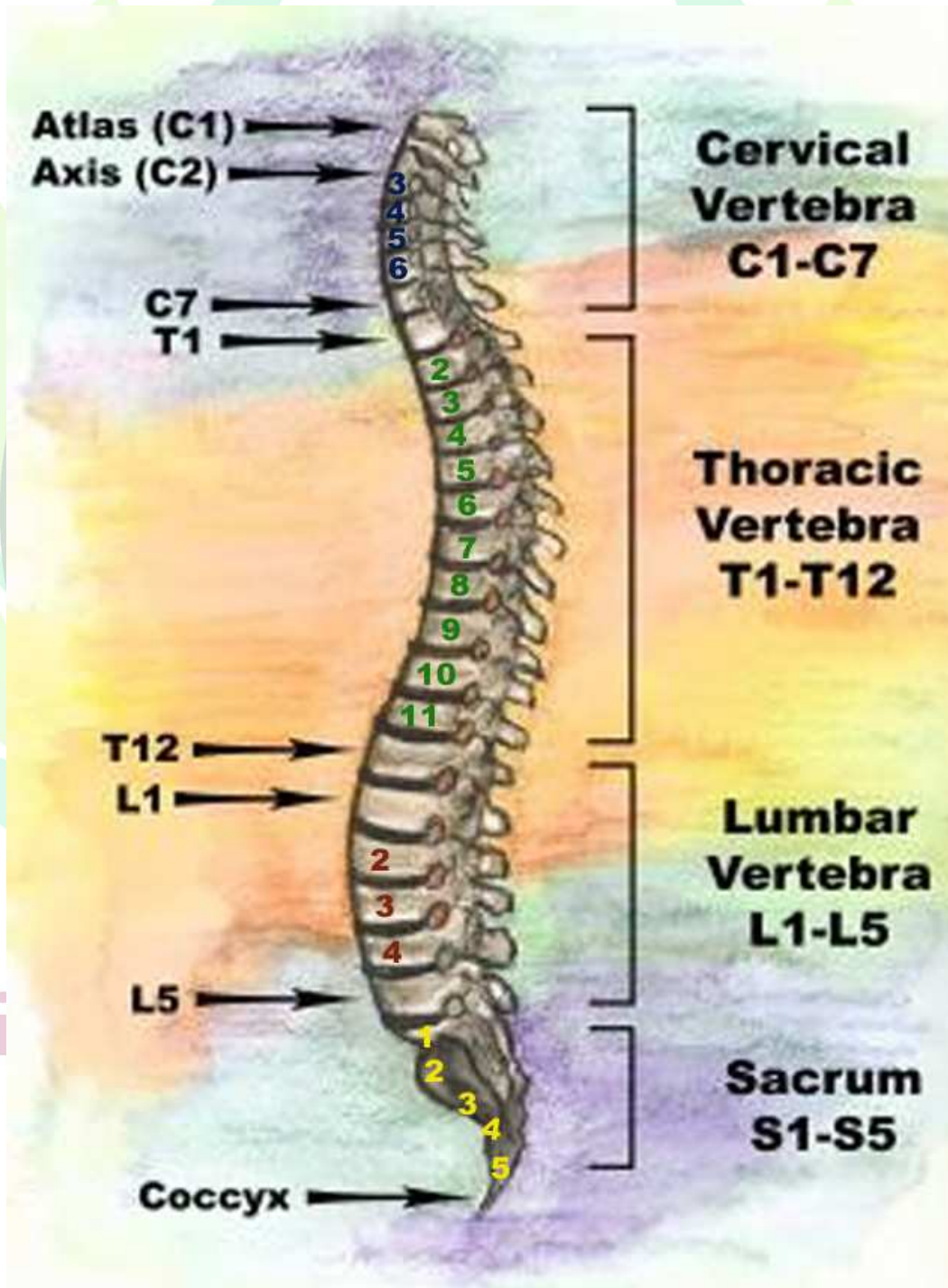


Your Spine is a Guide to Your Health



VERTEBRAE	WHERE THE NERVES GO	RELATED CONDITIONS
C1	Pituitary gland, scalp, facial bones, the brain, inner and middle ear, sympathetic nervous system and blood supply to the head.	Headaches, nervousness, insomnia, head colds, high blood pressure (BP), migraines, nervous breakdowns, amnesia, epilepsy, sleeping sickness, dizziness or vertigo.
C2	Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, forehead.	Sinus trouble, allergies, crossed eyes, deafness, earache, eye troubles.
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne, eczema.
C4	Nose, lips, mouth, eustachian tube.	Hay fever, rose fever, catarrh, adenoids.
C5	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, sore throat, quinsy.
C6	Neck muscles, shoulders, tonsils.	Stiff neck, upper arm pain, tonsillitis, croup
C7	Thyroid, bursa in shoulders, elbows.	Bursitis, colds, thyroid conditions, goiter.
T1	Arms from elbows down, hands, wrists, fingers, oesophagus and trachea.	Asthma, cough, breathing difficulties, shortness of breath, pain in lower arms and hands.
T2	Heart including valves, covering and coronary arteries.	Functional heart problems and certain chest pains.
T3	Lungs, bronchial tubes, pleura, chest, breast, nipples.	Bronchitis, pleurisy, pneumonia, congestion, influenza.
T4	Gall bladder, common duct.	Gall bladder conditions, jaundice, shingles.
T5	Liver, solar plexus, blood.	Liver ailments, fever, anemia, arthritis.
T6	Stomach.	Heartburn, dyspepsia, indigestion, nerves.
T7	Pancreas, islets of Langerhans, duodenum.	Diabetes, ulcers, gastritis.
T8	Spleen, diaphragm.	Lowered immunity, hiccoughs.
T9	Adrenals.	Allergies, hives.
T10	Kidneys.	Hardened arteries, nephritis, pyelitis, CFS.
T11	Kidneys, Ureters.	Skin problems, acne, eczema, boils.
T12	Small Intestine.	Rheumatism, gas pains, sterility.
L1	Colon, inguinal rings.	Constipation, colitis, dysentery, diarrhea.
L2	Appendix, abdomen, upper leg, caecum.	Appendicitis, cramps, acidosis, varicose veins, difficult breathing.
L3	Sex organs, ovaries, testicles, uterus, bladder, knee.	Bladder trouble, knee pains, miscarriages, impotency, painful / irregular menstruation.
L4	Prostate, lower back muscles, sciatic nerve.	Sciatica, lumbago, backaches, painful / difficult urination.
L5	Lower legs, ankles, feet, toes, arches.	Poor leg circulation, ankles, weak ankles, & arches, cold feet, leg cramps, weak legs.
Sacrum	Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures
Coccyx	Rectum, anus.	Hemorrhoids, piles, itching, pain if sitting.