

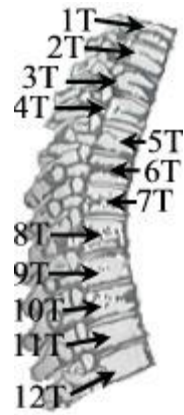
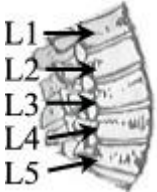



Area of Spine	Picture	Vertebrae	Areas	Effects	
Upper Cervical Spine Upper Neck C1 - C2		1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system	N E C K  Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness	
		2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead		Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness
Cervical Spine Mid and Lower Neck C3 - C7		3C	Cheeks, outer ear, face bones, teeth, trifacial nerve	N E C K  Neuralgia, neuritis, acne or pimples, eczema	
		4C	Nose, lips, mouth, eustachian tube		Hay fever, catarrh, hearing loss, adenoids
		5C	Vocal cords, neck glands, pharynx		Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
		6C	Neck muscles, shoulders, tonsils		Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup
		7C	Thyroid, gland, bursae in the shoulders, elbows		Bursitis, colds, thyroid conditions

Thoracic Spine  
Mid Back  
T1 - T12



1T	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea		Asthma, cough difficult breathing, shortness of breath, pain in lower arms and hands
2T	Heart, including its valves and covering; coronary arteries		Functional heart conditions and certain chest conditions
3T	Lungs, bronchial tubes, pleura, chest, breast		Bronchitis, pleurisy, pneumonia, congestion, influenza
4T	Gall bladder, common duct		Gall bladder conditions, jaundice, shingles
5T	Liver, solar plexus, blood	M I D	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis
6T	Stomach	B A C K	Stomach troubles, including nervous stomach, indigestion, heartburn, dyspepsia
7T	Pancreas, duodenum		Ulcers, gastritis
8T	Spleen		Lowered resistance
9T	Adrenal, and supra-renal glands		Allergies, hives
10T	Kidneys		Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
11T	Kidneys, ureters		Skin conditions such as acne, pimples, eczema, or boils

		12T	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility	
Lumbar Spine Lower Back L1 - L5		1L	Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias	
		2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, acidosis, varicose veins	
		3L	Sex organs, uterus, bladder, knees	L O W B A C K	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains
		4L	Prostate gland, muscles of the lower back, sciatic nerve		Sciatica: lumbago: difficult painful of too frequent urination; backaches
		5L	Lower legs, ankles, feet	Poor circulation in the legs swollen ankles, weak ankles and arches, cold feet weakness of the legs, leg cramps	
		Sacrum and Coccyx or Tailbone		Sacrum	Hip bones, buttocks
Coccyx	Hemorrhoids (piles), pruritus (itching), pain at the end of the spine on sitting			Rectum, anus, and more.	