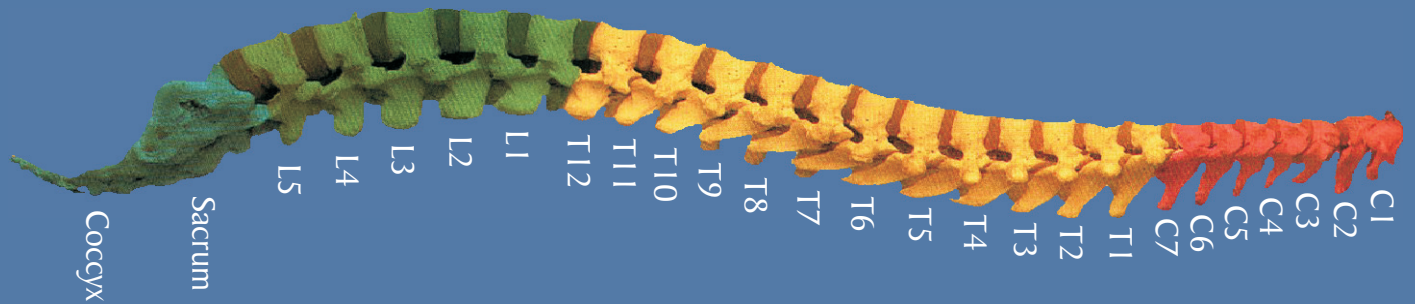


Your Spine & Problems Connected to the Spine



C1 affects the blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear and sympathetic nervous system. **Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness.**

C2 affects the eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue and forehead. **Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness.**

C3 affects the cheeks, outer ear, face bones, teeth and trifacial nerve. **Neuralgia, neuritis, acne, eczema.**

C4 affects the nose, lips, mouth and eustachian tube. **Hay fever, runny nose, hearing loss, adenoids.**

C5 affects the vocal cords, neck glands and pharynx. **Laryngitis, hoarseness, throat conditions such as sore throat or quinsy.**

C6 affects the neck muscles, shoulders and tonsils. **Stiff neck, pain in the upper arm, tonsillitis, chronic cough, croup.**

C7 affects the thyroid gland, bursae in the shoulders and elbows. **Bursitis, colds, thyroid conditions.**

T1 affects the 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.**

T2 affects the heart, including its valves and covering, and coronary arteries. **Functional heart conditions and certain chest conditions.**

T3 affects the lungs, bronchial tubes, pleura, chest and breast. **Bronchitis, pleurisy, pneumonia, congestion, influenza.**

T4 affects the gallbladder and common duct. **Gallbladder conditions, jaundice, shingles.**

T5 affects the liver, solar plexus and circulation (general). **Liver conditions, fevers, blood pressure problems, poor circulation, arthritis.**

T6 affects the stomach. **Stomach troubles including: nervous stomach, indigestion, heartburn, dyspepsia.**

T7 affects the pancreas and duodenum. **Ulcers, gastritis.**

T8 affects the spleen. **Lowered resistance.**

T9 affects the adrenal and suprarenal glands. **Allergies, hives.**

T10 affects the kidneys. **Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.**

T11 affects the kidneys and ureters. **Skin conditions such as acne, pimples, eczema, boils.**

T12 affects the small intestines and lymph circulation. **Rheumatism, gas pains, certain types of sterility.**

L1 affects the large intestines and inguinal rings. **Constipation, colitis, dysentery, diarrhea, some ruptures or hernias.**

L2 affects the appendix, abdomen and upper leg. **Cramps, difficult breathing, minor varicose veins.**

L3 affects the sex organs, uterus, bladder and knees. **Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, many knee pains.**

L4 affects the prostate gland, muscles of the lower back and sciatic nerve. **Sciatica, lumbago, difficult, painful or too frequent urination, backaches.**

L5 affects the lower legs, ankles and feet. **Poor circulation in the legs, weak ankles and arches, cold feet, weakness in the legs, leg cramps.**

Sacrum affects the hip bones and buttocks. **Sacroiliac conditions, spinal curvatures.**

Coccyx affects the rectum and anus. **Hemorrhoids (piles), pruritus (itching), pain at the end of the spine when sitting.**