

This chart shows some of the integral relationships between the spine, the nervous system and the body. For simplicity, it does not reflect all of the structures or paths utilized in nerve transmission. For further explanation of the conditions shown above, and information about those not shown, ask your Doctor of Chiropractic.

<b>Vertebrae</b>	<b>Areas Affected</b>	<b>Effects</b>
1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system. amnesia,	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, 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.
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
4C	Nose, lips, mouth, eustachian tube	Hay fever, hearing loss, adenoids.
5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat.
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.
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 health 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.	Liver conditions, fevers, low blood pressure anemia, poor circulation, arthritis.
6T	Stomach	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.
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	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, or too frequent urination, backaches.
5L	Lower legs, ankles, feet.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
Sacrum	Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures.
Coccyx	Rectum, anus	Hemorrhoids (piles), pruritis (itching), pain at end of spine