

# VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (*Gray's Anatomy, 29th Ed., page 4*) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas" and the "possible symptoms" that are associated with malfunctions of the areas noted.

|                 | Vertebrae | Areas & Parts of Body   | Possible symptoms   |
|-----------------|-----------|---|---|
| CERVICAL SPINE  | C1        | Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system. | <input type="checkbox"/> Headaches <input type="checkbox"/> nervousness <input type="checkbox"/> insomnia <input type="checkbox"/> head colds <input type="checkbox"/> high blood pressure <input type="checkbox"/> migraine headaches <input type="checkbox"/> nervous breakdowns <input type="checkbox"/> amnesia <input type="checkbox"/> chronic tiredness <input type="checkbox"/> dizziness |
|                 | C2        | Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.  | <input type="checkbox"/> Sinus trouble <input type="checkbox"/> allergies <input type="checkbox"/> pain around the eyes <input type="checkbox"/> earache <input type="checkbox"/> fainting spells <input type="checkbox"/> certain cases of blindness <input type="checkbox"/> crossed eyes <input type="checkbox"/> deafness   |
|                 | C3        | Cheeks, outer ear, face bones, teeth, trifacial nerve.  | <input type="checkbox"/> Neuralgia <input type="checkbox"/> neuritis <input type="checkbox"/> acne or pimples <input type="checkbox"/> eczema   |
|                 | C4        | Nose, lips, mouth, eustachian tube.   | <input type="checkbox"/> Hay fever <input type="checkbox"/> runny nose <input type="checkbox"/> hearing loss <input type="checkbox"/> adenoids  |
|                 | C5        | Vocal cords, neck glands, pharynx.  | <input type="checkbox"/> Laryngitis <input type="checkbox"/> hoarseness <input type="checkbox"/> throat conditions such as sore throat or quinsy  |
|                 | C6        | Neck muscles, shoulders, tonsils.   | <input type="checkbox"/> Stiff neck <input type="checkbox"/> pain in upper arm <input type="checkbox"/> tonsillitis <input type="checkbox"/> chronic cough <input type="checkbox"/> croup   |
|                 | C7        | Thyroid gland, bursae in the shoulders, elbows.   | <input type="checkbox"/> Bursitis <input type="checkbox"/> colds <input type="checkbox"/> thyroid conditions  |
| THORACIC SPINE  | T1        | Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.                                       | <input type="checkbox"/> Asthma <input type="checkbox"/> cough <input type="checkbox"/> difficult breathing <input type="checkbox"/> shortness of breath <input type="checkbox"/> pain in lower arms and hands  |
|                 | T2        | Heart, including its valves and covering, coronary arteries.  | <input type="checkbox"/> Functional heart conditions <input type="checkbox"/> certain chest conditions  |
|                 | T3        | Lungs, bronchial tubes, pleura, chest, breast.  | <input type="checkbox"/> Bronchitis <input type="checkbox"/> pleurisy <input type="checkbox"/> pneumonia <input type="checkbox"/> congestion <input type="checkbox"/> influenza   |
|                 | T4        | Gallbladder, common duct.   | <input type="checkbox"/> Gallbladder conditions <input type="checkbox"/> jaundice <input type="checkbox"/> shingles   |
|                 | T5        | Liver, solar plexus, circulation (general).   | <input type="checkbox"/> Liver conditions <input type="checkbox"/> fevers <input type="checkbox"/> blood pressure problems <input type="checkbox"/> poor circulation <input type="checkbox"/> arthritis   |
|                 | T6        | Stomach.  | <input type="checkbox"/> Stomach troubles including: <input type="checkbox"/> nervous stomach <input type="checkbox"/> indigestion <input type="checkbox"/> heartburn <input type="checkbox"/> dyspepsia <input type="checkbox"/>   |
|                 | T7        | Pancreas, duodenum.   | <input type="checkbox"/> Ulcers <input type="checkbox"/> gastritis  |
|                 | T8        | Spleen.   | <input type="checkbox"/> Lowered resistance   |
|                 | T9        | Adrenal and suprarenal glands.  | <input type="checkbox"/> Allergies <input type="checkbox"/> hives   |
|                 | T10       | Kidneys.  | <input type="checkbox"/> Kidney troubles <input type="checkbox"/> hardening of the arteries <input type="checkbox"/> chronic tiredness <input type="checkbox"/> nephritis <input type="checkbox"/> pyelitis   |
|                 | T11       | Kidneys, ureters.   | <input type="checkbox"/> Skin conditions such as acne <input type="checkbox"/> pimples <input type="checkbox"/> eczema <input type="checkbox"/> boils   |
|                 | T12       | Small intestines, lymph circulation.  | <input type="checkbox"/> Rheumatism <input type="checkbox"/> gas pains <input type="checkbox"/> certain types of sterility  |
| LUMBAR SPINE    | L1        | Large intestines, inguinal rings.   | <input type="checkbox"/> Constipation <input type="checkbox"/> colitis <input type="checkbox"/> dysentery <input type="checkbox"/> diarrhea <input type="checkbox"/> some ruptures or hernias <input type="checkbox"/>  |
|                 | L2        | Appendix, abdomen, upper leg.   | <input type="checkbox"/> Cramps <input type="checkbox"/> difficult breathing <input type="checkbox"/> minor varicose veins  |
|                 | L3        | Sex organs, uterus, bladder, knees.   | <input type="checkbox"/> Bladder troubles <input type="checkbox"/> menstrual troubles such as painful or irregular periods <input type="checkbox"/> miscarriages <input type="checkbox"/> bed wetting <input type="checkbox"/> impotency <input type="checkbox"/> change of life symptoms <input type="checkbox"/> many knee pains  |
|                 | L4        | Prostate gland, muscles of the lower back, sciatic nerve.   | <input type="checkbox"/> Sciatica <input type="checkbox"/> lumbago <input type="checkbox"/> difficult, painful or too frequent urination <input type="checkbox"/> backaches   |
|                 | L5        | Lower legs, ankles, feet.   | <input type="checkbox"/> Poor circulation in the legs <input type="checkbox"/> swollen ankles <input type="checkbox"/> weak ankles and arches <input type="checkbox"/> cold feet <input type="checkbox"/> weakness in the legs <input type="checkbox"/> leg cramps  |
| SACRUM & COCCYX | SACRUM    | Hip bones, buttocks.  | <input type="checkbox"/> Sacroiliac conditions <input type="checkbox"/> spinal curvatures   |
|                 | COCCYX    | Rectum, anus.   | <input type="checkbox"/> Hemorrhoids (piles) <input type="checkbox"/> pruritus (itching) <input type="checkbox"/> pain at end of spine on sitting   |