## **CHART OF EFFECTS OF SPINAL MISALIGNMENTS**

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed. Page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions which may result in the conditions below:

| 200  | Vertebrae | Areas   | Effects  |
|--|-----------|---|--|
|  | C1        | Blood supply to the head, pituitary<br>gland, scalp, bones of the face,<br>brain, middle ear, sympathetic<br>nervous system | Headaches, nervousness, insomnia, head colds, hig<br>blood pressure, migraine headaches, nervous<br>breakdowns, amnesia, chronic tiredness, dizziness.   |
|  | C2        | Eyes, optic nerves, sinuses, mastoid bones, tongue, forehead  | Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness   |
|  | СЗ        | Cheeks, outer ear, face bones teeth, trifacial nerve  | Neuralgia, neuritis, acne or pimples, eczema   |
|  | C4        | Nose, lips, mouth, Eustachian tube  |  |
| COV  | C5        | Vocal cords, neck glands, pharynx   | Hay fever, catarrh, hearing loss, adenoids  Laryngitis, hoarseness, throat conditions such as sore throat or quinsy  |
|  | C6        | Neck muscles, shoulders, tonsils  | Stiff neck, pain in upper arm, tonsilitis, whooping cough, croup   |
|  | C7        | Thyroid gland, bursae in the shoulders, elbows  | Bursitis, colds, thyroid conditions, headaches   |
|  | T1        | Arms from the elbows down, including hands, wrists and fingers; esophagus and trachea                                       | Asthma, cough, difficult breathing, shortness of breath, pain i lower arms and hands   |
|  | T2        | Heart including its valves and covering, coronary arteries  | Functional hear conditions and certain chest functions   |
|  | Т3        | Lungs, bronchial tubes, pleura, chest, breast   | Bronchitis, pleurisy, pneumonia, congestion, influenza   |
|  | T4        | Gall bladder, common duct   | Gall bladder conditions, jaundice, shingles  |
|  | T5        | Liver, solar plexus, blood  | Liver conditions, fevers, low blood pressure, anemion poor circulation, arthritis  |
|  | Т6        | Stomach   | Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia  |
|  | T7        | Pancreas, duodenum  | Ulcers, gastritis  |
|  | T8        | Spleen  | Lowered resistance   |
| The state of the s | Т9        | Adrenal and supra-renal glands  | Allergies, hives   |
|  | T10       | Kidneys   | Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis   |
|  | T11       | Kidneys, ureters  | Skin conditions such as acne, pimples, eczema or boils   |
|  | T12       | Small Intestines, lymph circulation   | Rheumatism, gas pains, certain types of sterility  |
|  | L1        | Large intestines  | Constipation, colitis, dysentery, diarrhea, some ruptures or hernias   |
|  | L2        | Appendix, abdomen, upper leg  | Cramps, difficult breathing, acidosis, varicose veins Bladder troubles, menstrual troubles such as painf   |
| The state of the s | L3        | Sex organs, uterus, bladder, knees  | Bladder troubles, menstrual troubles such as painf<br>or irregular periods, miscarriages, bed-wetting,<br>impotency, change of life symptoms, many knee<br>pains.  Sciatica, lumbago, difficult, painful or too frequent |
| All Many   | L4        | Prostate gland, muscles of the lower back, sciatic nerve  | Sciatica, lumbago, difficult, painful or too frequent urination, backaches   |
|  | L5        | Lower legs, ankles, feet  | Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps  |
| XYV  | Sacrum    | Hip bones, buttocks   | Sacro-iliac conditions, spinal curvatures  |
|  | Соссух    | Rectum, anus  | Hemorroids (piles), pruritis (itching), pain at end of spine or sitting  |

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