

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
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	☐ Headaches ☐ nervousness ☐ insomnia ☐ head colds ☐ high blood pressure ☐ migraine headaches ☐ nervous breakdowns ☐ amnesia ☐ chronic tiredness ☐ dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	☐ Sinus trouble ☐ allergies ☐ pain around the eyes ☐ earache ☐ fainting spells ☐ certain cases of blindness ☐ crossed eyes ☐ deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	☐ Neuralgia ☐ neuritis ☐ acne or pimples ☐ eczema
C4	Nose, lips, mouth, eustachian tube.	☐ Hay fever ☐ runny nose ☐ hearing loss ☐ adenoids
C5	Vocal cords, neck glands, pharynx.	☐ Laryngitis ☐ hoarseness ☐ throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	☐ Stiff neck ☐ pain in upper arm ☐ tonsillitis ☐ chronic cough ☐ croup
C7	Thyroid gland, bursae in the shoulders, elbows.	☐ Bursitis ☐ colds ☐ thyroid conditions
T1	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	Heart, including its valves and covering, coronary arteries.	☐ Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	☐ Bronchitis ☐ pleurisy ☐ pneumonia ☐ congestion ☐ influenza
T4	Gallbladder, common duct.	☐ Gallbladder conditions ☐ jaundice ☐ shingles
T5	Liver, solar plexus, circulation (general).	☐ Liver conditions ☐ fevers ☐ blood pressure problems ☐ poor circulation ☐ arthritis
T6	Stomach.	☐ Stomach troubles including: ☐ nervous stomach ☐ indigestion ☐ heartburn ☐ dyspepsia ☐
T7	Pancreas, duodenum.	☐ Ulcers ☐ gastritis
T8	Spleen.	☐ Lowered resistance
T9	Adrenal and suprarenal 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 ☐ boils
T12	Small intestines, lymph circulation.	☐ Rheumatism ☐ gas pains ☐ certain types of sterility
L1	Large intestines, inguinal rings.	☐ Constipation ☐ colitis ☐ dysentery ☐ diarrhea ☐ some ruptures or hernias ☐
L2	Appendix, abdomen, upper leg.	☐ Cramps ☐ difficult breathing ☐ minor varicose veins
L3	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
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
SACRUM	Hip bones, buttocks.	☐ Sacroiliac conditions ☐ spinal curvatures
COCCYX	Rectum, anus.	☐ Hemorrhoids (piles) ☐ pruritus (itching) ☐ pain at end of spine on sitting