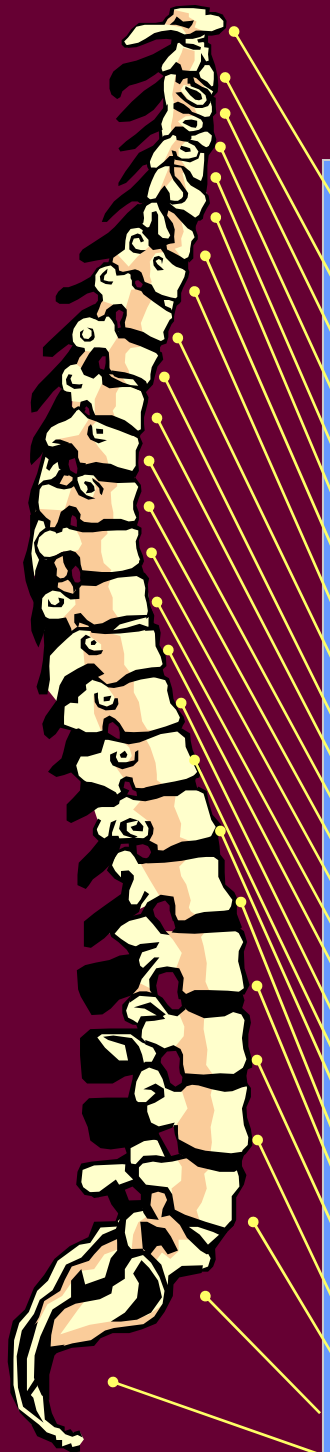


# The Chart of Effects of Spinal Misalignments

"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 shown below.



1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, parasympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, 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, trigeminal nucleus.	Neuralgia, neuritis, acne or pimples, eczema.
4C	Nose, lips, mouth, eustachian tube, tonsils.	Hay fever, catarrh, hearing loss, adenoids, tonsillitis.
5C	Vocal cords, neck glands, pharynx, shoulders, thyroid gland.	Laryngitis, hoarseness, sore throat or quinsy, pain in the upper arm/shoulder, thyroid conditions
6C	Neck, muscles, elbows	Stiff neck, whooping cough, croup, tennis elbow, colds.
7C	Arms from the elbows down, including hands wrists, fingers.	Pain in lower arms and hands.
1T	Esophagus, trachea.	Asthma, cough, difficulty breathing, shortness of breath
2T	Heart, including its valves and covering, coronary arteries, bronchioles.	Functional heart conditions and certain chest conditions, asthma, high/low blood pressure.
3T	Lungs, bronchial tubes, pleura chest breast	Bronchitis, pleurisy, pneumonia, congestion, influenza, asthma.
4T	Gall bladder, common bile duct	Gall bladder condition, jaundice, Shingles
5T	Liver, solar plexus, blood.	Liver conditions, fevers, anemia, poor circulation.
6T	Stomach	Stomach troubles, including nervous stomach, indigestion, heartburn, dyspepsia, ulcers.
7T	Pancreas, duodenum.	Ulcers, gastritis, blood sugar level.
8T	Spleen.	Lowered resistance
9T	Adrenal and supra-renal glands	Allergies, hives, energy level.
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 of hernias.
2L	Appendix, abdomen, upper leg.	Cramps, appendicitis, thigh pain.
3L	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptom, 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, sciatic nerve.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps, sciatica, varicose veins.
SACRUM	Hip bones, buttocks, groin.	Sacro-iliac conditions, spinal curvatures, groin pain.
COCCYX	Rectum, anus.	Hemorrhoids (piles), pruritis (itching), pain at the end of the spine on sitting.