

Subluxations interfere with the nervous system causing malfunction and breakdown

Spinal Level	Organs/Effects	Common Symptoms
C1	Food sensitivity, structures of the head	Spacey, dizzy, low energy, memory trouble, brain fog, headaches, sore throat, colds/flu, ear ache, etc.
C2	Sinuses	Sinus problems, snoring
C3	Diaphragm	Difficult to take a deep breath, chronic fatigue, anxiety, vertigo, shortness of breath
C4	Thyroid	Low = weight gain, feelings of being cold High = insomnia, nervous
C5	Sugar handling, nerves to shoulders, arms & hands	Craving sweets, tired after eating, headaches if too long between meals, emotional instability, heart palpitations
C6	Stomach	Stomach pain after eating, takes antacids
C7	Liver	Headaches, lethargy, sneezing, nightmares, burning feet
T1/T2	Heart	Coronary heart disease, functional heart conditions, chest pain
T3	Lungs & bronchi	Bronchial asthma, shortness of breath, chronic cough
T4	Gall Bladder	Heartburn, bloating after meals, gassy, burping, trouble with fatty foods
T5	Stomach	Heartburn, indigestion, stomach troubles, ulcers
T6	Pancreas	Craving sweets, tired after eating, headaches if too long between meals, emotional instability, heart palpitations
T7	Spleen/Immune Function	Lowered resistance, immune deficiencies, frequent colds/flu
T8	Liver	Headaches, lethargy, sneezing, nightmares, burning feet
T9	Adrenal Glands	Overwhelmed by stress
T10	Small intestine	Digestive complaints (1-2 hours after eating)
T11/T12	Kidneys & bladder	Decreased urine output, swollen ankles, puffy eyelids, bladder infection
L1	Ileocecal valve	Bad breath, flatulence, headache when sleeping to long, dark circles under the eyes, toxicity
L2	Cecum	Digestive complaints (1-2 hours after eating), abdominal cramps
L3	Endocrine glands (thyroid, pancreas, liver, adrenals)	See primary subluxation sites
L4	Colon	Bowel problems, coated tongue, headaches, lower back pain, lower back muscle trouble
L5	Prostate or uterus	Prostate problems, dysmenorrhea (PMS)
Sacrum	Reproductive organs, nerves to hips & legs	Reproductive disorders, hip & leg pain
Coccyx	Overall tone of the nervous system	PMS, migraine, compulsive disorders, dysmenorrhea, impotence, infertility, dyslexia, chronic depression, vertigo, epilepsy, ADHD, sensitivity to light

Adjustments correct subluxations so your body can heal and function at higher levels

REFERENCES: Fix, J. D., Ph.D., *Neuroanatomy, 3rd Edition*, Lippincott Williams & Wilkins, 2002; Kandel, E.R., Schwartz, J.H., Jessell, T.M., *Principles of Neural Science*, Appleton & Lange, 1991; Hoppenfeld, S. M.D., *Physical Examination of the Spine and Extremities*, Appleton-Century-Crofts, 1976; Netter, F.H. M.D., *The CIBA Collection of Medical Illustrations, Vol 1, Nervous System, Part 1, Anatomy and Physiology*, Ciba Pharmaceuticals Division, Ciba-Geigy Corp, 1991.

*This chart has been simplified for demonstrative purposes. It does not reflect all the structures or paths utilized in nerve transmission.

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