

Effects of Spinal Misalignments

	VERTEBRAE	AREAS IT CONTROLS	EFFECTS OF MISALIGNMENT
CERVICAL SPINE	Atlas—1C	Blood supply to the head, pituitary gland, 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
	Axis—2C	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
	3C	Cheeks, outer ear, face bones, teeth, tri-facial nerve	Neuralgia, neuritis, acne or pimples, eczema
	4C	Nose, lips, mouth, eustachian tube	Hay fever, runny nose, hearing loss, adenoids
THORACIC SPINE	5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
	6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
	7C	Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions
	1T	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
	2T	Heart, including its valves and covering; coronary arteries	Functional heart conditions and certain chest conditions
	3T	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
	4T	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
	5T	Liver, solar plexus, circulation (general)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
	6T	Stomach	Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia
	7T	Pancreas, duodenum	Ulcers, gastritis
	8T	Spleen	Lowered resistance
	9T	Adrenal and supra-renal glands	Allergies, hives
	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 or hernias
	2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins
	3L	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
LUMBAR SPINE	4L	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
	5L	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	Sacro iliac conditions, spinal curvatures
	Coccyx	Rectum, anus	Hemorrhoids (piles), pruritus (itching), pain at end of spine on sitting