

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
CERVICAL SPINE	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 • Amnesia • Chronic tiredness • Migraine headaches • High blood pressure • Nervous breakdowns • Dizziness
	C2	Eye, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	• Sinus trouble • Allergies • Earache • Fainting spells • Crossed eyes • Deafness • Certain cases of blindness • Pain around the eyes
	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 • Tonsillitis • Chronic cough • Croup • Pain in upper arm
	C7	Thyroid gland, bursae in the shoulders, elbows	• Bursitis • Colds • Thyroid conditions
THORACIC SPINE	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)	• Arthritis • Fevers • Liver conditions • Poor circulation • Blood pressure problems
	T6	Stomach	• Stomach troubles including: • Heartburn • Dyspepsia • Nervous stomach • Indigestion
	T7	Pancreas, duodenum.	• Ulcers • Gastritis
	T8	Spleen	• Lower resistance
	T9	Adrenal and suprarenal glands.	• Allergies • Hives
	T10	Kidneys	• Kidney troubles • Nephritis • Pyelitis • Chronic tiredness • Hardening of the arteries
	T11	Kidneys, ureters.	• Skin conditions such as: • Acne • Pimples • Eczema • Boils
	T12	Small intestines, lymph circulation.	• Rheumatism • Gas pains • Certain types of sterility
LUMBAR SPINE	L1	Large intestine, inguinal rings.	• Constipation • Colitis • Dysentery • Diarrhoea • Some ruptures or hernias
	L2	Appendix, abdomen, upper leg.	• Cramps • Difficult breathing • Minor varicose veins
	L3	Sex organs, uterus, bladder, knees.	• Bladder troubles • Miscarriages • Bed wetting • Menstrual troubles such as painful or irregular periods • Impotency • Knee pain • Change of life symptoms
	L4	Prostate gland, muscles of the low back, sciatic nerve.	• Sciatica • Lumbago • Backaches • Difficult, painful or frequent urination
	L5	Lower legs, ankles, feet.	• Poor circulation in the legs • Swollen ankles • Cold feet • Weak ankles and arches • Weakness in the legs • Leg cramps
	Sacrum	Hip bones, buttocks.	• Sacroiliac conditions • Spinal curvatures
	Coccyx	Rectum, anus.	• Hemorrhoids (Piles) • Pruritus (Itching) • Pain at the end of spine on sitting