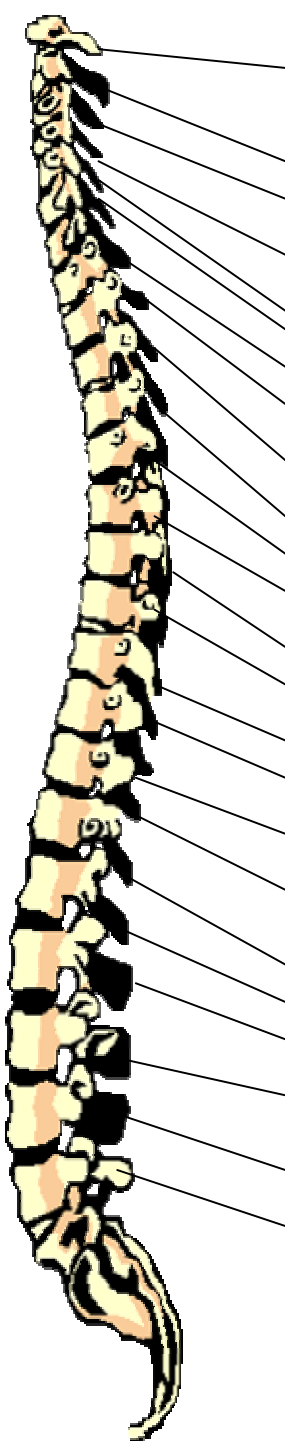




YOUR SPINE

Your spine consists of 24 vertebrae plus your sacrum and coccyx.

Your vertebrae are split into three sections. The cervical (neck), your thoracic (mid-back) and your lumbar lower back).



	AREA	CONDITION
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, chronic tiredness, dizziness, or any of the below problems.
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart	Sinus trouble, allergies
C3	Cheeks, outer ear, face, bones, teeth, trifocal nerve, lungs	Neuralgia, neuritis
C4	Nose, lips, mouth, Eustachian tube, mucus membranes, lungs	Hay fever, hard of hearing
C5	Vocal cords, neck glands, pharynx	Laryngitis, throat conditions (sore throat etc)
C6	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis
C7	Thyroid gland, bursa in the shoulders, elbows	Bursitis, colds, thyroid conditions
T1	Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
T2	Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes	Functional heart conditions and certain chest pains
T3	Lungs, bronchial tubes, pleura, chest, breast, heart	Bronchitis, pneumonia, congestion
T4	Gallbladder, common duct, heart, lungs, bronchial tubes	Gall bladder conditions, jaundice, shingles
T5	Liver, solar plexus, circulation (general), heart, esophagus, stomach	Liver conditions, fevers, low blood pressure, poor circulation
T6	Stomach, esophagus, peritoneum, duodenum	Stomach troubles, indigestion, heart burn
T7	Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum	Ulcers, gastritis
T8	Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve	Lowered resistance
T9	Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine	Allergies, hives
T10	Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine	Kidney trouble, hardening of the arteries, chronic tiredness
T11	Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve	Skin conditions like acne, exzema, boils etc
T12	Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve	Sterility
L1	Large intestine, inguinal rings, uterus	Constipation, colitis, dysentery, diarrhea, ruptures or hernias
L2	Appendix, abdomen, upper leg, urinary bladder	Appendicitis, cramps, difficult breathing, varicose veins
L3	Sex organs, uterus, bladder, knees, prostate, large intestine	Bladder trouble, menstrual troubles, bed wetting, impotence, many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, difficult, painful or too frequent urination, backaches
L5	Lower legs, ankles, feet, prostate	Poor leg circulation, swollen ankles, weak ankle and arches, cold feet, leg cramps