

EFFECTS OF SPINAL SUBLUXATION (MISALIGNMENT)

According to Grey's Anatomy textbook, "The nervous system controls and coordinates all organs and structures of the human body." A misaligned spine puts pressure on those nerves and blocks the messages going from your brain to your body. A chiropractor finds the root of your symptoms and performs gentle and specific adjustments to realign the spine and relieve the nerve from pressure. This allows the target organ to work optimally.



	SPINAL BONE	NERVE SUPPLY	COMMON WARNING SIGNS
UPPER CERVICAL	C1	Autonomic Nervous System (fight/flight), blood supply to the head, pituitary gland, scalp, bones of the face, inner and middle ear, Vagus nerve	Headaches, insomnia, high blood pressure, migranes, balance/coordination, chronic fatigue, dizziness/vertigo, anxiety, ADD/ADHD, Sensory Spectrum Disorder
	C2	Eyes, ears, sinuses, tongue, forehead	Sinusitis, ear aches, pain around the eyes, vision problems, hearing problems
	C3	Cheeks, outer ear, face bones, teeth, facial nerves	Neuralgia, pimples, eczema
LOWER CERVICAL	C4	Nose, lips, mouth, eustachin tube	Hay fever, runny nose, hearing loss, adenoids
	C5	Vocal cords, neck, glands, plarynx	Sore throat, laryngitis, hoarseness, neck pain
	C6	Neck muscles, shoulders, tonsils	Stiff neck, arm pain, tonsillitis, persistent cough, numbness/tingling into arms/hands
	C7	Thyroid gland, shoulder bursa, elbows	Bursitis, colds, thyroid conditions, numbness/tingling into arms/hands
UPPER THORACIC/C.I.	T1	Forearms, hands, wrists, fingers, esohagus, trachea	Arm and hand pain, difficulty breathing, shortness of breath, asthma
	T2	Heart, coronary arteries	Heart conditions, chest conditions
	T3	Lungs, bronchial tubes, pleura, chest	Bronchitis, pleurisy, pneumonia, congestion, asthma
	T4	Gallbladder	Gallbladder conditions, juandice, shingles
MID THORACIC/C.I.	T5	Liver, solar plexus, circulation	Liver conditions, blood pressure conditions, poor circulation
	T6	Stomach	Indigestion, heartburn, dyspepsia
	T7	Pancreas, duodenum	Ulcers, gastritis
THORACIC/LUMBAR	T8	Spleen	Lower resistance
	T9	Adrenal glands	Allergies, chronic fatigue
	T10	Kidneys	Kidney problems, hardening of the arteries, fatigue, nephritis
	T11	Kidneys, ureters	Skin conditions, eczema, pimples
	T12	Small intestines, luymp circulation	Rheumatism, gas pains
LUMBAR SPINE	L1	Large intestines, ingurinal rings	Colitis, diarrhea, hernia
	L2	Appendix, abdomen, thigh	Cramps, varicose veins, leg pains
	L3	Sex organs, uterus, bladder, knees	Menstrual pains, irregular periods, miscarriages, impotency, knee pain, bed wetting, sexual dysfunction, dystocia
	L4	Prostate gland, lower back	Back pain, difficulty, painful or frequent urination, sexual dysfunction
	L5	Lower back, buttocks, thighs, legs, feet, sciatic nerve, large intestine	Back pain, leg pain, constipation/diarrhea, sciatica
	SACRUM	Autonomic Nervous System (rest/digest), hip bones, buttocks	Sacroiliac conditions, back pain, hip pain, sciatica, dystocia
	COCCYX	Rectum, anus	Hermorrhoids, tail bone pain

