VERTEBRAE

C1 – C4
Top back and side of head
Pain under skull radiating through neck to top of shoulder blade
Upper neck pain with limited flexion and extension
Stress (C1-C3)
TMJ problems

C5
Pain in front of shoulder into biceps
Difficulty in rotating head
Numbness, tingling and sleeping sensation in arm and/or hand

C6
Outside shoulder, upper and lower arm and thumb
Difficulty in rotating head
Numbness, tingling and sleeping sensation in arm and/or hand

C7
Triceps, back of forearm and index and middle fingers
Difficulty in lateral bending of head
Numbness, tingling and sleeping sensation in arm and/or hand

T1
Underarm, inside of upper and lower arm, ring and pinky finger

T2
Upper chest and pain between shoulder blades

T3
Breast pain and pain between shoulder blades

T4
Under breast and pain between shoulder blades

T5 – T9
Rib area and also in between lower shoulder blades and mid-back pain

T10 – T12
Lower, mid-back, just below ribs into the lower abdomen

L1 – L2
Groin and inner thigh pain
Lower mid-back pain

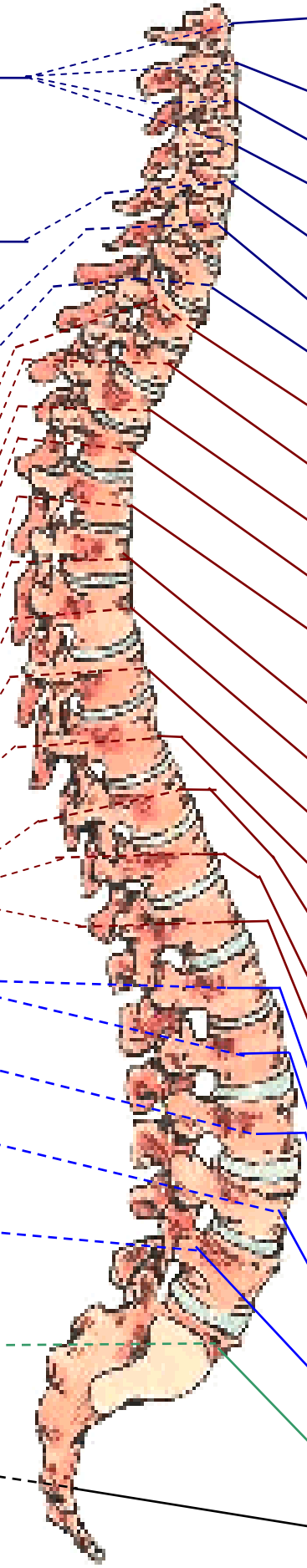
L3
Inner knee pain
Lower back pain
Frontal and inner thigh

L4
Sciatic nerve along lateral upper thigh and down front of leg
Top of foot into big toe
Major lower back pain

L5
Sciatic from back of buttocks down the outer upper and lower leg
Top of foot and heal
Major lower back pain

S1
Two lower bumps at the bottom of the spine with pain radiating through buttocks, down back of leg and outside bottom of foot
Testicle pain, external female genitalia

Coccyx
Anal area pain



What's Really Going On

C1
• Headaches and migraines • Insomnia • ADD/ADHD
• Depression • Blood pressure • Irritability
• Nervousness • Chronic fatigue • Dizziness • Vertigo
• Facial nerve paralysis (Bells Palsy)

C2
• Sinusitis • Allergies • Eye problems • Ear problems
• Pain behind the ears • Fainting • Nerve twitches

C3
• Eczema • Acne/pimples • Face pain • Toothaches

C4
• Hay fever • Cold symptoms • Cataracts • Adenoids
• Mouth and/or lip conditions

C5
• Vocal cords • Swollen glands • Laryngitis
• Hoarseness • Flu symptoms • Sore throat
• Bad breath

C6
• Tonsillitis • Coughing • Stiff neck

C7
• Thyroid • PMS • Mood swings • Uncontrollable weight gain or loss • Pain in shoulder and elbow

T1
• Thyroid conditions • PMS • Asthma • Difficulty breathing or shortness of breath • Coughing

T2
HEART • All heart conditions • Blood pressure
• Chest pains • Difficulty breathing

T3
LUNGS • Lung conditions • Bronchitis • Pneumonia
• Congestion • Influenza • Breast pains

T4
• Gall bladder/gall stones • Jaundice • Shingles
• Digestive problems

T5
• Liver • Blood conditions • Poor circulation • Blood pressure • Fevers • Anemia • Arthritis • Digestive problems

T6
• Stomach • Ulcers • Acid reflux • Digestive
• Ingestion • Heart burn • Gas • Burping

T7
• Pancreas • Pancreatitis • Blood sugar problems
• Diabetes • Gastritis • Chronic Fatigue

T8
• Spleen • Blood conditions • Lowered resistance to colds and flu • Viral and bacterial infections

T9
• Adrenals • Weight gain or loss • Chronic fatigue
• Uncoordination • Decreased physical performance
• Arthritis • Allergies • Weak muscles

T10
• Kidneys • Diaphragm • Difficulty breathing
• Shortness of breath • Hiccups • Chronic fatigue
• Blood pressure

T11
• Kidneys/kidney stones • Acne • Eczema • Skin conditions • Allergies • Chronic tiredness • No energy

T12
• Small intestines • Lymph glands • Infection • Gas
• Rheumatism

L1
• Large intestines • Constipation • Diarrhea • Colitis
• Polyps

L2
• Appendicitis • Cramps • Gout • Varicose veins

L3
• Sex organs • PMS • Menstrual problems – cramps, irregularity • Infertility • Impotence • Premature ejaculation • Menopause • Hot flashes

L4
• Prostrate and ureters • Urinary infections
• Prostatitus • Painful or frequent urination
• Incontinence

L5
BLADDER • Bladder infections • Incontinence
• Poor circulation • Swelling in legs and feet • Leg cramps • Leg weaknesses (sciatica)

S1
• Sacral iliac (SI) conditions – spinal scoliosis and curvatures

Coccyx
• Hemorrhoids (piles) • Pruritus (itching) • Pain at the end of spine while sitting