

	VERTEBRA	WHAT THESE NERVES SUPPLY	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, amnesia, head colds, high blood pressure, dizziness, migraine headaches, chronic tiredness
	C2	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
	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 muscle, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
	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)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
	T6	Stomach	Stomach troubles including: nervous stomach, indigestion, heartburn, dyspepsia
	T7	Pancreas, duodenum	Ulcers, gastritis
	T8	Spleen	Lowered resistance
	T9	Adrenal and suprarenal glands	Allergies, hives
	T10	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
	T11	Kidneys, ureteres	Skin conditions such as acne, pimples, eczema, boils
	T12	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
LUMBAR SPINE	L1	Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernia
	L2	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins
	L3	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
	L4	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
	L5	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	Sacroiliac conditions, spinal curvatures
	COCCYX	Rectum, anus	Hemorrhoids (piles), pruritis (itching), pain at the end of spine on sitting