



CHART OF EFFECTS OF SPINAL MISALIGNMENTS

“The nervous system controls and coordinates all organs and structures of the human body.” (Gray’s Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions that may result in the conditions shown below.

	Vertebrae	Areas	Effects
Cervical Spine	Atlas		
	Axis		
	1C	Blood supply to the head, pituitary gland, scalp bones of the face, brain, inner & middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
	2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness
	3C	Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne or pimples, eczema
	4C	Nose, lips, mouth, eustachian tube	Hay fever, catarrh, hearing loss, adenoids
	5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions
Thoracic Spine	6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arms, tonsillitis, whooping cough, croup
	7C	Thyroid gland, bursae in shoulder, elbows	Bursitis, colds, thyroid conditions
	1T	Arms: elbow down; hands, wrist, fingers; esophagus and trachea	Asthma, cough difficult breathing, shortness of breath, pain in lower arms and hands
	2T	Heart: valves and coverings, coronary arteries	Functional heart conditions and certain chest conditions
	3T	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
	4T	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
	5T	Liver, solar plexus, blood	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis
	6T	Stomach	Stomach troubles: nervous stomach, indigestion, heartburn, dyspepsia
	7T	Pancreas, duodenum	Ulcers, gastritis
	8T	Spleen	Lowered resistance
	9T	Adrenal and supra-renal glands	Allergies, hives
Lumbar Spine	10T	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis pyelitis
	11T	Kidneys, ureters	Skin conditions: acne, pimples, eczema, or boils
	12T	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
	1L	Large intestines, inguinal ring	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
	2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, acidosis, varicose veins
Sacrum	3L	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles: painful or irregular periods, miscarriages, bed wetting, impotency, change in life symptoms, many knee pains
	4L	Prostate gland, muscles of lower back, sciatic nerve	Sciatica, lumbago, difficult/painful or too frequent urination, backaches
	5L	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
Coccyx	SACRUM	Hip bones, buttocks	Sacro-iliac conditions, spinal curvatures
	COCCYX	Rectum, anus	Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting

For further explanation of the conditions shown above, and information about those not shown, ask Dr. Pelton.