



Vertebra	Areas Supplied by Nerves	Possible Effects or Conditions
C1	Blood supply to the head, pituitary, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	Headache, nervousness, insomnia, head colds, high blood pressure, migraines, mental conditions, nervous breakdowns, amnesia, epilepsy, chronic tiredness, epilepsy.
C2	Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, crossed eyes, deafness, eye trouble, earache, fainting spells, blindness.
C3	Cheeks, outer ear, facial bones, teeth, facial nerve	Neuralgia, tinnitus, acne, eczema
C4	Nose, lips, mouth, Eustachian tubes, mucous membranes	Hay fever, hearing loss, post-nasal drip.
C5	Vocal cords, neck lymph glands, pharynx	Laryngitis, hoarseness, sore throat
C6	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup
C7	Thyroid gland, bursae in shoulders, elbows	Bursitis, colds, thyroid conditions, goiter, tennis elbow, tendonitis
T1	Arms from elbows down, hands, wrists, fingers, esophagus, trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands, carpal tunnel syndrome.
T2	Heart, pericardium, valves, arteries	Heart conditions, angina
T3	Lungs, bronchial tubes, pleura, chest, breast, nipples	Bronchitis, pleuritis, pneumonia, congestion, influenza, grip
T4	Gall Bladder and common duct	Gall bladder pain, jaundice, shingles
T5	Liver, solar plexus, blood	Liver conditions, low blood pressure, anemia, poor circulation, arthritis
T6	Stomach	Indigestion, heartburn, dyspepsia
T7	Pancreas, Islets of Langerhans, duodenum	Diabetes, ulcers, gastritis, hypoglycemia
T8	Spleen, diaphragm	Weakened immune system, acute and chronic infections, hiccoughs
T9	Adrenals	Allergies, hives, hypertension, anemia, hypoglycemia, obesity, hair loss.
T10	Kidneys	Kidney stones, arteriosclerosis, chronic fatigue, nephritis, kidney infections
T11	Kidneys, ureters	Skin conditions like acne or pimples, boils, autoimmune diseases
T12	Small intestine, fallopian tubes, lymph, circulation	Joint pain, gas pain, bloating
L1	Large intestine, inguinal rings	Constipation, colitis, dysentery, diarrhea, hemias
L2	Appendix, abdomen, upper leg	Appendicitis, cramps, acidosis, varicose veins
L3	Sex organs, ovaries, testicles, uterus, bladder, knee	Bladder troubles, menstrual trouble, miscarriages, bed wetting, incontinence, menopausal symptoms, knee pain
L4	Prostate gland, low back muscles, sciatic nerve	Sciatica, low back pain, painful & frequent urination, backaches
L5	Lower legs, ankle, feet, toes, arteries	Poor circulation in legs, swollen ankles, cold feet, weakness in legs, leg cramps