

# Your Spine / Nervous System and Your Symptoms / Complaints - Linked?

Find Your “Area” of complaint and Your “Possible Symptoms” below and then **Circle** the Nerve / Vertebrae that maybe associated with your problems

	Vertebrae	Areas & Parts of Body	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.	<input type="checkbox"/> Headaches <input type="checkbox"/> nervousness <input type="checkbox"/> insomnia <input type="checkbox"/> head colds <input type="checkbox"/> high blood pressure <input type="checkbox"/> migraine headaches <input type="checkbox"/> nervous breakdowns <input type="checkbox"/> amnesia <input type="checkbox"/> chronic tiredness <input type="checkbox"/> dizziness
	C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	<input type="checkbox"/> Sinus trouble <input type="checkbox"/> allergies <input type="checkbox"/> pain around the eyes <input type="checkbox"/> earache <input type="checkbox"/> fainting spells <input type="checkbox"/> certain cases of blindness <input type="checkbox"/> crossed eyes <input type="checkbox"/> deafness
	C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	<input type="checkbox"/> Neuralgia <input type="checkbox"/> neuritis <input type="checkbox"/> acne or pimples <input type="checkbox"/> eczema
	C4	Nose, lips, mouth, eustachian tube.	<input type="checkbox"/> Hay fever <input type="checkbox"/> runny nose <input type="checkbox"/> hearing loss <input type="checkbox"/> adenoids
	C5	Vocal cords, neck glands, pharynx.	<input type="checkbox"/> Laryngitis <input type="checkbox"/> hoarseness <input type="checkbox"/> throat conditions such as sore throat or quinsy
	C6	Neck muscles, shoulders, tonsils.	<input type="checkbox"/> Stiff neck <input type="checkbox"/> pain in upper arm <input type="checkbox"/> tonsillitis <input type="checkbox"/> chronic cough <input type="checkbox"/> croup
	C7	Thyroid gland, bursae in the shoulders, elbows.	<input type="checkbox"/> Bursitis <input type="checkbox"/> colds <input type="checkbox"/> thyroid conditions
THORACIC SPINE	T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	<input type="checkbox"/> Asthma <input type="checkbox"/> cough <input type="checkbox"/> difficult breathing <input type="checkbox"/> shortness of breath <input type="checkbox"/> pain in lower arms and hands
	T2	Heart, including its valves and covering, coronary arteries.	<input type="checkbox"/> Functional heart conditions and certain chest conditions
	T3	Lungs, bronchial tubes, pleura, chest, breast.	<input type="checkbox"/> Bronchitis <input type="checkbox"/> pleurisy <input type="checkbox"/> pneumonia <input type="checkbox"/> congestion <input type="checkbox"/> influenza
	T4	Gallbladder, common duct.	<input type="checkbox"/> Gallbladder conditions <input type="checkbox"/> jaundice <input type="checkbox"/> shingles
	T5	Liver, solar plexus, circulation (general).	<input type="checkbox"/> Liver conditions <input type="checkbox"/> fevers <input type="checkbox"/> blood pressure problems <input type="checkbox"/> poor circulation <input type="checkbox"/> arthritis
	T6	Stomach.	<input type="checkbox"/> Stomach troubles including: <input type="checkbox"/> nervous stomach <input type="checkbox"/> indigestion <input type="checkbox"/> heartburn <input type="checkbox"/> dyspepsia <input type="checkbox"/>
	T7	Pancreas, duodenum.	<input type="checkbox"/> Ulcers <input type="checkbox"/> gastritis
	T8	Spleen.	<input type="checkbox"/> Lowered resistance
	T9	Adrenal and suprarenal glands.	<input type="checkbox"/> Allergies <input type="checkbox"/> hives
	T10	Kidneys.	<input type="checkbox"/> Kidney troubles <input type="checkbox"/> hardening of the arteries <input type="checkbox"/> chronic tiredness <input type="checkbox"/> nephritis <input type="checkbox"/> pyelitis
	T11	Kidneys, ureters.	<input type="checkbox"/> Skin conditions such as acne <input type="checkbox"/> pimples <input type="checkbox"/> eczema <input type="checkbox"/> boils
	T12	Small intestines, lymph circulation.	<input type="checkbox"/> Rheumatism <input type="checkbox"/> gas pains <input type="checkbox"/> certain types of sterility
LUMBAR SPINE	L1	Large intestines, inguinal rings.	<input type="checkbox"/> Constipation <input type="checkbox"/> colitis <input type="checkbox"/> dysentery <input type="checkbox"/> diarrhea <input type="checkbox"/> some ruptures or hernias <input type="checkbox"/>
	L2	Appendix, abdomen, upper leg.	<input type="checkbox"/> Cramps <input type="checkbox"/> difficult breathing <input type="checkbox"/> minor varicose veins
	L3	Sex organs, uterus, bladder, knees.	<input type="checkbox"/> Bladder troubles <input type="checkbox"/> menstrual troubles such as painful or irregular periods <input type="checkbox"/> miscarriages <input type="checkbox"/> bed wetting <input type="checkbox"/> impotency <input type="checkbox"/> change of life symptoms <input type="checkbox"/> many knee pains
	L4	Prostate gland, muscles of the lower back, sciatic nerve.	<input type="checkbox"/> Sciatica <input type="checkbox"/> lumbago <input type="checkbox"/> difficult, painful or too frequent urination <input type="checkbox"/> backaches
	L5	Lower legs, ankles, feet.	<input type="checkbox"/> Poor circulation in the legs <input type="checkbox"/> swollen ankles <input type="checkbox"/> weak ankles and arches <input type="checkbox"/> cold feet <input type="checkbox"/> weakness in the legs <input type="checkbox"/> leg cramps
SACRUM & COCCYX	SACRUM	Hip bones, buttocks.	<input type="checkbox"/> Sacroiliac conditions <input type="checkbox"/> spinal curvatures
	COCCYX	Rectum, anus.	<input type="checkbox"/> Hemorrhoids (piles) <input type="checkbox"/> pruritus (itching) <input type="checkbox"/> pain at end of spine on sitting