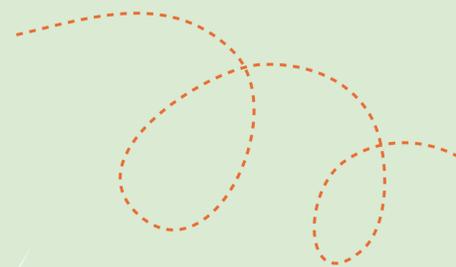
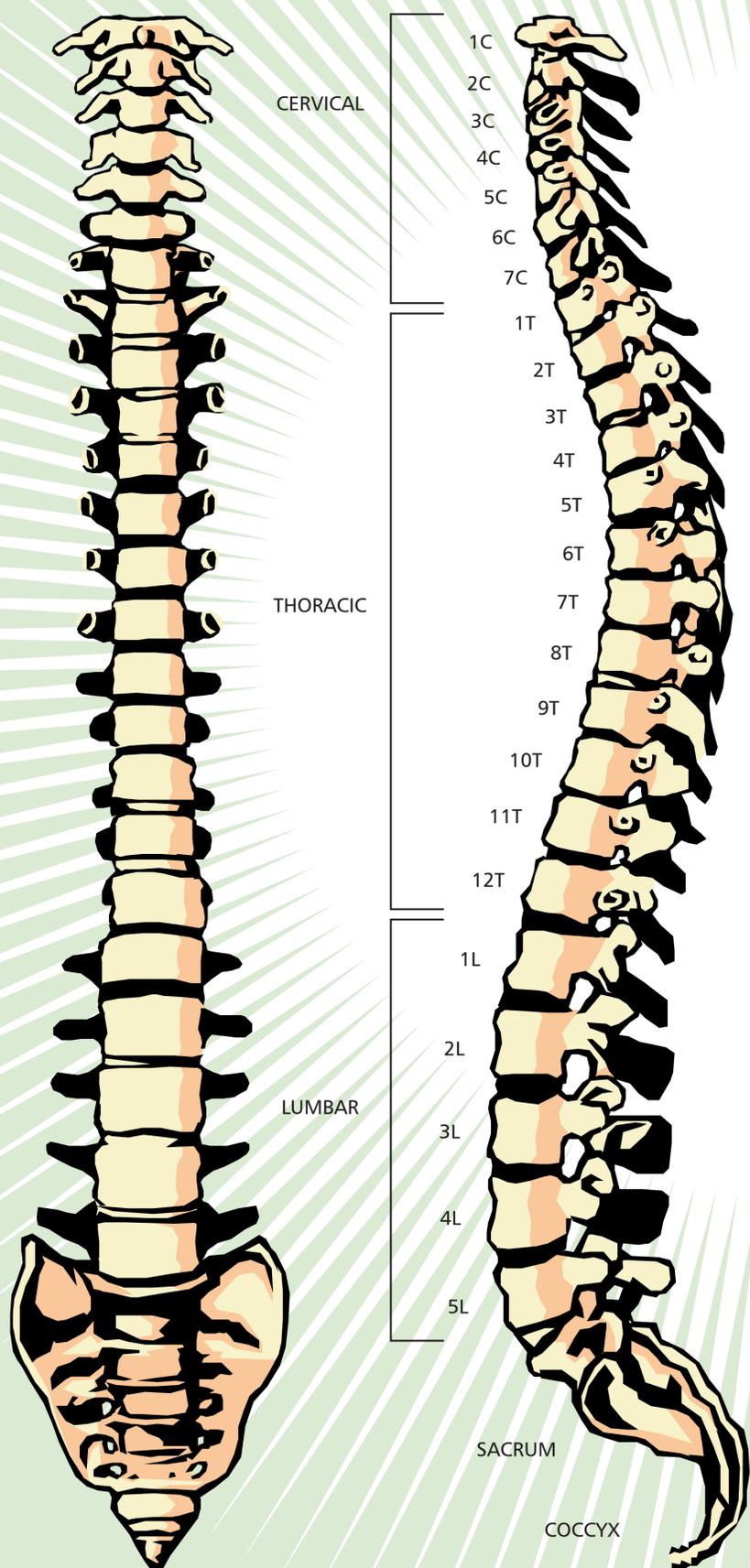


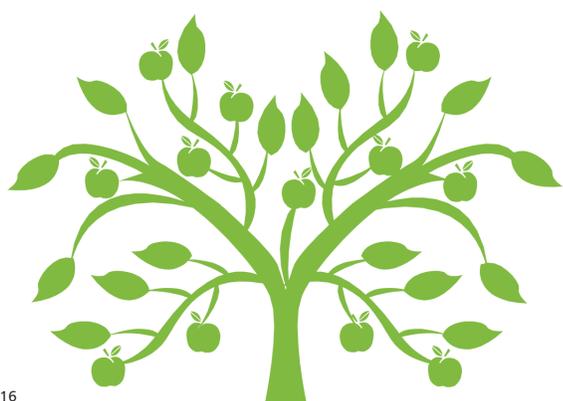
# Your Very Own Information Superhighway



Your spine is like an information superhighway carrying instructions from your brain via nerves to every part of your body. Misalignments in your spine can interfere with nerve function and lead to symptoms in other areas of your body.



VERTEBRAE	NERVES SUPPLIED	COMMON WARNING SIGNS
1C	Blood supply to the head, pituitary gland, inner ear, sympathetic nervous system	Headaches, nervousness, insomnia, high blood pressure, chronic tiredness, dizziness, headcolds
2C	Eyes, sinuses, auditory nerve, forehead	Sinus troubles, allergies, crossed eyes, deafness, earache, eye troubles
3C	Outer ear, facial bones	Neuralgia, acne, eczema
4C	Nose, lips, mouth	Hayfever, hard of hearing, adenoids
5C	Vocal cords, neck glands, pharynx	Laryngitis, throat conditions
6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis
7C	Thyroid gland, shoulder & elbow bursae	Bursitis, colds, thyroid conditions
1T	Arms (below the elbows), oesophagus, trachea	Cough, difficulty breathing, pain in lower arms/hands
2T	Heart	Functional heart conditions, chest pains
3T	Lungs, chest, breasts, nipples	Bronchitis, pneumonia, congestion, low breast milk production
4T	Gall bladder	Gall bladder conditions, jaundice, shingles
5T	Liver, blood	Liver conditions, fevers, low blood pressure, anaemia, arthritis
6T	Stomach	Stomach troubles, indigestion, heartburn
7T	Pancreas, duodenum	Diabetes, ulcers, gastritis
8T	Spleen, diaphragm	Hiccups, lowered immune resistance
9T	Adrenals	Allergies, hives
10T	Kidneys	Kidney troubles, artery hardening, chronic tiredness
11T	Kidneys, Ureters	Skin conditions (ie acne, pimples, eczema)
12T	Small intestines, lymph, fallopian tubes	Gas pains, certain types of sterility
1L	Large intestines	Constipation, colitis, diarrhea,
2L	Appendix, abdomen, upper leg	Appendicitis, cramps, difficulty breathing
3L	Sex organs, bladder, knee	Bladder troubles, menstrual troubles, bed-wetting, impotency, knee problems
4L	Prostate gland, muscles of lower back, sciatic nerve	Sciatica, painful or frequent urination, backaches
5L	Lower legs, ankles & feet	Poor circulation in legs, weak ankles & arches, cold feet, leg cramps
SACRUM	Hip bones, buttocks	Sacro-iliac conditions, spinal curvatures
COCCYX	Rectum, anus	Pain at end of spine on sitting



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Phone 3491 6533