

Our spine is just as much a part of our body as anything else, so we need to take care of it, too. Displaced vertebrae and intervertebral discs can cause irritation of the nervous system and adversely affect structures, organs and functions, which can lead to the complaints listed below.

Region supplied by spinal nerves:
list of tissues, glands and organs that are supplied with vital energy by the spinal nerves.

Spine

Possible effects of nerve compression:
list of complaints and symptoms that can result from the absence of the vital energy of the nerves.



Blood supply of head, pituitary, scalp, facial bones, brain, inner and middle ear, sympathetic nervous system	C1 Atlas
Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	C2 Axis
Chin, cheeks, outer ear, facial bones, teeth, trigeminal nerve, facial nerve	C3
Nose, lips, mouth, Eustachian tube	C4
Vocal cords, neck glands, throat	C5
Neck muscles, shoulders, tonsils	C6
Thyroid glands, shoulder bursa, elbows	C7
Forearms incl. hands, wrists and fingers, oesophagus and trachea	T1
Heart and heart valves, coronary arteries	T2
Lungs, bronchi, pleura, chest, breasts	T3
Gallbladder, bile ducts	T4
Liver, solar plexus, blood	T5
Stomach	T6
Pancreas, duodenum	T7
Spleen, diaphragm	T8
Adrenal glands	T9
Kidneys	T10
Kidneys, urinary tract	T11
Small intestine, lymph circulation, fallopian tubes	T12
Large intestine, inguinal rings	L1
Appendix, abdomen, thigh	L2
Genitals, ovaries or testicles, uterus, bladder, knees	L3
Prostate, lower back muscles, sciatic nerve	L4
Lower legs, ankles, feet, toes	L5
Hip bone, hip, buttocks	S
Rectum, anus	C

C1 Atlas	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine, psychological complaints, nervous crises, epilepsy, sleeping sickness, chronic fatigue, dizziness and impaired balance, St Vitus dance (Sydenham's chorea)
C2 Axis	Frontal sinusitis, allergies, crossed eyes, numbness, eye complaints, earache, fainting spells, certain cases of blindness
C3	Neuralgia, neuritis, acne or skin rashes, eczema
C4	Hay fever, catarrh, polyps, hearing loss
C5	Laryngitis, sore throat, hoarseness
C6	Stiff neck, upper arm pain, tonsillitis, whooping cough
C7	Bursitis, colds, thyroid diseases, goitre
T1	Asthma, cough, difficulty breathing, pain in forearms and fingers
T2	Functional heart complaints and certain chest pains
T3	Bronchitis, pleurisy, pneumonia, flu
T4	Gallbladder inflammation, jaundice, herpes zoster
T5	Liver disease, fever, low blood pressure, anaemia, poor circulation, arthritis
T6	Stomach complaints, including nervous stomach, indigestion, heartburn, dyspepsia, etc.
T7	Diabetes, ulcers, gastritis
T8	Weak immune system
T9	Allergies, hives
T10	Kidney complaints, chronic fatigue, kidney inflammation, pyelitis
T11	Skin conditions, acne, eczema, autointoxication
T12	Rheumatism, certain types of sterility, bloating
L1	Constipation, colitis, diarrhoea, inguinal hernias
L2	Appendicitis, cramps, acidosis, varicose veins
L3	Bladder problems, menstrual problems, bed-wetting, impotence, many knee pains
L4	Sciatica, lumbago, difficulty urinating, back pain
L5	Poor circulation in legs, swollen ankles, weak ankles, cold feet, weakness in legs, leg cramps
S	Back pain, spinal curvatures
C	Haemorrhoids, pain in the coccyx