

# BRAIN STEM



## Vertebrae

**C1**

## Areas It Controls

## Effects of Mis-Alignment

Blood supply to the head, pituitary gland, bones of the face, brain, inner and middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness
Cheeks, outer ear, face bones, teeth, tri-facial nerve	Neuralgia, neuritis, acne or pimples, eczema
Nose, lips, mouth, eustachian tube	Hay fever, runny nose, hearing loss, adenoids
Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions
Arms from the elbows down, including hands, wrists and fingers; esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
Heart, including its valves and covering; coronary arteries	Functional heart conditions and certain chest conditions
Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
Liver, solar plexus, circulation (general)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
Stomach	Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia
Pancreas, duodenum	Ulcers, gastritis
Spleen	Lowered resistance
Adrenal and supra-renal glands	Allergies, hives
Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
Kidneys, ureters	Skin conditions such as acne, pimples, eczema or boils
Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
Appendix, abdomen, upper leg	Cramps, difficulty breathing, minor varicose veins
Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains
Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
Hip bones, buttocks	Sacroiliac conditions, spinal curvatures
Rectum, anus	Hemorrhoids (piles), pruritus (itching), pain at end of spine on sitting

