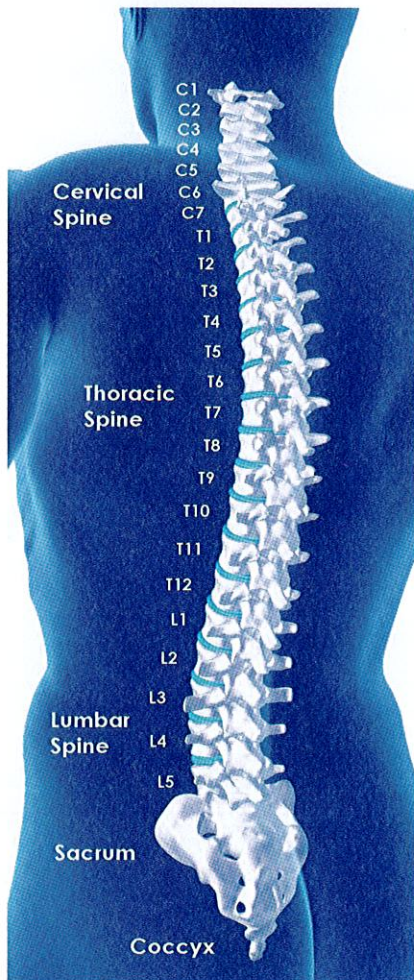


# Do you have a "back problem" or a "health problem"?

**Subluxations (nerve interference or damage) cause body and mind miscommunication, malfunction and disease.**

## CHIROPRACTIC PREMISE

- 1) Your nervous system (brain, spinal cord and nerves) controls and coordinates **everything** in your body and mind.
- 2) When your nerve energy flows abundantly without obstruction, your body and mind are 100% self-communicating, self-healing, self-regulating and robust.
- 3) When subluxations (nerve interference or damage) impede nerve flow, similar to static on your cell phone, you are no longer functioning at 100% and your health and vitality are compromised.
- 4) Subluxations are caused by our inability to handle life's three major stressors; physical, mental-emotional and chemical.
- 5) Left uncorrected, subluxations have devastating effects upon human health and well-being, leading to breakdown, malfunction and disease.
- 6) Our goal is to locate subluxations, remove them and their causes and allow you to heal yourself on every level.
- 7) Only chiropractors can determine if you have subluxations. **WHO DO YOU KNOW THAT NEEDS TO BE CHECKED?**



SPINAL LEVEL	BODY PAIN	INTERNAL ORGANS, FUNCTIONS & EFFECTS	COMMON INTERNAL SYMPTOMS INDICATING DIS-EASE
C1	Headache	Food Sensitivity, Structures of the Head	Spacey, dizzy, low energy, memory trouble, brain fog, sore throat, colds/flu, ear ache, etc.
C2		Sinuses	Sinus problems, snoring
C3	Neck	Diaphragm	Difficult to take a deep breath, chronic fatigue, anxiety, vertigo, shortness of breath
C4		Thyroid	Low = weight gain, feelings of being cold High = insomnia, nervous
C5	Shoulder	Sugar Handling	Craving sweets, tired after eating, headaches if too long between meals, emotional instability, heart palpitations
C6	Arm	Stomach	Stomach pain after eating, needs antacids
C7	Hand	Liver	Sluggishness, sneezing, nightmares, burning feet
T1/2	Finger	Heart	Coronary heart disease, functional heart conditions, chest pain
T3		Lungs & Bronchi	Bronchial asthma, shortness of breath, chronic cough
T4	Upper back	Gall Bladder	Heartburn, bloating after meals, gassy, burping, trouble with fatty foods
T5		Stomach	Heartburn, indigestion, stomach troubles, ulcers
T6		Pancreas	Craving sweets, indigestion, tired after eating, heart palpitations, emotional instability, headaches if too long between meals,
T7	Mid back	Spleen & Immune Function	Lowered resistance, immune deficiencies, frequent colds / flues
T8		Liver	Headaches, low energy, sneezing, nightmares, burning feet
T9		Adrenal Glands	Overwhelmed by stress
T10		Small Intestine	Digestive complaints: 1-2 hours after eating
T11/12		Kidneys & Bladder	Decreased urine output, swollen ankles, puffy eyelids, kidney or bladder infections
L1	Low back	Ileocecal Valve	Bad breath, flatulence, headache when sleeping too long, dark circles under the eyes, toxicity
L2	Hip	Cecum	Digestive complaints: 1-2 hours after eating, abdominal cramps
L3	Leg	Endocrine Glands: Thyroid Pancreas, Liver, Adrenals	See organs' primary subluxation sites: C4, C5, C7, T6, T8
L4	Knee	Colon	Bowel problems, coated tongue, headaches
L5	Ankle	Prostate or Uterus	Prostate problems, dysmenorrhea, PMS
Sacrum	Foot	Reproductive Organs	Reproductive disorders
Coccyx	Toe	Overall tone of the nervous system	PMS, migraine, compulsive disorders, dysmenorrhea, impotence, infertility, dyslexia, chronic depression, vertigo, epilepsy, ADHD, sensitivity to light



**Adjustments correct subluxations so your body can heal and function at higher levels.**



REFERENCES: Fix, J. D., Ph.D., *Neuroanatomy, 3rd Edition*, Lippincott Williams & Wilkins, 2002; Kandel, E.R., Schwartz, J.H., Jessell, T.M., *Principles of Neural Science*, Appleton & Lange, 1991; Hoppenfeld, S. M.D., *Physical Examination of the Spine and Extremities*, Appleton-Century-Crofts, 1976; Netter, F.H. M.D., *The CIBA Collection of Medical Illustrations, Vol 1, Nervous System, Part 1, Anatomy and Physiology*, Ciba Pharmaceuticals Division, Ciba-Geigy Corp, 1991. \* This chart has been simplified for demonstrative purposes. It does not reflect all the structures or paths utilized in nerve transmission. Special thanks and recognition to Dr. Nicolai Lennox and Dr. Gururang Singh Khalsa, in the creation of this chart. © Rosen Coaching, Inc. (800) 878-8384