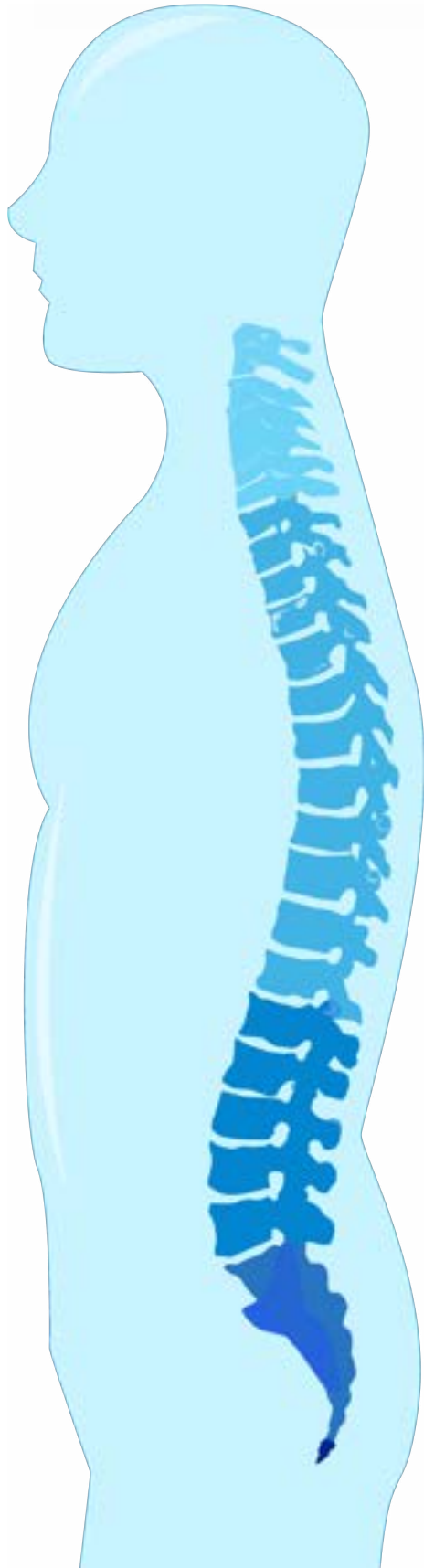


Spinally You Know

The Shape of Your Spine Determines The Shape of Your Health!



**Pain?
Stress?
Discomfort?**

**Discover which
vertebrae could be
impacting your
health.**



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Please share this knowledge with others!

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Spinally You Know Vertebrae: 1C

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 1C Can Cause

Headaches | Nervousness
Insomnia | Head Colds | Dizziness
Chronic Fatigue | High Blood Pressure

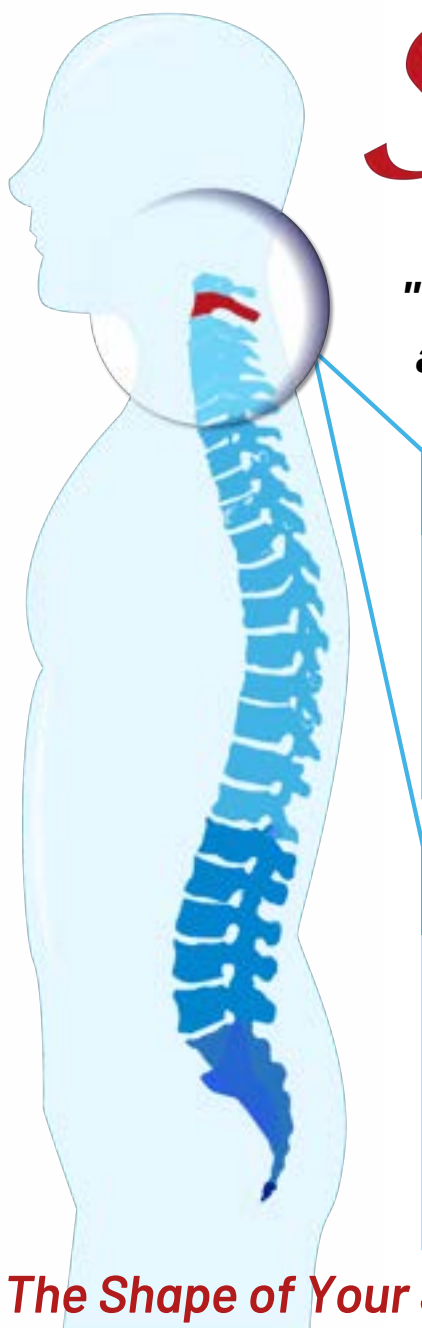
Nerves Around 1C Control

Blood Supply to The Head | Scalp
Pituitary Gland | Bones of The Face
Brain | Inner And Middle Ear
Sympathetic Nervous System

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Spinally You Know Vertebrae: 2C

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 2C Can Cause

Sinus Trouble | Allergies
Eye Trouble | Deafness | Earache
Fainting Spells | Vision Difficulties

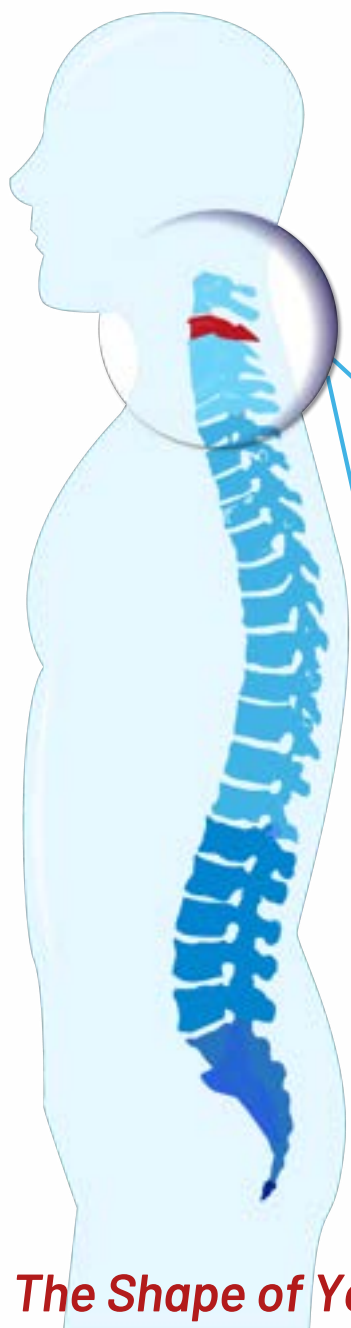
Nerves Around 2C Control

Eyes | Optic Nerves
Auditory Nerves | Sinus
Mastoid Bones | Tongue
Forehead

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Spinally You Know Vertebrae: 3C

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

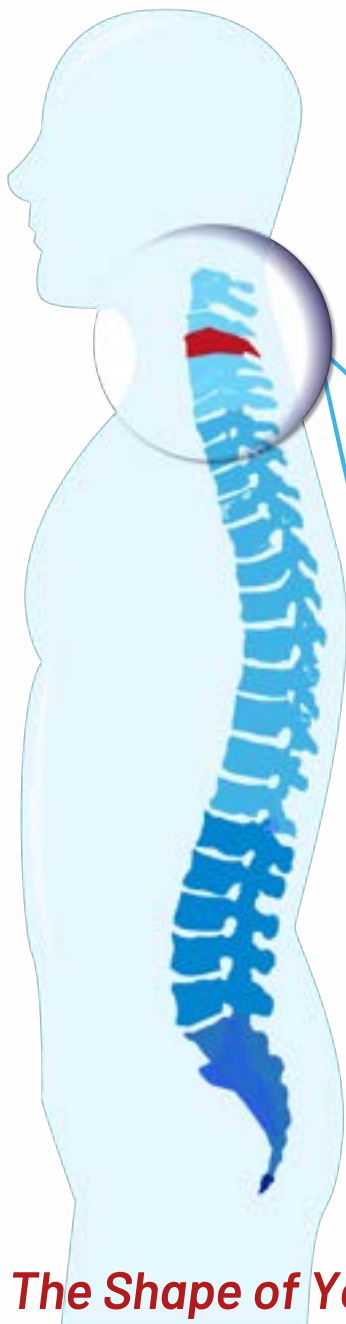
Misalignment of 3C Can Cause

Acne or Pimples
Eczema | Neuritis
Neuralgia

Nerves Around 3C Control

Cheeks | Teeth
Outer Ear | Face Bones
Trifacial Nerve

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know Vertebrae: 4C

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 4C Can Cause

Hay Fever
Hearing Loss | Adenoids

Nerves Around 4C Control

Nose | Lips | Mouth
Eustachian Tube

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Spinally You Know Vertebrae: 5C

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 5C Can Cause

Laryngitis | Hoarseness
Sore Throats | Neck Pain

Nerves Around 5C Control

Vocal Cords | Neck
Glands | Pharynx

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Spinally You Know

Vertebrae: 6C

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 6C Can Cause

Stiff Neck | Upper Arm Pain

Tonsillitis | Croup

Whooping Cough

Nerves Around 6C Control

Neck Muscles

Shoulders | Tonsils

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Spinally You Know Vertebrae: 7C

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 7C Can Cause

Colds | Bursitis
Thyroid Conditions | Weight Issues
Sensitivity to Hot or Cold

Nerves Around 7C Control

Elbows | Thyroid Gland
Bursae in The Shoulders

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Spinally You Know Vertebrae: 1T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 1T Can Cause

**Breathing Difficulties | Cough
Asthma | Lower Arm & Hand Pain
Carpal Tunnel Syndrome**

Nerves Around 1T Control

**Esophagus | Trachea
Elbows | Hands | Wrists | Fingers**

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Spinally You Know Vertebrae: 2T

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 2T Can Cause

Chest Conditions
Functional Heart Conditions
Abnormal Heart Rhythm

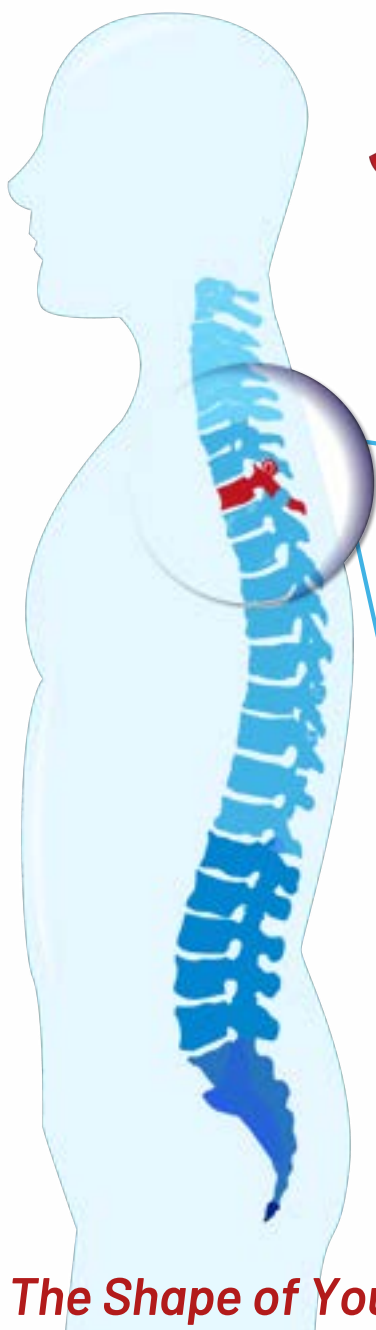
Nerves Around 2T Control

Heart | Coronary Arteries
Heart Valves & Covering

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Spinally You Know Vertebrae: 3T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 3T Can Cause

**Bronchitis | Congestion | Pneumonia
Influenza | Painful Breathing**

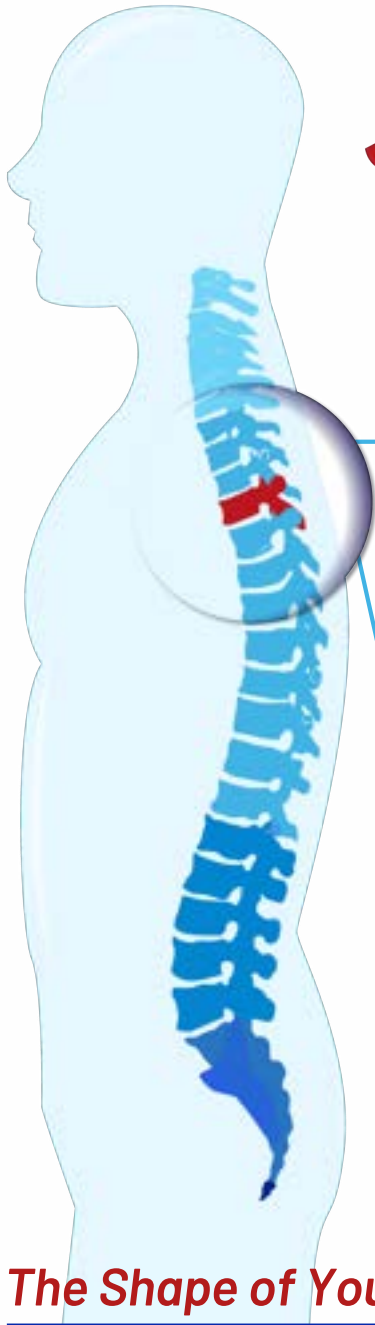
Nerves Around 3T Control

**Lungs | Bronchial Tubes | Chest
Breast | Pleura**

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Spinally You Know Vertebrae: 4T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 4T Can Cause

Gall Bladder Conditions

Shingles | Jaundice

Nerves Around 4T Control

Gall Bladder

Common Duct

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Spinally You Know Vertebrae: 5T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 5T Can Cause

Arthritis | Anemia | Fevers
Poor Circulation | Low Blood Pressure
Liver Conditions

Nerves Around 5T Control

Liver | Solar Plexus | Blood

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Spinally You Know Vertebrae: 6T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 6T Can Cause

**Stomach Troubles | Indigestion
Heartburn | Dyspepsia**

Nerves Around 6T Control

Stomach

The Shape of Your Spine Determines The Shape of Your Health!

Spinally You Know Vertebrae: 7T

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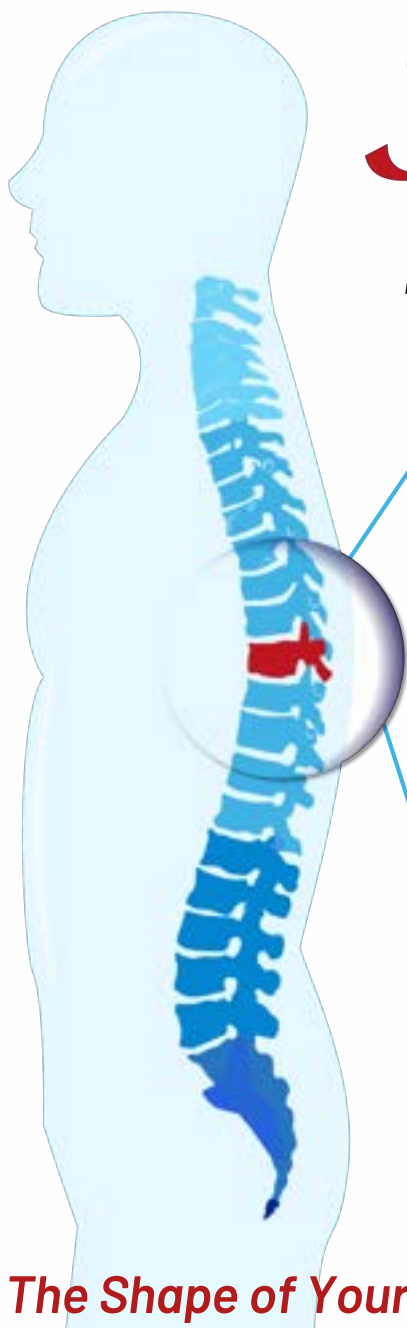
Misalignment of 7T Can Cause

Ulcers | Gastritis
Diabetes

Nerves Around 7T Control

Pancreas | Duodenum

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know Vertebrae: 8T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 8T Can Cause

Low Resistance to Cold & Disease

Nerves Around 8T Control

Spleen

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know Vertebrae: 9T

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 9T Can Cause

Allergies | Hives
Insomnia | Depression | Fatigue
Adrenal Dysfunction

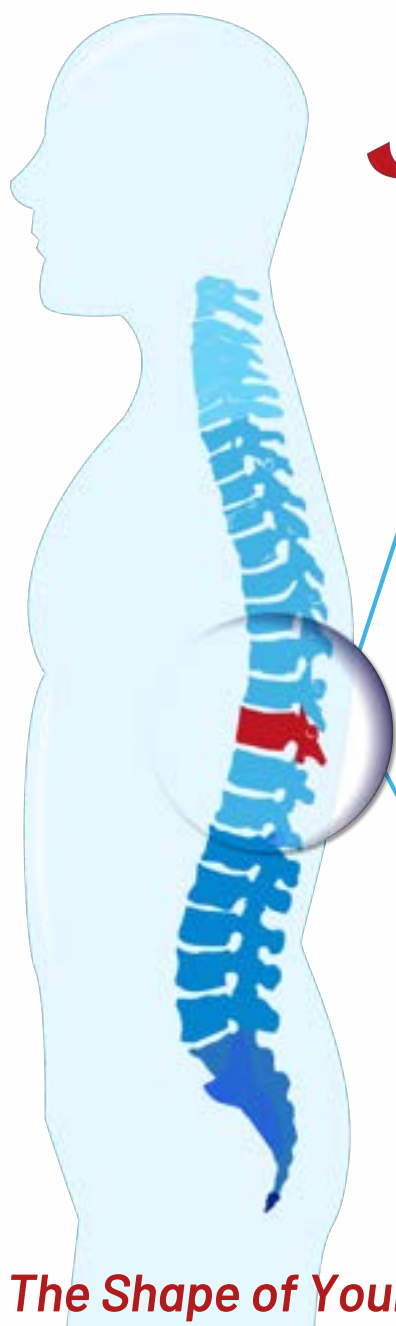
Nerves Around 9T Control

Adrenal & Supra-renal Glands

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Spinally You Know Vertebrae: 10T

*"The nervous system controls and coordinates
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-Gray's Anatomy, 29th Ed.

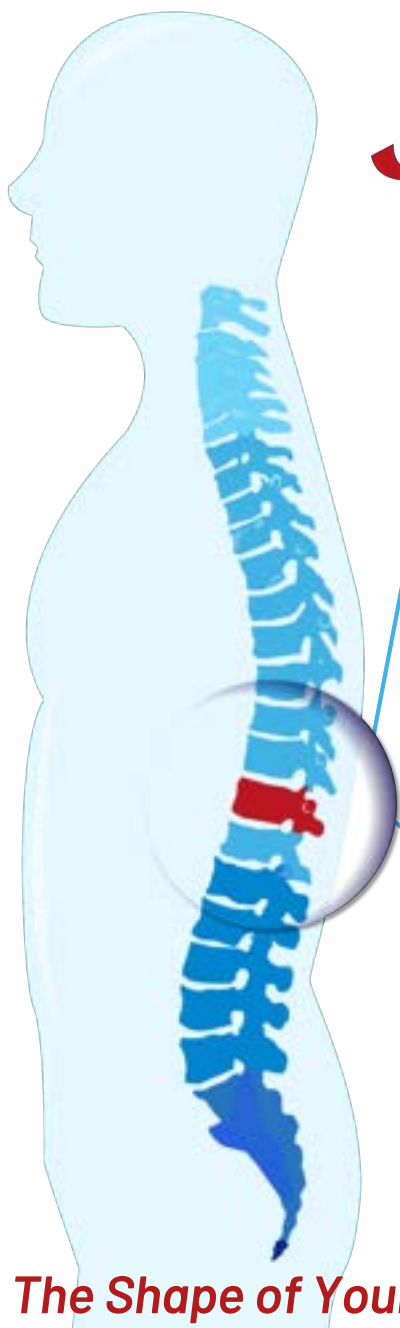
Misalignment of 10T Can Cause

Kidney Trouble | Chronic Tiredness
Hardening of The Arteries
Nephritis | Pyelitis

Nerves Around 10T Control

Kidneys

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know

Vertebrae: 11T

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 11T Can Cause

Acne | Eczema | Boils
Urinary Tract Infections

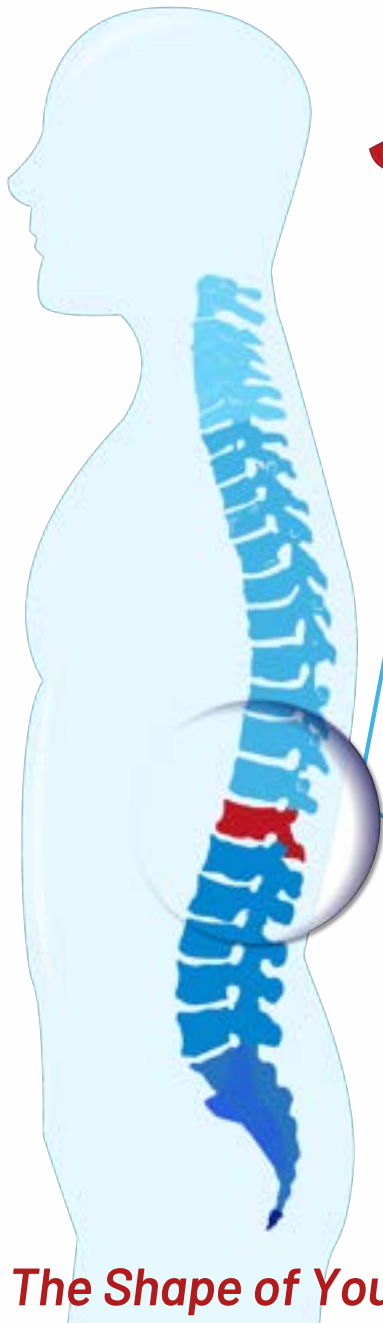
Nerves Around 11T Control

Kidneys | Ureters

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Spinally You Know

Vertebrae: 12T

"The nervous system controls and coordinates all organs and structures of the human body"

-Gray's Anatomy, 29th Ed.

Misalignment of 12T Can Cause

Gas Pains | Sterility | Rheumatism
Bloating

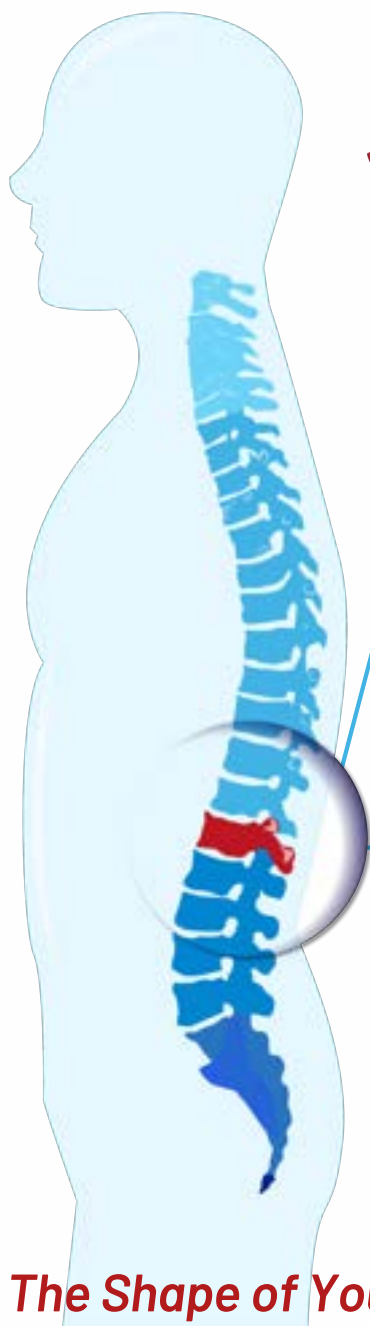
Nerves Around 12T Control

Small Intestines | Lymph Circulation

The Shape of Your Spine Determines The Shape of Your Health!

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Spinally You Know Vertebrae: 1L

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 1L Can Cause

Constipation | Colitis | Diarrhea
Dysentery | Ruptures | Hernias

Nerves Around 1L Control

Large Intestines | Inguinal Rings

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know Vertebrae: 2L

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 2L Can Cause

**Cramps | Difficult Breathing | Acidosis
Varicose Veins**

Nerves Around 2L Control

Appendix | Abdomen | Upper Leg

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Spinally You Know Vertebrae: 3L

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 3L Can Cause

Bladder Trouble | Menstrual Trouble
Miscarriages | Bed Wetting | Impotency
Knee Pain | Change of Life Symptoms

Nerves Around 3L Control

Sex Organs | Uterus | Bladder
Knees

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Spinally You Know Vertebrae: 4L

*"The nervous system controls and coordinates
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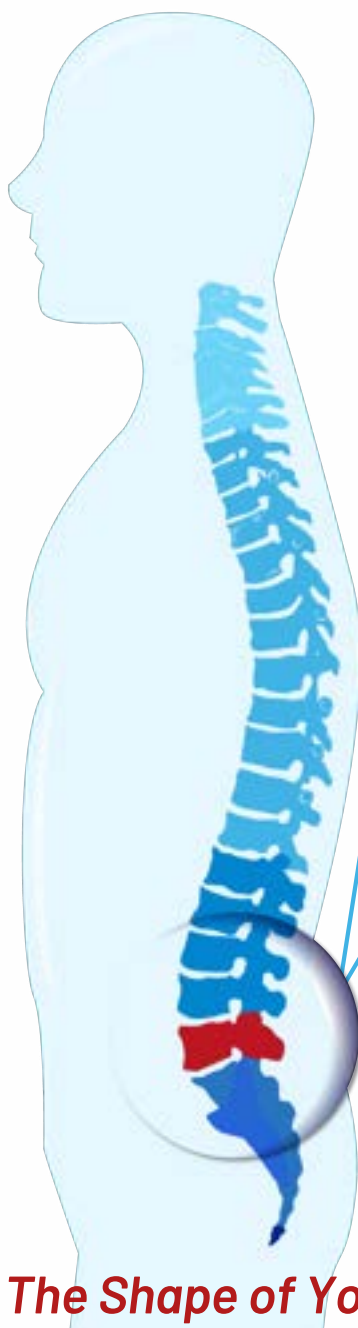
Misalignment of 4L Can Cause

Sciatica | Backaches | Lumbago
Difficult, Painful or Frequent Urination

Nerves Around 4L Control

Prostate Gland | Lower Back Muscles
Sciatic Nerve

The Shape of Your Spine Determines The Shape of Your Health!



Spinally You Know Vertebrae: 5L

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of 5L Can Cause

Poor Leg Circulation | Swollen Ankles
Weak Ankles & Arches | Cold Feet
Weak Legs | Leg Cramps

Nerves Around 5L Control

Lower Legs | Ankles | Feet

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Spinally You Know Vertebrae: Sacrum

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of Sacrum Can Cause

Low Back Pain | Spinal Curvature

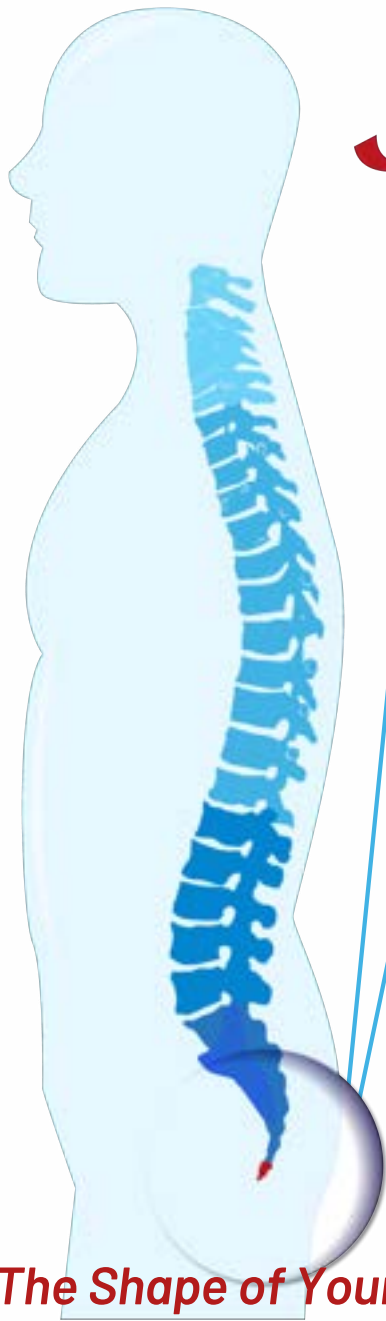
Nerves Around Sacrum Control

Hip Bones | Buttocks

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Spinally You Know Vertebrae: Coccyx

*"The nervous system controls and coordinates
all organs and structures of the human body"*

-Gray's Anatomy, 29th Ed.

Misalignment of Coccyx Can Cause

Hemorrhoids | Pruritis (Itching)

End of Spine Pain From Sitting

Nerves Around Coccyx Control

Rectum | Anus

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