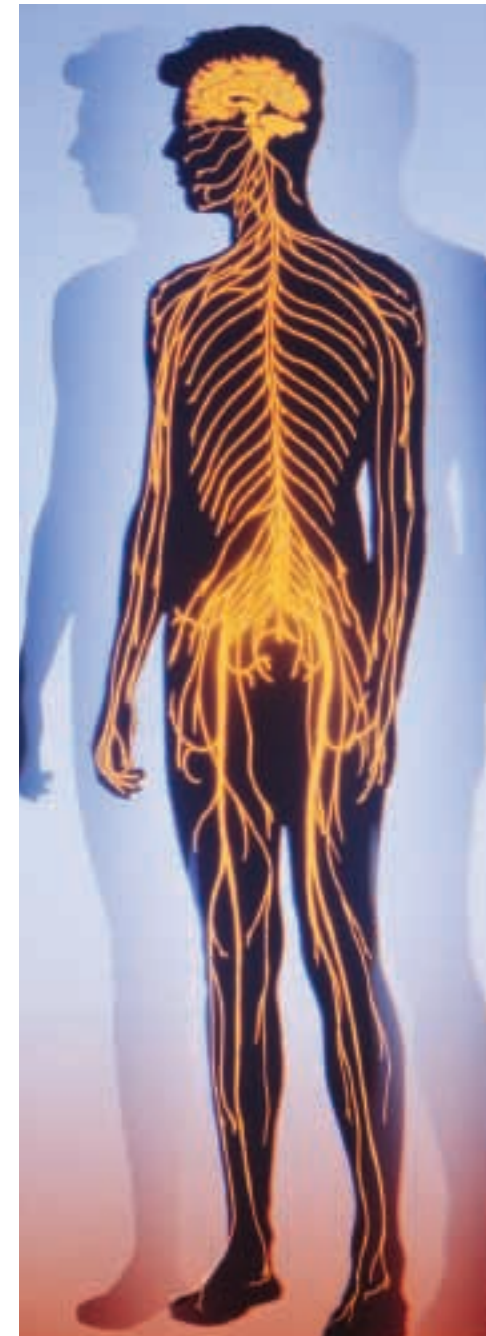


Realizing the nervous system develops first, then regulates, controls and coordinates all other growth and development, helps to understand its connection to all life processes.

The Nervous System



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Nerve Function	Dysfunction From Misalignment
C1 Blood supply to the head and muscles of the scalp and the inner and middle ear	Stress headaches, chronic tiredness, dizziness and ringing in the ear
C2 Sinuses, auditory nerves, tongue, forehead and the eyes	Allergies, sinus problems, vascular congestion, weakness, sinus drainage, sneezing hay fever, deafness
C3 Teeth, cheeks, outer ear, gums and jaws	TMJ related symptoms, facial pain, phantom tooth pain, swelling glands and throat
C4 Nose, lips, mouth, eustachian tube	Hay fever, hearing loss, adenoids
C5 Parathyroid glands and the point of the shoulder, down the arm and into first two fingers	Stiff joints, pain between the shoulder blades, trouble raising the shoulders from bursitis or neuritis, tennis elbows or tendonitis, carpal tunnel syndrome or numbness and tingling in the hands
C6 Thyroid gland and down the middle of the arm to the 3rd and 4th fingers	
C7 The shoulder blade and underneath the arm to the last two fingers	
T1 Forearms, esophagus and trachea	Pain in forearms, asthma, cough, shortness of breath
T2 Heart and arteries	Functional heart conditions and certain chest conditions
T3 T4 Lungs and gall bladder	Bronchitis, pneumonia, gall bladder conditions
T5 T10 Liver, stomach, pancreas and spleen, kidneys and adrenals	Loss of energy and vitality, conditions in affected areas
T11 T12 Small intestines, kidneys, and urinary system	Chronic infections, irregular bowel movements, diarrhea, cramps, digestive problems
L1 L2 Large intestines, bladder, appendix, abdomen, upper leg	Constipation, cramps, difficult breathing
L3 Sex organs, uterus, bladder, knees	Irregular menstrual cycles for women & impotence or other sexual dysfunctions for men
L4 Prostate gland, lower back muscles, sciatic nerve	Sciatica, lumbago, urination problems, backaches
L5 Lower legs, ankles, feet	Weak ankles and arches, cold feet, weakness in the legs, leg cramps

The Nervous System is Central

All living organisms are able to detect changes within themselves and in their environments. Changes in the external environment include those of light, temperature, sound, motion and odor. Changes in the internal environment include those in the position of the head and limbs as well as in the internal organs. Once detected, these internal and external changes must be analyzed and acted upon in order to preserve the integrity, well-being, and status quo of the organism. The nervous system is based upon the almost instantaneous transmission of impulses from one region of the body to another along specialized nerve cells.

In the centralized system of the human body, a portion of the nervous system has a dominant role in coordinating information and directing responses. This centralization consists of **the brain and spinal cord**. Impulses are carried to and from the brain and spinal cord by nerve fibers that make up the peripheral nervous system.

Start with the Spine

Now that you have a greater understanding of the spine and its important relationship to the nervous system, we can take a closer look at some of the nerves (chart to the left) and see some of the problems that can develop when the spine is subluxated or is misaligned.

According to current scientific information, "Your health and well-being depends on a normally functioning nervous system regardless of age or health history."

Please contact your local NUCCA Doctor to start relieving the stress from your spinal column.

Call 1-563-322-7486 or www.nucca.org for a list of NUCCA Doctors in your area.



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