



**PROCARE**  
Spine • Nutrition • Injury

# YOUR CORE STRUCTURE AND NERVE SYSTEM

## Levels of Control

## Possible Effects

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- C1** – Blood supply to the head; pituitary gland; scalp; brain; inner and middle ear; sympathetic nervous system; eyes  
**C2** – Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart  
**C3** – Cheeks, outer ear, face, teeth, trifacial nerve, lungs  
**C4** – Nose, lips, mouth, Eustachian tube, mucus membranes, lungs  
**C5** – Vocal cords, neck glands, pharynx  
**C6** – Neck muscles, shoulders, tonsils  
**C7** – Thyroid gland, shoulder bursa, elbows  
**T1** – Arms from the elbows down, wrists, hands, fingers, esophagus, trachea, heart  
**T2** – Heart, heart valves, coronary arteries, lungs, bronchial tubes  
**T3** – Lungs, bronchial tubes, pleura, chest, breast, heart  
**T4** – Gallbladder, common duct, heart, lungs, bronchial tubes  
**T5** – Liver, solar plexus, circulation, heart, esophagus, stomach  
**T6** – Stomach, esophagus, peritoneum, duodenum  
**T7** – Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum  
**T8** – Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve  
**T9** – Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestines  
**T10** – Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine  
**T11** – Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve  
**T12** – Small intestines, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve  
**L1** – Large intestine, inguinal rings, uterus  
**L2** – Appendix, abdomen, upper leg, urinary bladder  
**L3** – Sex organs, uterus, bladder, knees, prostate, large intestine  
**L4** – Prostate gland, muscles of the lower back, sciatic nerve  
**L5** – Lower legs, ankles, feet, prostate  
**Sacrum** – Gluteus, rectum, sex organs, genitalia, bladder
- Headaches, nervousness, insomnia, head colds, high blood pressure, migraines, anxiety, poor memory, chronic fatigue, dizziness  
Sinus trouble, allergies, eye problems, deafness, earaches, fainting spells  
Neuralgia, neuritis, acne, eczema  
Hay fever, sinus discharge, hearing loss, adenoid infection  
Laryngitis, throat conditions, tonsillitis  
Stiff neck, pain in the upper arm, tonsillitis, whooping cough, croup  
Bursitis, colds, thyroid conditions  
Asthma, cough, difficult breathing, pain in the lower arms and hands  
Heart conditions, certain chest conditions  
Bronchitis, pleurisy, pneumonia, congestion, influenza  
Gallbladder conditions, jaundice, shingles  
Liver conditions, fevers, low blood pressure, anemia, poor circulation  
Stomach troubles, nervous stomach, indigestion, heartburn, dyspepsia  
Ulcers, gastritis  
Lowered immune resistance  
Allergies, hives, dizziness upon standing  
Kidney troubles, hardening of the arteries, chronic fatigue, nephritis  
Skin conditions, acne, eczema, boils  
Rheumatism, gas and bloating  
Constipation, colitis, dysentery, diarrhea, hernia  
Cramps, difficult breathing, acidosis, varicose veins  
Bladder trouble, menstrual problems, miscarriages, bed wetting, impotency, menopause symptoms, knee pains  
Sciatica, back pain, problems with urination  
Poor circulation in the legs, weak ankles, leg weakness, leg cramps  
Sacro-iliac conditions, spinal curvatures