

CHART OF EFFECTS OF SPINAL MISALIGNMENTS

ATLAS — THE MASTER KEY TO HEALTH
Spinal Cord pressure at this level can cause any condition.

Every area of the body is controlled by nerves. The normal function of these nerves can be disturbed by misalignments of the vertebrae, affecting the disease conditions shown below.

Vertebrae	Areas	Effects
1C	Blood supply to the head, the pituitary gland, the scalp, bones of the face, the brain itself, inner and middle ear, the sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, sleeping sickness, chronic tiredness, dizziness or vertigo, St. Vitus dance.
2C	Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, crossed eyes, deafness, erysipelas, eye troubles, earache, fainting spells, certain cases of blindness.
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
4C	Nose, lips, mouth, eustachian tube.	Hay fever, catarrh, hard of hearing, adenoids.
5C	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions like sore throat or quinsy.
6C	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup.
7C	Thyroid gland, bursae in the shoulders, the elbows.	Bursitis, colds, thyroid conditions.
1T	Arms from the elbows down, including the hands, wrists and fingers, also the esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands.
2T	Heart, including its valves and covering, also coronary arteries.	Functional heart conditions and certain chest pains.
3T	Lungs, bronchial tubes, pleura, chest, breast, nipples.	Bronchitis, pleurisy, pneumonia, congestion, influenza.
4T	Gall bladder and common duct.	Gall bladder conditions, jaundice, shingles.
5T	Liver, solar plexus, blood.	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis.
6T	Stomach.	Stomach troubles including nervous stomach, indigestion, heart burn, dyspepsia.
7T	Pancreas, islands of Langerhans, duodenum.	Diabetes, ulcers, gastritis.
8T	Spleen, diaphragm.	Hiccoughs, lowered resistance.
9T	Adrenals or supra-renals.	Allergies, hives.
10T	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
11T	Kidneys, ureters.	Skin conditions like acne, pimples, eczema, or boils.
12T	Small intestines, Fallopian tubes, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
1L	Large intestines or colon, inguinal rings.	Constipation, colitis, dysentery, diarrhea, ruptures or hernias.
2L	Appendix, Abdomen, upper leg, cecum.	Appendicitis, cramps, difficult breathing, acidosis, varicose veins.
3L	Sex organs, ovaries or testicles, uterus, bladder, knee.	Bladder troubles, menstrual troubles like painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.
4L	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult, painful or too frequent urination, backaches.
5L	Lower legs, ankles, feet, toes, arches.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
Sacrum	Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures.
Coccyx	Rectum, anus.	Hemorrhoids or piles, pruritus or itching, pain at end of spine on sitting.