



| Spinal Massage and Manipulation | | |
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| Vertebrae | Main Connection | Cure for |
| C1 | Scalp, Face, Brain | Headache, Nervousness, High Blood Pressure, Insomnia |
| C2 | Sinuses, Eyes, Ears | Sinus Problems, Ear ache |
| C3 | Cheeks, Teeth | Acne, Eczema |
| C4 | Mouth, Lips, Nose | Allergies, Adenoids |
| C5 | Vocal Cords | Hoarseness, Sore Throat |
| C6 | Neck Muscles, Tonsils | Neck Stiffness, Arm Pain Tonsillitis |
| C7 | Shoulder, Elbow, Thyroid | Colds, Goiter, Bursitis |
| T1 | Fore Arm, Hand, Trachea | Asthma, Cough, Pain in the Arms |
| T2 | Heart Valve | Heart Problem, Chest pain |
| T3 | Chest, Lungs, Breast | Bronchitis, Influenza |
| T4 | Gall Bladder | Gall Bladder Problems |
| T5 | Liver, Blood, Solar Plexus | Liver Problems, Low BP, Anemia, Arthritis, Jaundice |
| T6 | Stomach | Indigestion |
| T7 | Duodenum, Pancreas | Ulcer, Diabetes |
| T8 | Spleen, Diaphragm | Hiccup, Stomach Problem |
| T9 | Adrenal Gland | Allergies |
| T10 | Kidneys | Kidney Trouble, Tiredness |
| T11 | Uterus, Kidneys | Acne, Boils, Eczema |
| T12 | Small Intestine | Rheumatism, Gas |
| L1 | Large Intestine | Colitis, Constipation |
| L2 | Abdomen | Cramps, Appendicitis, Varicose Veins |
| L3 | Reproductive Organs, Knee, Bladder | Knee Pain, Bladder Problem |
| L4 | Sciatic Nerve, Low Back Muscles, Prostate | Lumbago, Sciatica, Frequent Urination |
| L5 | Leg, Ankle, Foot | Poor Circulation, Coldness, Sudden Swelling in Feet or Legs. |
| Sacrum | Hip, Buttocks | Spinal Curvature |
| Coccyx | Rectum, Anus | Hemorrhoids, Itching |