

Spine Chart

Your spine directly affects your organ functioning which in turns affects your health. Please mark the following symptoms and/or conditions you currently experience.

Cervical spine

Brain:

- Headaches
- Migraines
- Memory Loss

Eyes:

- Spots in vision
- Blurry vision
- Sensitivity to light

Ears:

- Ringing (tinnitus)
- Dizziness
- Hearing loss

Sinuses:

- Sinus drainage
- Sinus infections
- Allergies (plant, animals)

Thyroid:

- Weight loss/gain
- Over/under eating
- Irritability post-meal
- Exhaustion

Parathyroid:

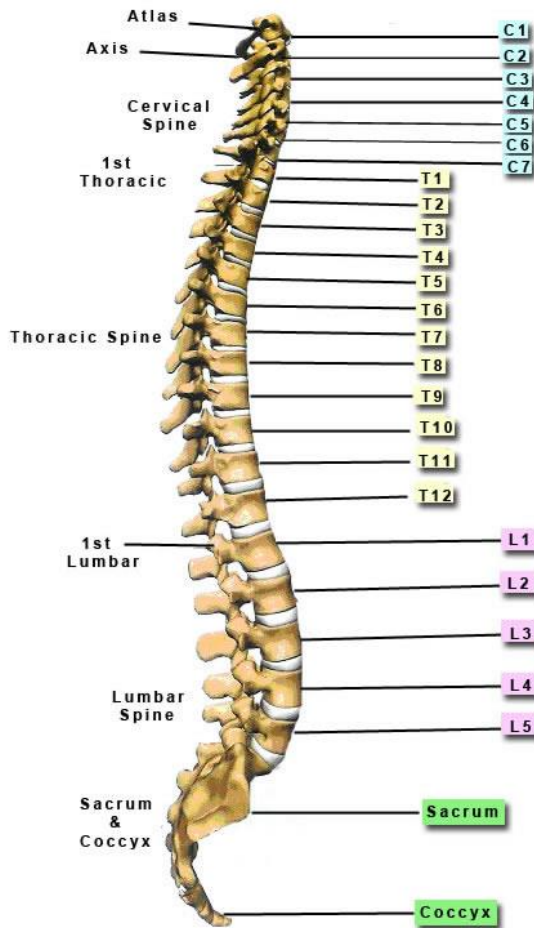
- Broken bones
- Bone fractures
- Growth issues

Neck:

- Cramps/spasms

Arms/Hands/Fingers:

- Numbness
- Cramps/spasms
- Pins and needles
- Weakness
- Coldness



Thoracic spine

Rib cage:

- Cramps/spasms

Muscles of spine:

- Cramps/spasms

Heart:

- Fast/slow heartbeat
- Palpitations
- Chest pain

Lungs:

- Shortness of breath
- Asthma
- Difficulty breathing
- Chronic cough

Stomach:

- Nausea**
- Indigestion
 - Acid reflux
 - Gas

Pancreas:

- Slow/fast metabolism
- Diabetes
- Low/high blood sugar
- Low energy after eating

Spleen:

- Auto-immune disease
- Recurring infections
- Long-term infections

Lumbar spine

Colon/Small intestine

- Diarrhea
- Constipation
- Bloody stools
- Anxiety

Kidneys:

- Kidney stones
- Kidney infections
- Low energy

Prostate/Testes:

- Low energy
- Impotence
- Fatigue

Uterus/Ovaries:

- Abnormal periods
- Excessive bleeding
- Cramps

Bladder:

- Incontinence
- Bladder infections
- Frequent urination

Legs/Feet:

- Numbness
- Weakness
- Cold feet
- Cramps/spasms
- Restless legs