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# HOW WELLNESS WORKS

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Health problems are due to physical, chemical, or stress related causes. Most people understand how chemicals or stress can cause problems, but don't understand how their problem could have a physical connection.

An example of a physical problem would be a pebble in a shoe. It caused your pain because it put pressure on a nerve. If you irritate a nerve of pain you feel pain. You can't feel pain without an irritated nerve. Pain in your tooth, shoulder, back, or anywhere always involves nerves. Nerves do two things. They notify the brain of problems through pain and along with the brain, nerves control everything that works in your body. They control breathing, digestion, walking, and your heart. They control your hormones. They allow you to taste, touch, see and hear. If you put pressure on a nerve of pain, you feel pain. If you put pressure on a nerve related to breathing, you don't feel pain, you just don't breathe normally. If you put pressure on a nerve that controls circulation, you lose circulation.

The first thing we do in our office with a person who has a problem is check to see if there is anything wrong with the related nerves. As a Chiropractor, I first check the top of the neck because over 300 million nerves come out of the base of the skull. If there is pressure there, it may cause any problem you might have. The second area we check is the area of the spine from where the nerves go to your problem area. For further details on the relationship between the nervous system and functions in your body, review the chart on the back of this page.

Your health problems could also be caused by stress. Stress affects the adrenal glands. These glands secrete the major hormones related to numerous areas of health such as immunity, sleeping, weight, fatigue, blood pressure, and women's hormone levels to name a few. These glands of stress are most harmed by caffeine, sugar, and stress of any kind. These glands secrete hormones that might be related to your problem. We will check the nerves that control your adrenal glands. Sometimes besides correcting the pressure on the nerves, we have to modify your diet or give you supplements to support and strengthen these glands.

Health problems can also be chemical in nature. Our food, water, and air are full of toxic chemicals. These toxic chemicals will affect your health. Your liver is the filter of the body and often cannot handle all the toxic chemicals in our environment. When the liver becomes unable to filter, the chemicals go back into the body and can contribute to the problem you have. Often a simple liver cleanse will get miraculous results.

All this explains why many people have gone to a wellness chiropractor for back pain and then recovered from a different problem altogether.

Our purpose is to help people and we would like to have the opportunity to see if our methods could help you!

## Smith Family Chiropractic

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# VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4) Misalignment of spinal vertebrae and discs may cause irritation to the nervous system which could affect the structures, organs, and functions listed under "areas" and the "possible symptoms" that are associated with malfunctions of the areas noted.

Vertebrae	Areas & Parts of Body	Possible symptoms
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	Headaches □ nervousness □ insomnia □ head colds □ high blood pressure □ migraine headaches □ nervous breakdowns □ amnesia □ chronic tiredness □ dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble □ allergies □ pain around the eyes □ earache □ fainting spells □ certain cases of blindness □ crossed eyes □ deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia □ neuritis □ acne or pimples □ eczema
C4	Nose, lips, mouth, eustachian tube.	Hay fever □ runny nose □ hearing loss □ adenoids
C5	Vocal cords, neck glands, pharynx.	Laryngitis □ hoarseness □ throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	Stiff neck □ pain in upper arm □ tonsillitis □ chronic cough □ croup
C7	Thyroid gland, bursae in the shoulders, elbows.	Bursitis □ colds □ thyroid conditions
T1	Arms from the elbows down, including hands, wrists, and fingers, esophagus and trachea.	Asthma □ cough □ difficult breathing □ shortness of breath □ pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries.	Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis □ pleurisy □ pneumonia □ congestion □ influenza
T4	Gallbladder, common duct.	Gallbladder conditions □ jaundice □ shingles
T5	Liver, solar plexus, circulation (general).	Liver conditions □ fevers □ blood pressure problems □ poor circulation □ arthritis
T6	Stomach.	Stomach troubles including: □ nervous stomach □ indigestion □ heartburn □ dyspepsia
T7	Pancreas, duodenum.	Ulcers □ gastritis
T8	Spleen.	Lowered resistance
T9	Adrenal and suprarenal glands.	Allergies □ hives
T10	Kidneys.	Kidney troubles □ hardening of the arteries □ chronic tiredness □ nephritis □ pyelitis
T11	Kidneys, ureters.	Skin conditions such as acne □ pimples □ eczema □ boils
T12	Small intestines, lymph circulation.	Rheumatism □ gas pains □ certain types of sterility
L1	Large intestines, inguinal rings.	Constipation □ colitis □ dysentery □ diarrhea □ some ruptures or hernias
L2	Appendix, abdomen, upper leg.	Cramps □ difficult breathing □ minor varicose veins
L3	Sex organs, uterus, bladder, knees.	Bladder troubles □ menstrual troubles such as painful or irregular periods □ miscarriages □ bed wetting □ impotency □ change of life symptoms □ many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica □ lumbago □ difficult, painful or too frequent urination □ backaches
L5	Lower legs, ankles, feet.	Poor circulation in the legs □ swollen ankles □ weak ankles and arches □ cold feet □ weakness in the legs □ leg cramps
SACRUM	Hip bones, buttocks.	Sacroiliac conditions □ spinal curvatures
COCCYX	Rectum, anus.	Hemorrhoids (piles) □ pruritus (itching) □ pain at end of spine on sitting

\*\*Directly or indirectly controlled. For further explanation of the conditions shown above and information about those not shown, ask your Doctor of Chiropractic.

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