

SPINE & ADJUSTMENT LEVELS		ZONE	FUNCTION & TRIGGER*	WHEN BALANCED				
Cervical Spine	Atlas Axis	1	Glandular Zone - Balances the chemical output of all the glands in the body. Thyroid gland, adrenals, pituitary, pancreas, mammary, sweat, testicles, ovaries, salivary and more. *Suppressed creativity, missing the sweetness of life.	CHEMISTRY <input type="checkbox"/> stronger immunity <input type="checkbox"/> improved memory and concentration <input type="checkbox"/> perfect sleep <input type="checkbox"/> normal appetite <input type="checkbox"/> clearer skin <input type="checkbox"/> healthier hair/nails <input type="checkbox"/> normal thyroid <input type="checkbox"/> lower blood sugar levels <input type="checkbox"/> normal fertility, reproductive & sex function <input type="checkbox"/> regular cycle <input type="checkbox"/> healthy prostate <input type="checkbox"/> normal tonsils and adenoids <input type="checkbox"/> fibromyalgia relief <input type="checkbox"/> faster metabolism <input type="checkbox"/> mental sharpness				
	C1							
	C2							
	C3							
	C4							
	C5							
	C6							
Thoracic Spine	C7	2	Eliminative Zone - Governs all cleansing and detoxification processes in the body. Sinus, lungs, small and large intestines, liver, kidneys, bladder, skin and immune cells. *Major change in life, feelings of rejection or being left out.	SANITATION <input type="checkbox"/> reduced allergies/congestion/sinus issues <input type="checkbox"/> improved breathing <input type="checkbox"/> healthy/open airways <input type="checkbox"/> smoother skin <input type="checkbox"/> healthier kidneys <input type="checkbox"/> sleep apnea elimination <input type="checkbox"/> relaxed throat <input type="checkbox"/> better bladder control/health <input type="checkbox"/> no uti's <input type="checkbox"/> regular/improved bowel movements <input type="checkbox"/> normal function intestines/colon/rectum				
	T1							
	T2							
	T3							
	T4							
	T5							
	T6							
	T7							
	T8							
	T9							
	T10							
	T11							
Lumbar Spine	T12	3	Nerve Zone - Coordinates all sensing and communication in the body. Brain, brain stem, spinal cord, cranial nerves, peripheral nerves, eyes, ears, olfactory, taste buds. *Ongoing fear or worry in your life, inner conflict.	COMMUNICATE <input type="checkbox"/> sharper vision <input type="checkbox"/> clearer hearing <input type="checkbox"/> normal sense of smell <input type="checkbox"/> headache/migraine free <input type="checkbox"/> steady/stable hands <input type="checkbox"/> more relaxed state of being <input type="checkbox"/> anxiety/panic attack free <input type="checkbox"/> free of depression <input type="checkbox"/> balanced hormones <input type="checkbox"/> normal sensation in arms/hands <input type="checkbox"/> normal sensation in legs/feet <input type="checkbox"/> more alertness <input type="checkbox"/> more confidence/certainty				
	L1							
	L2							
	L3							
	L4							
Sacrum	L5	4	Digestive Zone - Orchestrates the intake, breakdown and assimilation of nutrients in the body. Jaw, stomach, liver, gall bladder, pancreas, small intestines, large intestines. *Feelings of anger or disgust towards a person or situation.	RECYCLING <input type="checkbox"/> able to eat food once sensitive to <input type="checkbox"/> chew normally <input type="checkbox"/> swallow normally <input type="checkbox"/> maintain normal weight <input type="checkbox"/> maintain healthy sugar <input type="checkbox"/> eat without acid pain <input type="checkbox"/> maintain healthy iron/electrolyte levels <input type="checkbox"/> cleaner/healthier liver <input type="checkbox"/> normal stomach lining <input type="checkbox"/> lower cholesterol <input type="checkbox"/> less gas/bloating <input type="checkbox"/> healthy gall bladder <input type="checkbox"/> eat without nausea / vomiting				
	S1							
	Coccyx				L1	5	Muscular Zone - Coordinates and controls everything to do with moving the body. Muscles, joints, ligaments, tendons, fascia, bone, bursas, discs cartilage. *Feelings of overwhelm and not having enough support.	TRANSPORTATION <input type="checkbox"/> better balance/stability <input type="checkbox"/> improved posture <input type="checkbox"/> straighter spine <input type="checkbox"/> increased joint motion <input type="checkbox"/> more muscle flexibility <input type="checkbox"/> stronger core <input type="checkbox"/> relaxed muscle tone <input type="checkbox"/> stronger bones <input type="checkbox"/> neck relief <input type="checkbox"/> back relief <input type="checkbox"/> shoulder relief <input type="checkbox"/> arm relief <input type="checkbox"/> hand relief <input type="checkbox"/> hip relief <input type="checkbox"/> leg relief <input type="checkbox"/> knee relief <input type="checkbox"/> foot relief <input type="checkbox"/> healed discs <input type="checkbox"/> better athletic performance
					L2			
					L3			
	L4	6	Circulatory Zone - Regulates the normal flow of blood and fluids throughout the body. Heart, arteries, veins, lymph nodes, blood, interstitial fluid. *Feelings of loss, not being loved or needed. Loss of freedom.	PLUMBING <input type="checkbox"/> lower blood pressure <input type="checkbox"/> higher blood press. <input type="checkbox"/> steady heart rhythm <input type="checkbox"/> migraine elimination <input type="checkbox"/> improved circulation <input type="checkbox"/> warm hands / feet <input type="checkbox"/> improved wound healing <input type="checkbox"/> reduced swelling <input type="checkbox"/> normal blood work <input type="checkbox"/> lymph drainage <input type="checkbox"/> stroke prevention <input type="checkbox"/> stronger blood vessels <input type="checkbox"/> healed vascular disease <input type="checkbox"/> healed blood disorders				
	L5							

When all your Zones are **BALANCED**, your body does what it takes to stay healthy. If you have questions about Zone Technique and how it can help *you* regain your health, ask your Zone Practitioner on your next visit.