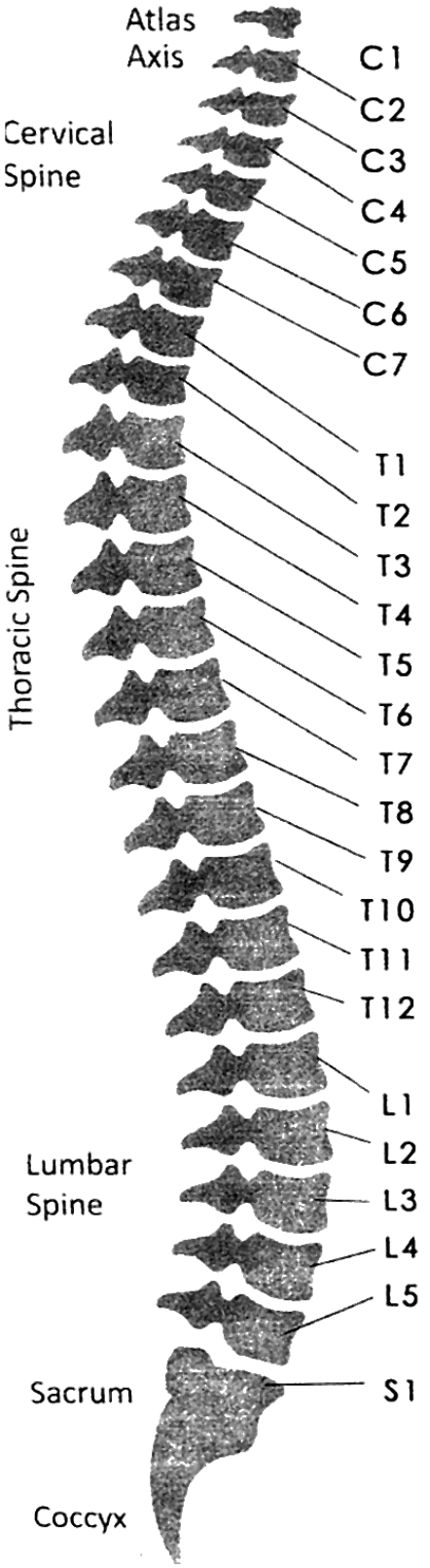
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SPINE & ADJUSTMENT LEVELS	ZONE	FUNCTION & STRESSOR*		POSSIBLE EFFECTS OF MALFUNCTION
	1	**Glandular Zone - Balances** the chemical output of all the glands in the body. Thyroid gland, adrenals, pituitary, pancreas, mammary, sweat, testicles, ovaries, salivary and more. *Suppressed creativity, missing the sweetness of life.	CHEMISTRY	☐ chronic fatigue ☐ migraines ☐ bad acne ☐ low resistance ☐ mental fog ☐ hot flashes ☐ hyper or hypo thyroid ☐ diabetes ☐ poor memory ☐ infertility ☐ erectile dysfunction ☐ insomnia ☐ irregular periods ☐ prostate problems ☐ tonsillitis or adenoids ☐ fibromyalgia ☐ poor appetite ☐ auto-immune ☐ breast disease ☐ low metabolism
	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	☐ allergies/congestion ☐ sinus infections ☐ asthma ☐ COPD ☐ shortness of breath ☐ hives/rash ☐ psoriasis ☐ kidney stones ☐ bronchitis ☐ pneumonia ☐ sleep apnea ☐ sore throats ☐ bladder infections ☐ uti's ☐ diverticulitis ☐ constipation ☐ diarrhea ☐ hemorrhoids ☐ Crohn's
	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	☐ vision problem ☐ hearing loss ☐ tinnitus ☐ loss of smell ☐ concussion ☐ tremors ☐ anxiety ☐ panic attacks ☐ depression ☐ hormonal imbalances ☐ arm/hand tingling ☐ leg/foot tingling ☐ sciatica ☐ loss of coordination ☐ memory loss ☐ seizures ☐ weak immunity ☐ sleep disturbances
	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	☐ food sensitivities ☐ food allergies ☐ weight problems ☐ heartburn/reflux ☐ diabetes ☐ pancreatitis ☐ anemias ☐ gall stones ☐ jaundice ☐ hepatitis ☐ irritable bowel ☐ malabsorption ☐ ulcers ☐ gas/bloating ☐ stomach cramps ☐ low grade headaches ☐ vomiting
	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	☐ balance issues ☐ postural distortions ☐ scoliosis ☐ joint pain/stiffness ☐ arthritis ☐ inflammation ☐ spasms ☐ cramps ☐ neck pain ☐ back pain ☐ shoulder pain ☐ arm pain ☐ hip pain ☐ leg pain ☐ plantar fasciitis ☐ degenerative discs ☐ herniations ☐ stenosis ☐ curve loss ☐ Knee pain
	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	☐ high blood pressure ☐ low blood pressure ☐ arrhythmias ☐ palpitations ☐ migraines ☐ a-fib ☐ poor circulation ☐ angina ☐ heart attack ☐ edema ☐ pH imbalance ☐ tia's ☐ strokes ☐ cold hands ☐ cold feet ☐ vascular disease ☐ bruising ☐ bleeding ☐ poor wound healing ☐ lymph nodes

When all your Zones are <u>BALANCED</u>, your body will do whatever it takes to heal itself. If you have questions about Zone Technique and how it can help you heal, ask Dr. Kevin.