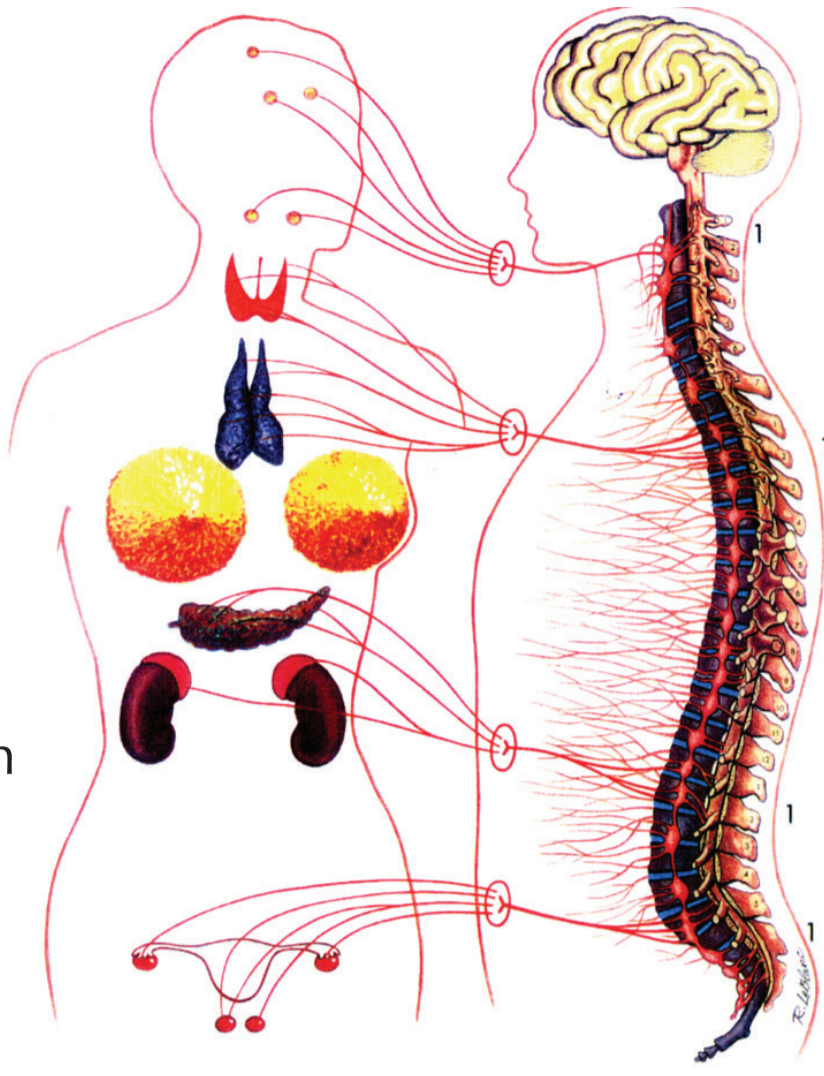


## ZONE 1 / GLANDULAR SYSTEM

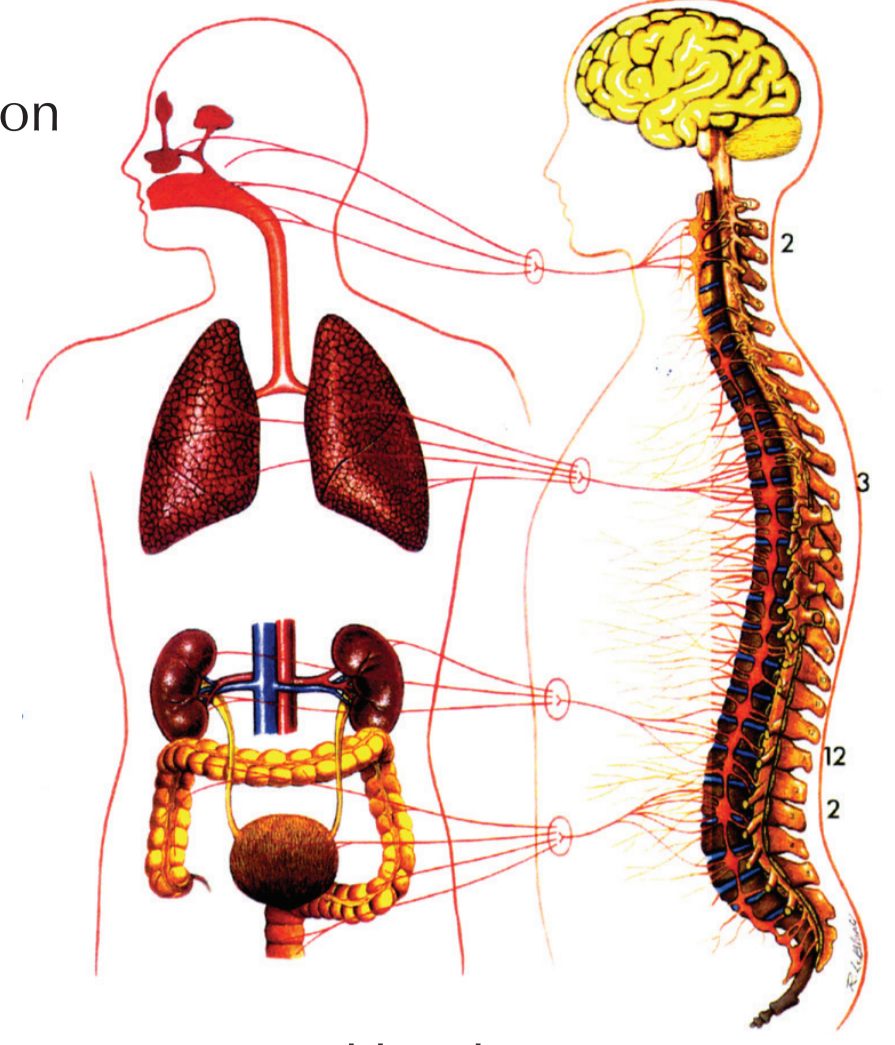
- Pineal gland
- Pituitary gland
- Memory
- Energy
- Skin & Hair
- Thyroid gland
- Adrenals
- Pancreas
- Liver
- Appetite regulation
- Sleep & Relaxation
- Elimination
- Kidneys
- Uterus & Ovaries
- Prostate & Gonads
- Immune system
- Hormonal system



Spinal levels:  
C1 T1 L1 S1

## ZONE 2 / ELIMINATIVE SYSTEM

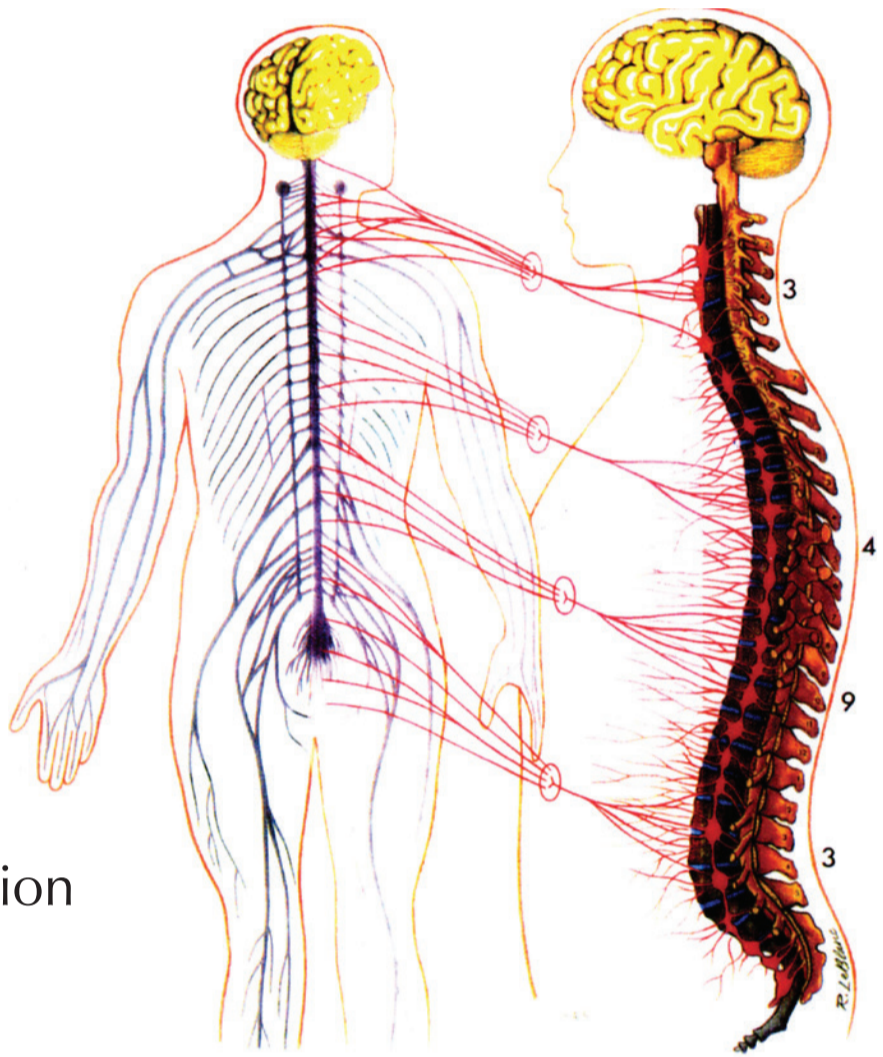
- Sinuses
- Mucus elimination
- Nasal passage
- Nose & Throat
- Bronchial tubes
- Lungs
- Kidneys
- Bladder
- Urination
- Small intestine
- Colon & Bowel
- Alkaline & Acid balance
- Skin
- Toxin elimination



Spinal levels:  
C2 T3 T12 L2

## ZONE 3 / NERVOUS SYSTEM

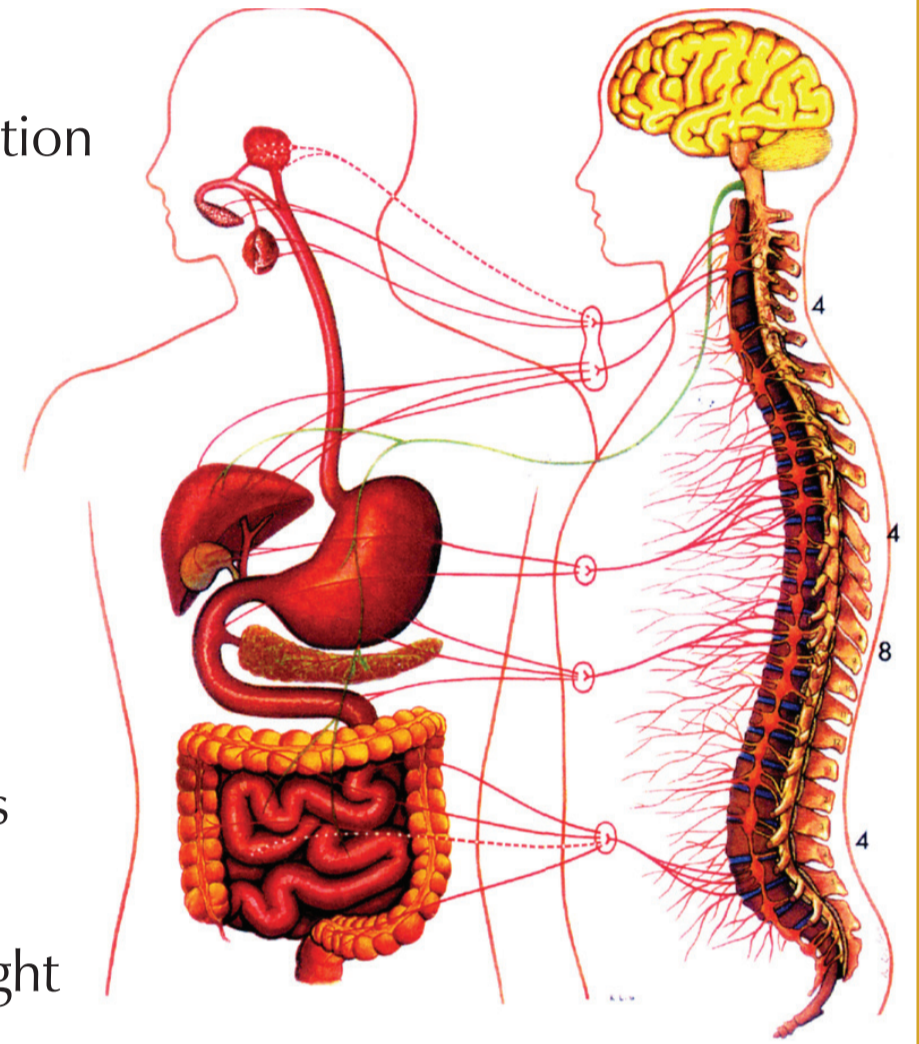
- Nervous system
- Eyes & Ears
- Sense organs
- Solar-plexus
- Digestion
- Mood
- Relaxation
- Sleep
- Reproductive Organs
- Appetite regulation
- Elimination
- Nerves
- Immune system
- Hormonal balance



Spinal levels:  
C3 T4 T9 L3

## ZONE 4 / DIGESTIVE SYSTEM

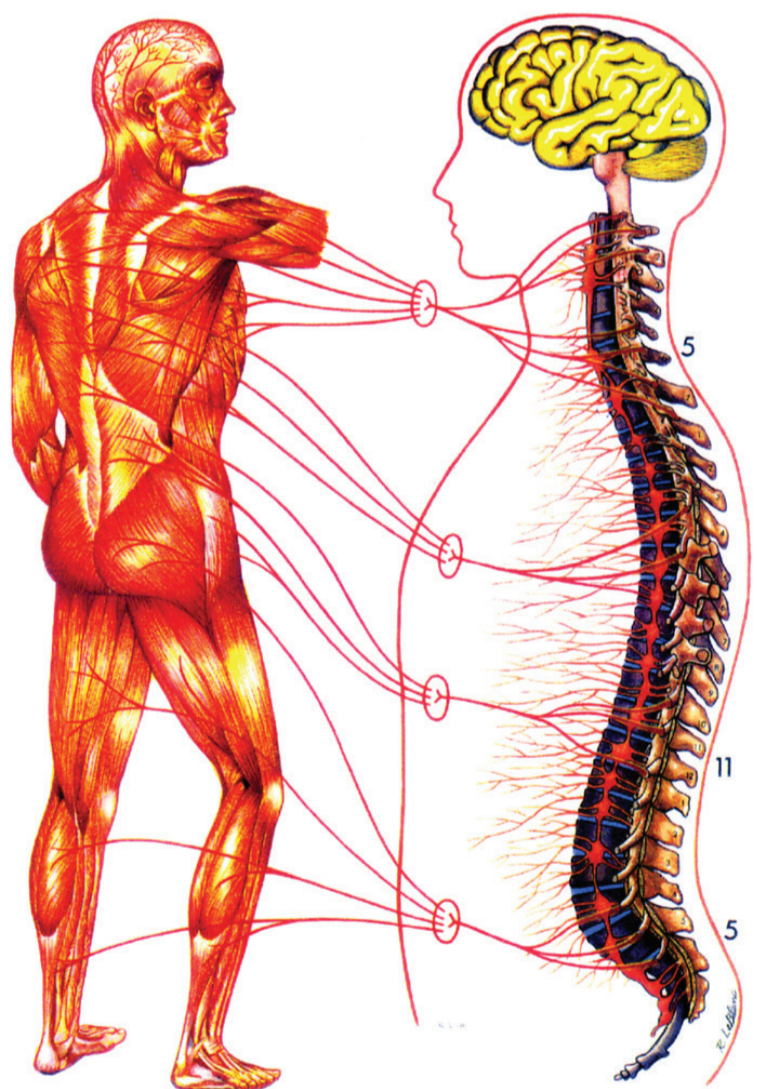
- Liver
- Appetite regulation
- Taste
- Salivary glands
- Digestion
- Gall Bladder
- Pancreas
- Elimination
- Bowels
- Stomach glands
- Intestines
- Normalize weight
- Energy
- Food assimilation
- Ability to digest foods that have upset you in the past



Spinal levels:  
C4 T4 T8 L4

## ZONE 5 / MUSCULAR SYSTEM

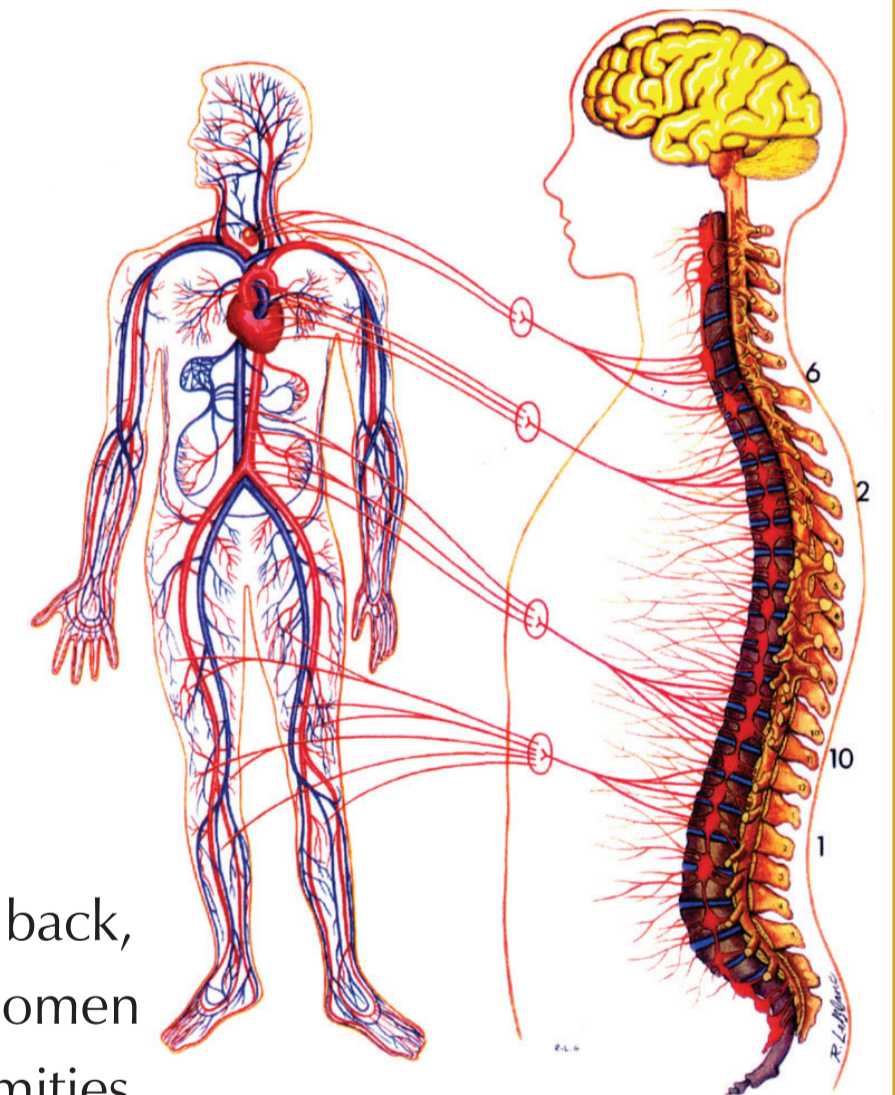
- Neck & Arm Muscles
- Movement
- Normal feeling
- Nerve life
- Chest, Abdomen & Back Muscles
- Spinal alignment
- Strength
- Suppleness
- Pelvic & Thigh Muscles
- Walking
- Equilibrium
- Relaxation
- Immune system



Spinal levels:  
C5 T5 T11 L5

## ZONE 6 / CIRCULATORY SYSTEM

- Thyroid gland
- Blood pressure
- Movement of limbs
- Heart
- Ease
- Strength
- Circulation
- Lymph vessels
- Relaxation
- Blood vessels of back, arms, chest, abdomen and lower extremities



Spinal levels:  
C6 T2 T10 L1

Every single cell in our body is in one of these six zones, balancing the zones are key for optimal healing and paramount to wellness



Optimal Care Wellness