



Sundardas
Naturopathic Clinic

THE 7 STATIONS OF VITAL FORCE



SPINAL LEVEL	NERVE SUPPLY	SYMPTOMS OF SPINAL BLOCKAGES	FEELS LIKE
Cranium STN 7	Head, Brain and Cranial Nerves	• Low Energy • Spaciness, Dizziness • Memory Issues & Brain Fog	You don't have enough life force or energy. You can feel disconnected and living life separate and alone.
C1-C2, The Upper Cervical Spine STN 6	Neck, Eyes, Ears, Nose And Sinuses	• Headaches, Migraines • Colds, Flu, Earaches, Tinnitus • TMJ, Sinus Problems • Sleep Disorders, Snoring • Learning Disorders	Your head is about to explode and that your thoughts are not in alignment with your body. You are busy with thinking and stuck in the future.
C3-C7, The Lower Cervical Spine STN 5	Neck, Shoulders, Arm, Throat and Thyroid	• Neck, Shoulder or Arm Pain • Sore Throats, Thyroid Issues • Swollen Glands • Food Sensitivities • Tiredness after Eating	You need to swallow your thoughts and ideas. May feel as though no-one listens and you cannot speak your truth.
T1-T12, The Thoracic Spine STN 4	Upper and Mid Back, Heart, Lungs, Gallbladder, Stomach, Pancreas, Spleen, Liver and Kidneys	• Breathing Issues, Asthma • Chest Pain, Heartburn • High or Low Blood Pressure • Gas, Burping • Trouble with Fatty Foods, Indigestion • Kidney and Bladder Problems	Taking the weight of the world on your shoulders. Feels like you try to protect or hide your heart. Rarely prioritising yourself.
L1 - L5 STN 3	Low Back, Colon, Prostate, Uterus	• Lower Back Pain • Disc Problems • Digestive and Reproductive Complaints	Disempowered and don't have enough drive to get through life, feel withdrawn
Sacrum STN 2	Pelvis, Groin, Hip, Leg, Knee, Ankle	• Lower Back Pain, Sciatica • Hip Issues, Groin Problems • Knee Pain	Being stuck in the past, can't move forward or make a decision. Overall feelings that you are unsupported.
Coccyx STN 1	Tail Bone, Toes	• Anxiety • Depression • Nervous System Issues • Neurological Disorders	Body is stuck in the fight: flight response and trying to survive rather than thrive. Can feel ungrounded, as though feet can't rest on the floor.