



TOP 50 Messages from the Body Index By Michael J. Lincoln, Ph.D.

A

ABDOMINAL PAIN

ADDICTIONS

ADRENAL DEPLETION

CUSHING'S DISEASE (Over-active adrenals)

ADRENAL PROBLEMS

ALLERGIES

ALZHEIMER'S DISEASE (Loss of memory and mental functioning capacity)

ASTHMA

B

BACK PROBLEMS

BLADDER PROBLEMS

CYSTITIS; INFLAMMATION OF THE BLADDER

BREAST PROBLEMS

BREAST CANCER

C

CANCER

CANDIDA (Systemic yeast infection)

CHRONIC FATIGUE SYNDROME; CHRONIC FATIGUE IMMUNE DYSFUNCTION SYNDROME;

C.F.I.D.S. (Exhaustion and irritability that can lead to gland problems, meningitis, and immune system breakdown)

CIRCULATION PROBLEMS

BAD CIRCULATION IN THE EXTREMITIES

COLON PROBLEMS (The "garbage disposal" of the digestive system)

COLON CANCER

COLITIS (Inflammation of the colon)

ILECTOMY (Removal of the colon)

INFLAMMATION OF THE COLON

MUCOUS IN THE COLON

D

DIABETES – TYPE I (Pancreatic problems and insufficient insulin production)

DIABETES -- TYPE II (Elevated insulin and insulin-resistance, with elevated glucose)

DIGESTIVE ENZYME PROBLEMS

DIGESTIVE SYSTEM PROBLEMS

E

EAR PROBLEMS

ECZEMA (Itchy rashes on skin)

EYE PROBLEMS

F

FIBROMYALGIA

FOOT PROBLEMS

G

H

HEADACHES

HEART PROBLEMS

HIP PROBLEMS

HYPER-THYROIDISM (Over-active thyroid gland)

HYPO-THYROIDISM (Insufficient secretion of the life-sustaining growth hormone)

I

J

JAW PROBLEMS

MALOCCLUSION (Dislocation of the lower jaw)

“OVERBITE” (Dislocated inward)

“UNDERBITE” (Dislocated outward)

TEMPORO-MANDIBULAR JOINT (“TMJ”) PROBLEMS

“TMJ” SYNDROME -- TEETH-GRINDING VERSION (Temporo-Mandible Joint)

“TMJ” SYNDROME -- TRAUMATIC VERSION (Temporo-Mandible Joint)

K

KIDNEY PROBLEMS (Inability to cleanse the blood of waste products)

KNEE PROBLEMS

L

LIVER PROBLEMS

LUNG PROBLEMS

LUPUS

LYMPHATIC VESSEL PROBLEMS

LYMPH SYSTEM PROBLEMS

M

MENOPAUSE PROBLEMS

MIGRAINE HEADACHE

MULTIPLE SCLEROSIS (Loss of nerve endings, resulting in weakness and incoordination, often leading to immobilization ultimately)

N

NECK PROBLEMS

O

OVERWEIGHT; OBESITY

ARMS

LEGS

THIGHS

BELLY

HIPS

P

PAIN

ACHING PAIN

BURNING PAIN

DULL PAIN

INTERMITTENT PAIN

SHARP PAIN

STABBING PAIN

STINGING PAIN

TROBBING PAIN

PROSTATE PROBLEMS

PROSTATE CANCER

PROLAPSED PROSTATE (Protruding into the bladder)

Q

R

RHEUMATOID ARTHRITIS (Connective tissue in the joints attacked by the immune system.)

RESPIRATORY FAILURE

RESPIRATORY PROBLEMS

S

SCOLIOSIS (Sideways curvature of the spine)

SHOULDER PROBLEMS

“FROZEN SHOULDERS”

SHOULDER TENSION

SPINAL DISC PROBLEMS

SKULL/FIRST CERVICAL DISC (Head/neck)

FIRST CERVICAL/SECOND CERVICAL DISC (Neck)

SECOND CERVICAL/THIRD CERVICAL DISC (Neck)

THIRD CERVICAL/FOURTH CERVICAL DISC (Neck)

FOURTH CERVICAL/FIFTH CERVICAL DISC (Neck)

FIFTH CERVICAL/SIXTH CERVICAL DISC (Neck)

SIXTH CERVICAL/SEVENTH CERVICAL DISC (Neck)

SEVENTH CERVICAL/FIRST THORACIC DISC (Upper back)

FIRST THORACIC/SECOND THORACIC DISC (Upper back)

SECOND THORACIC/THIRD THORACIC DISC (Upper back)

THIRD THORACIC/FOURTH THORACIC DISC (Upper back)

FOURTH THORACIC/FIFTH THORACIC DISC (Middle back)

FIFTH THORACIC/SIXTH THORACIC DISC (Middle back)

SIXTH THORACIC/SEVENTH THORACIC DISC (Middle back)

SEVENTH THORACIC/EIGHTH THORACIC DISC (Middle back)

EIGHTH THORACIC/NINTH THORACIC DISC (Middle back)

NINTH THORACIC/TENTH THORACIC DISC (Middle back)

TENTH THORACIC/ELEVENTH THORACIC DISC (Middle back)

ELEVENTH THORACIC/TWELTH THORACIC DISC (Middle back)

TWELTH THORACIC/FIRST LUMBAR DISC (Middle back)

FIRST LUMBAR/SECOND LUMBAR DISC (Lower back)

THIRD LUMBAR/FOURTH LUMBAR DISC (Lower back)

SECOND LUMBAR/THIRD LUMBAR DISC (Lower back)

FOURTH LUMBAR/FIFTH LUMBAR DISC (Lower back)

FIFTH LUMBAR/SACRUM DISC (Lower back)

SACRUM/COCCYX DISC (Pelvis/tail bone)

SLIPPED DISC (Ill-moved platelet between the vertebrae)

SPINE PROBLEMS

FIRST CERVICAL (Top of the Neck) **VERTEBRA** -- (The “Atlas”)

SECOND CERVICAL (Neck) **VERTEBRA** -- (The “Axis”)

THIRD CERVICAL VERTEBRA (Neck)

FOURTH CERVICAL VERTEBRA (Neck)

FIFTH CERVICAL VERTEBRA (Neck)

SIXTH CERVICAL VERTEBRA (Neck)

SEVENTH CERVICAL VERTEBRA (Neck)

FIRST THORACIC VERTEBRA (Upper Back)

SECOND THORACIC VERTEBRA (Upper Back)

THIRD THORACIC VERTEBRA (Upper Back)

FOURTH THORACIC VERTEBRA (Middle Back)

FIFTH THORACIC VERTEBRA (Middle Back)

SIXTH THORACIC VERTEBRA (Middle Back)

SEVENTH THORACIC VERTEBRA (Middle Back)

EIGHTH THORACIC VERTEBRA (Middle Back)

NINTH THORACIC VERTEBRA (Middle Back)

TENTH THORACIC VERTEBRA (Middle Back)

ELEVENTH THORACIC VERTEBRA (Middle Back)

TWELFTH THORACIC VERTEBRA (Middle Back)

FIRST LUMBAR VERTEBRA (Lower Back)

SECOND LUMBAR VERTEBRA (Lower Back)

THIRD LUMBAR VERTEBRA (Lower Back)

FOURTH LUMBAR VERTEBRA (Lower Back)

FIFTH LUMBAR VERTEBRA (Lower Back)

SACRUM PROBLEMS (Spinal Cord/Pelvis Connection)

COCCYX PROBLEMS (“Tail Bone”)

ANKYLOSING SPONDYLITIS (Debilitating disease caused by stiffening of the spine)

EXOSTOSIS (Nerve irritation caused by over-growth of bone on the spine)

SPINAL FUSION (Spinal vertebrae grow together, causing stiffening of the spine. Or it has been done surgically as a desperate measure.)

SPINE “POPPING”

STENOSIS (Narrowing of the spinal column, due to calcium deposits)

VERTEBRAL SUBLUXATION (Displaced vertebra)

GASTRO-ENTERITIS (Inflammation of the stomach and intestinal lining)

GASTRITIS (Irritation of the stomach lining)

STOMACH PROBLEMS (Assimilation preparation)

STOMACH CANCER

T

THYROID PROBLEMS (Neck gland that secretes life-vital substances)

U

ULCERS

V

W

X

Y

Z