

CHAKRAS AND YOUR HEALTH

CHAKRA	BODY PARTS	POTENTIAL HEALTH PROBLEMS
ROOT	Pelvis, legs, ankles, feet, hips, rectum, immune system	Sciatica, varicose veins, pelvic pain, rectal tumors, hemorrhoids, problems with hips, knees, ankles, feet
SACRAL	Sexual organs, large intestine, kidney, bladder, appendix, lower spine	Lower back pain, gynecological problems, pre-menstrual tension, infertility, impotence, prostate cancer, bladder infections, appendicitis, kidney stones
SOLAR PLEXUS	Stomach, liver, spleen, gallbladder, pancreas, small intestines, middle spine	Ulcers, colon cancer, diabetes, indigestion, eating disorders, hepatitis, gallstones, constipation, diarrhea
HEART	Heart and circulatory system, ribs, chest, lungs, shoulders, arms, breasts, upper spine	High blood pressure, heart disease, bronchitis, asthma, pneumonia, shoulder problems, breast cancer
THROAT	Throat, neck, mouth, teeth, gums, jaw, thyroid, neck vertebrae, esophagus	Sore throat, laryngitis, frequent colds, gum disease, dental problems, thyroid problems, swollen glands, stiff neck
BROW	Brain, central nervous system, eyes, ears, nose, sinuses, pituitary gland, pineal gland	Epilepsy, eye problems, sinus infection, headaches, migraine, stroke, deafness, insomnia, nightmares
CROWN	Conditions affecting whole body systems: skeletal system, muscular system, skin, neurological system	Chronic exhaustion not linked to a physical disease, skin diseases, environmental illness, neurosis, mental illness

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