

Where and Why to Use Tuning Forks on the Spine

Vertebrae	Tuning Fork	Body Function	Symptoms	Chakra	Musical Note
C1	Earth Tuner / Otto 128 / Otto 48	Blood Supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness	3rd Eye	A
C2	Earth Tuner / Otto 128 / Otto 48	Eyes, optic nerves, auditory system, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, eye pain, earache, fainting spells, certain causes of blindness, crossed eyes, deafness	3rd Eye	A
C3	Earth Tuner / Otto 128 / Otto 48	Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne, eczema	3rd Eye	A
C4	Earth Tuner / Otto 128 / Otto 48	Nose, lips, mouth, eustachian tube	Hay fever, runny nose, hearing loss, adenoids	Throat	G
C5	Otto 48	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions	Throat	G
C6	Otto 128 / Otto 48	Neck muscles, shoulders, elbows	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup	Throat	G
C7	Otto 128 / Otto 48	Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions	Heart / Throat	F/G
T1	Otto 128 / Otto 48	Arms from elbows down, esophagus, trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and legs	Root / Heart	C/F
T2	Otto 128 / Otto 48	Heart including valves and coronary arteries	Functional heart conditions and certain chest conditions	Heart	F
T3	Otto 128 / Otto 48	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza	Heart	F
T4	Otto 128	Gallbladder, common duct	Gallbladder conditions, jaundice, shingles	Solar Plexus	E
T5	Otto 128	Liver, solar plexus, circulation	Liver conditions, fevers, blood pressure, poor circulation, arthritis	Solar Plexus	E
T6	Otto 128	Stomach	Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia	Solar Plexus	E

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T7	Otto 128	Pancreas, duodenum	Ulcers, gastritis	Solar Plexus	E
T8	Otto 128	Spleen	Immune system	Sacral	D
T9	Otto 128	Adrenal and suprarenal glands	Allergies, hives	Root	C
T10	Otto 128	Kidneys	Kidney troubles, hardening of arteries, chronic tiredness, nephritis, pyelitis	Sacral	D
T11	Otto 128	Kidneys, ureters	Skin conditions	Sacral	D
T12	Otto 128 / Otto 48	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility	Sacral / Solar Plexus	D/E
L1	Otto 128 / Otto 48	Large Intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias	Solar Plexus	E
L2	Otto 128 / Otto 64	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins	Root	C
L3	Otto 128 / Otto 64	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains	Root / Sacral	C/D
L4	Otto 128 / Otto 64	Prostate gland, muscles of lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or frequent urination, backaches	Root	C
L5	Otto 128 / Otto 64 / Otto 48 / Otto 32	Lower legs, ankles, feet	Poor circulation in the legs, swollen or weak ankles or arches, cold feet	Root	C
Sacrum	Otto 64 / Otto 48	Hip bones, buttocks	Sacroiliac conditions, spinal curvatures	Root	C
Coccyx	Otto 64 / Otto 48	Rectum, anus	Hemorrhoids, itching, pain at the end of the spine on sitting	Root	C