

**Would you like to know what
your fingernails say about
your health?**

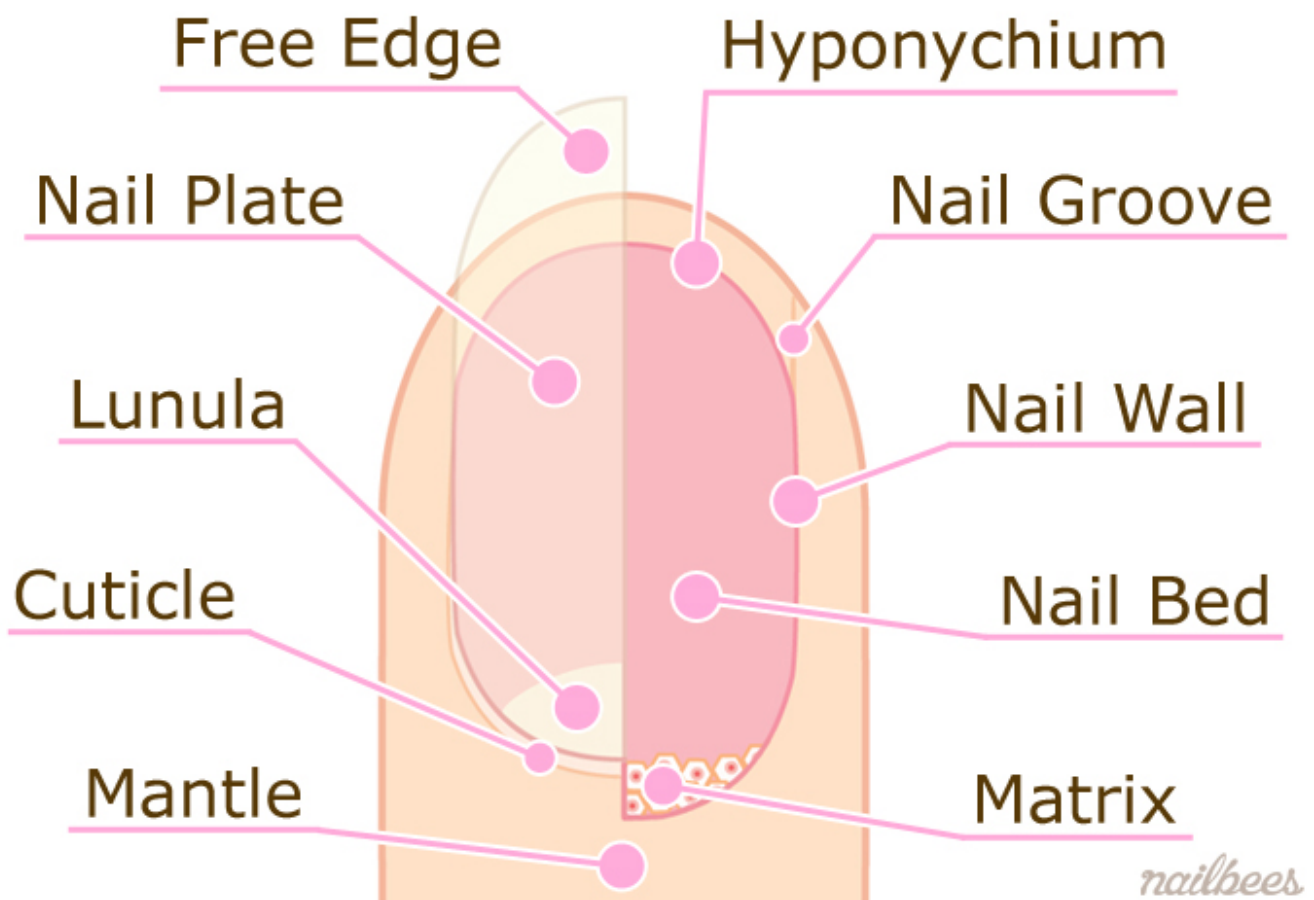


Fingernails

Hello it is week 195 and here we are sharing information about Fingernails, I learned over 30 years ago the importance of assessing are wellbeing through checking the appearance of our fingernails. it is amazing how much you can tell by just learning what the signs are. We are not diagnosing by any means, we are going to leave that to your Health provider, our

intention is to share history, facts and information from sources with integrity. We provide you with links and videos for you to research and gather yourselves with what serves you and family. We wish to thank you for your amazing support and your likes and shares, it is our fuel, we wish you Love and health, and ideal abundance finds you and yours.

Fingernail Structure



from: http://www.naildoctors.com/nail_anatomy.html

The structure of the nail is divided into six specific parts – the root, nail bed, nail plate, eponychium (cuticle), perionychium, and hyponychium. Each one of these structures has an specific function, and when is disrupted it can result in an abnormal appearing fingernail or a permanent damage structure.

Nail Root

The root of the fingernail is also known as the germinal matrix. This portion of the nail is actually beneath the skin behind the fingernail and extends several millimeters into the finger itself. The fingernail root produces most of the volume of the nail and the nail bed.

Nail Plate

This is the visible part of the nail that sits on top of the nail bed. It is made by Keratinisation; the transformation of living cells to hard, dead cells, and it consists of carbon, hydrogen, oxygen, sulfur and nitrogen.

Nail Folds

This is the skin that frames each of your nails on three sides.

Nail Bed

Your nail bed is the skin beneath the nail plate.

Cuticle

The cuticle of the fingernail is also called the eponychium. The cuticle is situated between the skin of the finger and the nail plate fusing these structures together and providing a waterproof barrier. Your cuticle tissue overlaps your nail plate at the base of your nail.

Lunula

The half moon shaped point where the matrix and nail bed meet.

Perionychium

The perionychium is the skin that overlies the nail plate on its sides. It is also known as the paronychial edge. The perionychium is the site of hangnails, ingrown nails, and an infection of the skin called paronychia.

Hyponychium

The hyponychium is the area between the nail plate and the fingertip. It is the junction between the free edge of the

nail and the skin of the fingertip, also providing a waterproof barrier.

Healthy Nails



Nutritional Causes of Weak Fingernails

from:

<http://www.livestrong.com/article/546022-nutritional-causes-of-weak-fingernails/>

Here again a balanced diet will provide all the nutrients

needed for strong healthy fingernails. When is Shortages of important vitamins and minerals or a lack of protein it could interfere with nail growth, but your fingernails also reflect your general state of health. Keratin, the same protein that forms the beaks of birds and the horns of animals, forms in layers at the root of the nail. Severe illness or a shock to the nails can interrupt keratin formation, and chronic disease can change fingernail shape, color and thickness permanently.

Nutrition

When you eat a variety of healthy foods daily, you can avoid the shortages of iron, calcium and other important vitamins and minerals that affect the health of your fingernails and hair. Including fresh fruits and vegetables in your diet, along with whole grains and proteins, provides a steady supply of critical nutrients. If you rely on only a few types of food or eat mainly processed foods and refined starches, you could lack important keratin-building blocks to say the least. Dry, brittle nails can result for most part from dietary problems, but many types of chronic illness also affect the appearance of your nails. Improper nail care could also cause brittle, splitting nails, dry and lifeless looking nails.

Biotin

According to: <https://en.wikipedia.org/wiki/Biotin>

Biotin is necessary for cell growth, the production of fatty acids, and the metabolism of fats and [amino acids](#).

It may also be helpful in maintaining a steady [blood sugar](#) level.^[4] Biotin is often recommended as a [dietary supplement](#) for strengthening hair and nails, Biotin is important in [fatty acid synthesis](#), branched-chain [amino acid catabolism](#), and [gluconeogenesis](#).

Biotin is consumed from a wide range of food sources in the

diet, but few are particularly rich sources. Foods with a relatively high biotin content include [peanuts](#), [Swiss chard](#) and other leafy green vegetables, [raw egg yolk](#) (however, the consumption of [avidin](#)-containing [egg whites](#) with egg yolks minimizes the effectiveness of egg yolk's biotin in one's body), [liver](#), and [Saskatoon berries](#)

Biotin is also called vitamin H (the H represents *Haar und Haut*, German words for “hair and skin”) or vitamin B₇

According

to: https://en.wikipedia.org/wiki/Biotin#cite_note-30

Toxicity

Studies have indicated few, if any, effects due to very unusual high level doses of biotin. This may provide evidence that both animals and humans could tolerate doses of at least an order of magnitude greater than each of their nutritional requirements. There are no reported cases of adverse effects from receiving high doses of the vitamin, in particular, when used in the treatment of metabolic disorders causing seborrheic [dermatitis](#) in infants or adults, excess biotin accumulation can inhibit endogenous sirt activity leading to increased inflammation, cellularity, and collagen deposition and may be partly responsible for age related metabolic problems. Reversed by calorie restriction in mice. ^[30]

You need about 30 micrograms of biotin, or vitamin H, every day in order to process other nutrients you receive in food. Few people develop biotin deficiency, since many foods such as egg yolks, brewer's yeast, nuts, beans and sardines contain biotin. A healthy diet provides about 60 micrograms daily. Highly-processed foods contain much less biotin if any, than whole grains and other natural food products. If genetic problems cause your brittle nails, your Health provider may

prescribe biotin supplements to compensate. High doses of biotin could interfere with absorption of pantothenic acid, or vitamin B-5. so is best to check with health provider if you have any doubts and maintain that delicate valance.

Iron

Make sure you get enough iron in your diet to keep your nails healthy. Low iron levels soften your nail plate, which means that doing common everyday activities can make your nails collapse inward. However, you might just notice a depression in the thumbnail of your dominant hand, explains Harvard University. In severe cases, nails can take on a spoon-like appearance. According to the Institute of Medicine, women need 18 milligrams of iron daily while men need 8 grams. Animal-based foods, such as oysters, provide considerable amounts of iron, while raisins, raisin bran cereal, lentils, kidney beans and tofu are plant-based sources of iron.

Zinc and Calcium

This essential mineral zinc and calcium also play a role in your nail health. Zinc deficiency causes your nails to develop little white spots, while calcium deficiency leads to nail ridges. These deficiencies also cause other health problems. Low zinc levels, for example, dampen your senses of taste and smell, while calcium deficiency negatively affects your bone density, nervous system and many other consequences. Consume 1,000 milligrams of calcium daily by incorporating foods such as dairy products, tofu, rhubarb and white beans into your diet. Shellfish, dairy products and nuts all contain zinc. Men need 11 milligrams per day while women need 8 milligrams per day.

Selenium

In many cases, nail abnormalities can signal that you're getting too much of a nutrient. Too much selenium, for example, causes brittle nails and can even cause nail loss in some cases. In other cases, selenium toxicity could possibly make your nails look thick and deformed. It's good to be aware of Brazilian nuts, a single ounce, which is approximately 6 nuts, contains 544 micrograms of selenium, which is more than the intake limit of 400 micrograms daily set by the Institute of Medicine. Consume Brazil nuts as an occasional treat to prevent selenium toxicity. If you already suffer from nail abnormalities, seek Health prevention assistance.

Malnourishment

Even temporary malnutrition may weaken your nails and affect their appearance for months. Healthy nails show parallel ridges running along the length of the nail. Deep horizontal flaws called Beau's lines form because of an interruption in nail nourishment. If you don't eat enough quality foods or if your food lacks any single vitamin, nail growth slows. Returning to a proper diet restores growth to normal, leaving a horizontal groove in your nail.

Protein Deficiency

Protein deficiency could affect anyone severely on an overall wellness by restricting total food intake or food variety we can cause many setbacks in our health. Diets providing only a few plant-based foods contain incomplete proteins lacking some

of the amino acids you need to build new tissue. If you're vegan, you need a variety of plant foods including whole grains, vegetables and legumes every day to ensure consumption of a full range of amino acids and don't forget to include healthy fats and vegan gelatin. Protein quantity also affects nail strength. If you weigh 150 pounds, you need about 60 grams of complete protein every day to maintain body tissues. Most American diets provide more, but starvation diets cause thinner fingernails along with many other serious health problems.

Foods that strengthen nails

from:

<http://food.allwomenstalk.com/foods-that-strengthen-your-nails-and-how-to-add-them-to-your-diet>

Fish



Fish has been known to be absolutely one of the best foods that strengthen your nails. First, it's full of lean, easy to

assimilate protein and it can be used immediately for your body, exactly how it wants to use it. Protein helps feed collagen and keratin in your skin, hair and nails. Fish is one of the most beauty friendly sources of animal protein you can eat as well. Choose salmon, white fish, shrimp and crab for the best benefits, and eat it at least three times a week. Avoid high mercury sources like some sushi like Tuna, mackerel and swordfish, which can actually weaken your nails, bones etc, not strengthen them. Bake, broil or grill fish and add it to your lunches, dinners and substitute other sources of meat with fish. In no time, you'll be looking great and your nails will be growing quickly too.

Spirulina



Spirulina has over 800% of your daily beta-carotene intake, which is a form of Vitamin A. It's also a rich sources of biotin, B vitamins, magnesium, chlorophyll and rich in protein. Spirulina can easily be added to smoothies, soups or into homemade energy balls or bars. I like the Nutrex brand for the mildest taste and highest quality. Spirulina is also a wonderful source of iron, and contains more iron per teaspoon than meat. Spirulina is a great resource of vital health supplements for Vegan people, seaweed in general is a great source of elastin and collagen maker.

Almonds



Almonds are a fantastic source of magnesium, zinc, protein, manganese and copper, which are all important to nail health. Almonds are also very high in selenium and biotin, which are two minerals your nails literally crave. Choose raw over roasted almonds so you get the most benefits, and add them as a topping on smoothies, yogurt or oatmeal. You can also pair some raw almond butter with some celery, whole grain crackers or use it to make homemade energy bars. Almonds will have your skin, hair and nails looking better in no time!

Word of caution: So we are mimicking nature when we soak our nuts, grains and seeds. Nutritional inhibitors and toxic substances found in nuts grains and seed can be

minimized or eliminated by soaking specially if you add a sheet of Combu seaweed to the water. These inhibitors and toxic substances are enzyme inhibitors, phytates (phytic acid), polyphenols (tannins), and goitrogens.

The major defense mechanism in nuts is phytic acid. When something that contains phytic acid is eaten, the acid binds to minerals like zinc, iron, magnesium, calcium, chromium, and manganese in the gastrointestinal tract, which inhibits our digestive systems' ability to break the nut down properly which in this case or any case it would defeat the purpose of helping our bodies in getting the proper amount of nutrients need it and on top taxing the body's ability to try to deal with the invader phytic acid.

But, no worries, phytic acid can be removed! All you need to do to deactivate this acid is to give your nuts a good soak!

SOAKING STEPS

1. Add nuts to a sanitized glass jar.
2. Fill the jar with filtered water, being sure to cover the nuts make sure you use a good water source.
3. Soak the nuts for the different times outlined on the soaking chart below.
4. When soaking is completed, discard the soak water and give the nuts a good rinse again use a good source of water.
5. You can either: refrigerate and consume within 24 hours, OR dry in a [dehydrator](#) and store in the fridge for 2 weeks OR freeze for up to 2 months make sure if you freeze them to place them in a container that protects them from freezer burn.

Is great food dehydrators in the market and right now is a great time to use one to have great goodies for the fall and

winter.

SOAKING AND DEHYDRATING TIMES

- **Almonds:** soak for 12 hours, dehydrate for 15 hours
- **Brazil nuts:** soak for 12 hours, dehydrate for 18 hours
- **Cashews:** soak for 6 hours, dehydrate for 15 hours
- **Hazelnuts:** soak for 8 hours, dehydrate for 12 hours
- **Macadamia nuts:** soak for 4 hours, dehydrate for 12 hours
- **Pecans:** soak for 8 hours, dehydrate for 12 hours
- **Pine nut:** soak for 8 hours, dehydrate for 12 hours
- **Walnuts:** soak for 8 hours, dehydrate for 12 hours

Enjoy with the family members a great food moment play squirrel and save for the coming months great foods that not only create family fun but at the same time is a great source of nutrition.

Hemp Seeds



Hemp seeds are one of my personal little nutrition and beauty secrets, love their properties. If you're not already indulging in this heart healthy, beautifying seed, I suggest you start! Hemp seeds are not only high in omega 3 fats, and contain all essential amino acids there are a lot to them. Hemp seeds are also rich in protein, which feeds your hair, skin and nails. When it comes to nail health, they also contain biotin, selenium, manganese and, once again, protein. If you think about it all of these nutrients make hemp a great tool to increase value to your health, along with helping your nails grow and stay strong. I suggest using 1 tablespoon of hemp seeds in smoothies, yogurt, oatmeal or using them in homemade energy bars or bites. They're incredibly easy to use, and so fantastic for your body. You can use them as a replacement wherever you would use nuts in a recipe as well. Another great source for Vegan people.

Eggs



Eggs are one of the best sources of biotin you can consume, and one of the most nutrient dense animal foods you can eat. The key to eating eggs the right way is to eat free range or non GMO grains, certified humane eggs not fed a diet high in soy or corn, and that haven't been given hormones or fed inorganic feeds high in pesticides, you can find many sources of great eggs in Farmers markets. Always make sure to ask

their source. They're also richer in body-friendly protein, Vitamin D and natural sources of healthy fats instead of fats from their food. They're higher in Vitamins E, omega 3 fats and minerals like selenium, biotin and iron. Add eggs to your diet and your nails will thank you big time! You can eat them in any form or fashion, but my personal favorite is baking with them. I also suggest egg whites for many of the same benefits.

Yogurt



Yogurt is wonderful for your nails. As long as you choose a high protein yogurt, preferably no sugar, you can always use honey, like plain, unsweetened Greek yogurt, Goat or Sheep kind, it is truly a miracle food for your nails. Yogurt's high protein content isn't all it has going for it. Yogurt is also rich in biotin, iron, magnesium, potassium, calcium and Vitamin D. Calcium is another mineral very important for your nail health remember?. It helps strengthen your nails, hair and bones, and prevents breakage in all three areas. We all know yogurt is easy to enjoy in many ways. I like organic

Greek yogurt, as well as hormone-free, non GMO varieties for the best nutrition possible. You are the selection of the yogurt you prefer and I encourage you to make your own, is a lot of fun, I grew up with the home made kind and it was a family affair I still remember it, the great feeling!!!

Leafy Greens



Leafy greens are possibly one of the top foods of all for your nails. They contain raw, easy to assimilate nutrients that feed your hair, nails and skin. Leafy greens contain

magnesium, copper, zinc, protein, Vitamins A and E, along with biotin and other B vitamins. You can add them to whatever you can, whenever you can including sandwiches . I like to stir them in soups, add them to smoothies, eat salads on a regular occasion, you can make really easy chips, along with toss them into omelets or pair them steamed with fish for dinner, eggs in the morning and you get a double whammy with the two combined foods.

Kale Chips recipe



Vegan Kale Chips

Serves 2 to 4 as a snack

3/4 cup cashews

1 bunch kale, washed and pat dried

1 clove garlic, peeled

2 tablespoons soy sauce or Tamari sauce or a similar sauce of your like

2 tablespoons Organic cold pressed vegetable or olive oil

1/3 cup nutritional yeast (not to be confused with brewer's yeast)

1 lemon, juiced

Start by Cover the cashews with water in a small bowl and let them soak for 6 hours before using.

Preheat oven to the lowest heat setting. Line several baking sheets with parchment paper. Drain cashews and set aside. Trim stems from each kale leaf and cut each leaf into chip-sized pieces.

Combine the cashews, garlic, soy sauce, oil, nutritional yeast, and lemon juice in a food processor or a blender. Blend until smooth.

In a large bowl, combine kale and cashew paste, stir until all pieces of kale are evenly coated. Place kale pieces on baking sheets, allowing space between each piece so they do not touch or overlap so they don't stick together. If you have leftover kale that doesn't quite fit on the baking sheets, refrigerate it, covered, until first batch has finished baking and then bake a second batch and so on.

Bake the kale until crisp and completely dry, between 2 and 3 hours the baking time depends on the oven you use so I recommend checking them for crispiness. Check after the first

hour and turn leaves over. Chips will be ready when crunchy and stiff and topping is dry and doesn't feel chewy or moist.

Sweet Potatoes



Sweet potatoes are one of the best sources of Vitamin A in the form of beta-carotene. This important antioxidant is one of the best you can eat for your nails for so many reasons. Beta-carotene strengthens both collagen and elastin in the skin and nails. It also reduces the stress that can cause breakage from inflammation. In terms of growth, it acts as food for your

hair, nails and skin. Sweet potatoes are the richest vegetable source of beta-carotene you can eat, but carrots, squash, cantaloupe and leafy greens are all top sources too among a few others, right now we are talking about sweet potatoes.

Walnuts



Walnuts have more omega 3s than any nut, they have protein and fiber and they're rich in magnesium, melatonin, zinc, copper,

manganese, potassium and biotin as well. Walnuts help your nails grow and stay strong due to this powerful nutritional makeup. Their bonus, is that walnuts reduce your appetite and help stabilize your blood sugar. I like adding them to smoothies, yogurt or just eating a few when I get a sweet tooth. They also help clear the skin, reduce inflammation in the body and improve nail appearance in just a week. Don't forget to soak them before consumption.

Sunflower Seeds



Sunflower seeds are another choice of wonderful nut-free

source of protein, zinc, copper, magnesium, biotin and Vitamin E. All of these nutrients help feed your nails and help them stay strong They are huge source of calcium as well. Try sprinkling sunflower seeds on salads, on yogurt, oatmeal, on smoothies or just eating some in a delicious raw trail mix. You might try using plain, unsalted sunflower butter for a different treat and a good replacement or a variation from Peanut butter as well. It has almost an identical taste, but is more tolerable to those that don't tolerate peanuts. Great source of food again for Vegans and Vegetarians.

Tahini /tɑ:'hi:ni/ (also tahina /tɑ:'hi:nə/; Arabic: **طحينة**) is an oily **paste** made from toasted ground hulled sesame seeds used in North African, Greek, Iranian, Turkish, and Middle Eastern cuisine. **Tahini** is served as a dip on its own or as a major component of hummus, baba ghanoush, and halva.

Thiamin

Consume tahini to boost your thiamin intake. Each serving provides 16 percent of the daily suggested intake of this vitamin, also known as vitamin B-1. The thiamin in tahini influences your nervous system, muscles and digestion.

Phosphorus

Tahini provides 12 percent of the phosphorus you require daily in each serving in one serving (1 teaspoon). This mineral is important for the strength of your bones and teeth. You also need it to remove waste from your kidneys WOW what a great way to do this function. Boosting your intake of phosphorus by eating tahini is a good choice if you take certain antacids and diuretics that leach phosphorus from your body, how about that!!.

Copper

You need only small amounts of copper in your diet each day, and tahini can help you meet those nutritional needs. This mineral helps keep your blood vessels and bones healthy among other very important functions. You also need it to produce red blood cells, which influences the amount of energy you have for your daily activities. and to be able to think clearly too.

Pumpkin Seeds



Pumpkin seeds are another fabulous source of the same nutrients that sunflower seeds contain, but they contain a bit more magnesium. Aside from hemp seeds, they are the most chlorophyll rich nut, making them more alkaline and less acidic on your body. I personally Love pumpkin seeds, and their high tryptophan content makes them a rich source of one of the most essential amino acids to your health. Tryptophan reduces stress in the body, and stress in any form can actually weaken your nails, along with making your hair fall out and give you breakouts, it will help traduce the damage hat stress causes in your system. Eating tryptophan rich foods is a great way to prevent that through your diet.And Pumpkin

Seeds are known to rid you of PARASITES !!! how about that your Pets can consume as well.

Chia Seeds



Chia seeds are a fabulous source of nutrients for every single part of your body, but since we're talking about nail health here, it's all about the calcium, protein, B vitamins and zinc. Chia is packed full of these nutrients, which keep your hair, nails and skin looking their best around the clock. Eating chia seeds in yogurts, oatmeal, smoothies, protein bars, homemade energy bars or whatever else you want is a great way to increase your nutrition, along with improve your nail health quickly. I personally love them sprinkled on top

of yogurts and smoothies. Their crunchy texture is so fun and satisfying, try not to buy them in a powder forms because theirs from it can rancid easy, if you like them ground them is a coffee grinder and it works great.

Oats



Oats are one of the best whole grains to eat for your hair, skin and nails. They're naturally anti-inflammatory, and they contain so many B vitamins, including biotin, the most important B vitamin for your nails of all. Since oats digest very slowly, they also reduce insulin surges in your body. When insulin surges in the body, it causes your blood sugar to

make you stressed. This in turn weakens your hair and nails, along with increases breakouts. Oats can be eaten daily as a delicious breakfast, used in smoothies or even made into homemade energy bars or granola bars and included on how made bread, stuffing for the holidays and so much more. Is preferable not to add sugar to your oats, or you defeat the entire purpose of eating them for nail and blood sugar benefits, honey is a predigested sugar and it doesn't have the negative side effects of the sugar. If you don't like oats, quinoa is a great replacement, as it's high in protein and also rich in vitamins and minerals that strengthen your nails. and contribute to a great deal of benefits for your health.

9 Home Remedies For Weak And Brittle Nails!

from:

<http://youqueen.com/beauty/natural-solutions-10-home-remedies-for-weak-and-brittle-nails/>

#1 Daily Olive Oil Soak



There is no end to the benefits of good ol' olive oil. It's truly one of the most versatile products and one which is likely to be sitting in your kitchen right now. Not only is it well known for its ability to both lower cholesterol and effectively moisturise the skin and hair but it is also highly penetrating, repairing and ultimately strengthening your nails! Amazing antioxidant at the same time. Simply soak your nails in extra virgin olive oil for 10 minutes a day and magic will happen. Wrap the soaked nails in a cotton pad and sit, read or watch your favorite past time.

Olive oil has a long history of being used as a home remedy for skincare. Egyptians used it alongside beeswax as a cleanser, moisturizer, and antibacterial agent since pharaonic times. In ancient Greece, the substance was used during massage, to prevent sports injuries, relieve muscle fatigue, and eliminate lactic acid buildup. In 2000, Japan was the top importer of olive oil in Asia (13,000 tons annually) because consumers there believe both the ingestion and topical application of olive oil to be good for skin and health and the has a long history of benefits.

However, one study noted that [squalene](#), which is in olive oil, may contribute to relief of [seborrheic dermatitis](#), [acne](#), [psoriasis](#) or [atopic dermatitis](#).^[73]

Three major antioxidants are found in Olive Oil: vitamin E, polyphenols, and phytosterols. [Antioxidants](#), when topically applied, they are an aid and protect the skin from premature skin deterioration. Vitamin E partly accounts for the anti-aging benefits of olive oil because it helps restore skin softness and protects it against ultraviolet light. Hydroxytyrosol, a rather rare compound found in olive oil, also prevents free radical damage to the skin and over all protection of are health.

#2 Weekly Hot Oil And Lemon Treatment



Olive oil comes either Cold pressed or hot pressed, organic and Virgin, mixed it with fresh lemon juice to create a nourishing weekly nail treatment! You can also use it for your hair is a great conditioner that will give you highlights on your hair naturally when you expose the mixture to sunlight.

Mix the olive oil with a few drops of FRESH lemon juice – fresh is always best. Dip cotton or a cotton pad in the mixture, place it on the nail and secure with a piece of Seran Wrap to keep the cotton in place. Leave it on for 10 minutes or maybe as long as a TV show or a chapter of your favorite

book, the longer the better and remove with warm cotton pad only the excess the rest you can rub on your hands as a conditioner. You'll notice your nails will look and feel healthier, not to mention wonderfully shiny! Plus the lemon juice will get rid of any yellow tinge caused by overuse of nail polish! Is great way to treat your nails now that fall is here and to let the nails rest from Nail Polish , Nails are meant to BREATHE and are connected deeply with are internal system and Nail polishes coat the nails with basically a form of PLASTIC !!! no so good to have on an everyday basis.

#3 Fortifying Sea Salt Soak



Sea salt is commonly used in the bath as its well known for its healing and rejuvenating properties so you may just have some on hand in your bathroom! We prefer either kosher salt, Hymalayan salt witch has an incredible amount of minerals, Keltic Salt is another incredible source of salt. http://healthfree.com/celtic_sea_salt.html Simply mix 4 teaspoons of sea salt with some warm water (as well as a few drops of wheat germ oil if you have it if not you can get it on the internet Amazon has it) and soak your nails for 10 minutes. You'll soon begin to notice they look and feel lot healthier as well as considerably stronger, you will love it!

#4 Strengthening Milk Bath



Why not immerse your nails in a bath of calcium by submerging them in a bowl of warm milk for around 5 minutes or more,?
And lets use whole milk and preferably organic, I love to use Goat milk as well, it is very rich in vitamins and not to

mention the anti-fungal properties and if you combine the Goat milk with Coconut oil is a double benefit Coconut oil is anti-fungal anti bacterial not to mention the conditioning properties, more on Coconut oil in another post. You'll find your nails will be far less likely to peel or split, not to mention they will look whiter! You can even try mixing in egg yolks and let the added protein really toughen your nails up! How about that.

#5 Tea Tree Oil Drops



Tea tree oil is another versatile ingredient used for everything from clearing up acne to treating chicken pox! It's an effective antiseptic and a fabulous moisturizer so apply a few drops to your nails a few times a week to aid the damage from previous cracks and condition your cuticles at the same time! Is a great treat for Athlete foot and any other fungus or bacteria I love the smell of it.

#6 Treat From The Inside



Despite all these nourishing topical treatments, you can also make a big difference to the strength of your nails by eating the right foods. Eating food rich in the B Vitamin Biotin, for instance, can work wonders on strengthening nails. It's found in a wide range of produce including cauliflower, peanuts and lentils. Saturated Fats are also essential for healthy strong nails so try to incorporate things like avocado and coconut oil in to your diet.

#7 File



Something as simple as keeping the edges of your nails filed (and preferably rounded) means they will be far less likely to peel. Only file in one direction though, as a back and forth motion actually weakens the nail. I am not great fan of the Buffing, do the fact that is easy to over buff and make the nails weak and thin, do a soft nail file a couple of times a

week to give the nails some love and attention, your nails will love you.

#8 Massage



Did you know that massaging your nails in a circular motion will stimulate blood flow to the area helping them grow stronger?. Well even to do that seems like common sense, this is a little reminder, and it is so easy to do when we are in idle time!! There isn't a much cheaper remedy than this so get to it, the first time you feel there is a moment when you are waiting, or just a moment for you, only you. It is a very healthy thing to do to take a moment that is only yours, that is when you take your power back. Use any moisturiser you have in hand, but if you happen to have one which contains Shea butter then that's even better or Coconut oil, choose a thick moisturizer like that and place a bit in a small container and carry with.

#10 Wear Dish Gloves



It may surprise you to learn that it is water that does a big damage to your nails. The science behind this states that our nails expand when in water and contract when drying; it is precisely this process that makes them weak and brittle and compromise the cuticle and most of the components of the nail. Now, we're not suggesting you do anything drastic like avoid the shower or never place your hands in water, we are suggesting being aware of it and use gloves if you have to wash your hands a lot, or if you are a compulsive cleaner like I have a tendency to be. Just simply wear gloves when you wash the dishes. There are some fabulous pink frilly dish gloves out there too so what better excuse to wear them. Or just create your own and have FUN!!!!



Bee Naturals Cuticle Oil and Nail Oil – Heal Cracked Nails and Rigid Cuticles

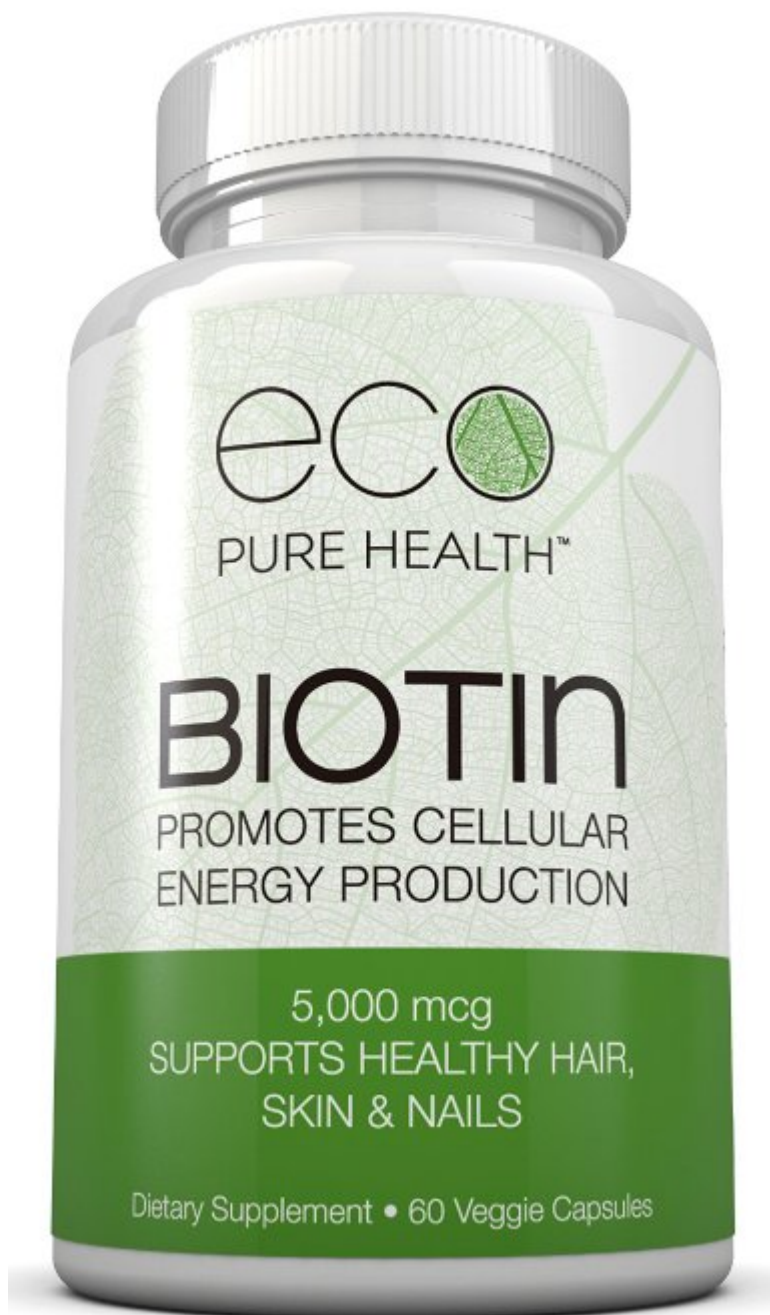
- GET SMOOTH CUTICLES AND STRONG HEALTHY NAILS – Made With Our Tea Tree Essential Oil Formula, Our Cuticle Oil & Nail Oil Is Formulated For Cracked and Rigid Cuticles and Nails.
- SMELLS AWESOME – Oil for cuticles is Scented Lightly With Lavender, Lemon And Anti-Fungal Tea Tree Essential Oils.
- HEALS CRACKED NAILS AND RIGID CUTICLES – Vitamin E to Strengthen Your Nails – Our oil for nails is Perfect For Treating Cracked and Rigid Nails and Cuticles.
- PERFECT FOR MAKE-UP BAG OR PURSE – The convenient size and included applicator make our Cuticle and Nail Oil the Perfect Size for your Make Up Bag or Purse – Screw on top keeps the product fresh and creamy. Applicator brush for easy use.
- INGREDIENTS YOU CAN READ, TRUST AND KNOW WHAT THEY ARE – Bee Naturals Cuticle and Nail Oil is made with ingredients you can read and understand. We use no harmful or harsh chemicals. We make the best products we know how with the best ingredients we can find.



Art Naturals Tea Tree Essential Oil Pure

& Natural 4 Oz Premium Melaleuca Therapeutic Grade From Australia

100% PREMIUM QUALITY – Taken from the best leaves in Australia, Tea Tree Oil is derived from Melaleuca Alternifolia, which is native to the Southeast of the Queensland and the Northeast coast of New South Wales, Australia. Making Art Naturals Tea Tree Essential Oil the best you can get, as it comes straight from the source. We pride ourselves in delivering the best quality products to ensure the best results are given.



Eco Pure Health Biotin Dietary Supplement

STRENGTHENS HAIR AND NAILS: Our Biotin Dietary Supplement

works to thicken nail cuticles, while also preventing hair breakage. It truly does help make your hair, nail and skin look better than ever.