

Food for Healthy Nails

Nails are a protective horn at the end of our most sensitive extremities: fingers and toes. They can often become injured from accidents or crushing weight such as heavy walking or running. They can also become infected from bacterial or fungal infections as well as separated from the nail bed or chipped from harsh weather. The nails are often a reflection of our overall health or nutritional deficiencies. Some ways to listen to what your nails are trying to tell you are:

- Iron/Protein/Calcium Deficiency = brittle, concave, ridged, white half moons
- Too much salt = external fibrous growths
- Nervousness / hyper thyroid = separation of the nail bed
- Respiratory Difficulties = bluish discoloration
- Bronchial Difficulties = yellowish discoloration
- Anemia = pale nail beds
- Vitamin A Deficiency = peeling nails
- Zinc Deficiency = poor nail growth
- Vegetable Quality Oils Deficiency = thin, brittle nails
- Consumption Extremes in Diet (especially meats and refined foods) = washboard ridges

What we eat actually does affect the appearance of these external parts of our bodies. Start paying attention to your hands (and feet!) and feeding your body right. The food we put IN the body affects the health of our nails, but that doesn't mean to completely ignore the food we put ON the body either. Contrary to many fabulously smart marketing campaigns you don't need to spend a lot of money on chemically enhanced products to experience strength and beauty on your outside. Natural oils are an excellent way to treat the external condition of the finger and toenails. Different oils affect the body differently. A great way to determine what oil would suit your body best is to examine your heritage and connect to the predominant oil in that part of the world. Once you have determined which is best for your particular body's need use some time in the evening to take a "nail bath" (remember ... the skin is our most absorbent organ ...).

1. Allow your nails to soak in a small bowl of oil or gently rub the oil into the nails
2. Cover with cotton gloves, cotton socks
3. Sleep

Top Three Oils to Treat Your Nails Right

1. Coconut Oil: one of the few significant plant sources of lauric acid. This medium chain fatty acid, which is also found in human milk, enhances brain function and the immune system.
2. Palm Kernel: when unrefined, this high saturation oil is the one of the most stable of oils providing strength and ultimate saturation to the skin.
3. Olive Oil: the most stable vegetable oil, high in vitamin E, provides support to the liver and gallbladder (yes, no matter how you take it into the body).

Now, take a minute and think about how those chemically enhanced skin and nail products are affecting your body ... To your energy and success, Heather

About the Author

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