

Indications of imbalances in the body present in finger nails

Nail changes may signify a number of disorders elsewhere in the body. These changes may indicate imbalances even before the rest of the body does.

- *Black bands from the cuticle outward to the end of the nail can indicate early signs of melanoma
- *Black, splinter-like bits under the nail can indicate possible heart or a blood deficiency
- *Brittle nails can indicate thyroid problems, impaired kidney function, circulatory problems or iron deficiency
- *Brittle, soft, shiny nails without a moon can indicate a possible overactive thyroid
- *Dark and/or thin nails which are flat and spoon-shaped can indicate vitamin B-12, iron deficiency or anemia
- *Deep blue nail beds can be an indication of pulmonary obstruction such as asthma or emphysema
- *Downward curved nail ends can indicate possible heart, liver or respiratory problems
- *Dry, brittle nails can indicate possible vitamin A and calcium deficiency
- *Flat nails can indicate possible Reynaud's Disease
- *Hangnails can indicate lack of protein, folic acid and vitamin C
- *Lengthwise grooves or ridges can indicate possible kidney deficiency. These grooves may also be associated with aging and/or iron deficiency
- *Nail beading (development of bumps on the surface of the nail) can be an indication of rheumatoid arthritis
- *Nails the chip, peel, crack or break can indicate nutritional deficiency and possibly insufficient hydrochloric acid, minerals and protein
- *Nails that separate from nail bed can indicate thyroid disease and/or possible fungal infection due to lack of friendly bacteria in the body
- *Pitted red-brown spots and frayed and split ends can indicate a need for vitamin C, Folic acid and protein
- *Raised nails at the base with small white ends can indicate possible respiratory disorder. This nail condition is hereditary
- *Red skin at the bottom of the nail can indicate possible connective tissue disorder
- *Ridges can indicate possible infection
- *Ridges running up and down the nail can indicate a tendency to develop arthritis
- *Ridges, horizontal and vertical with fragility can indicate possible vitamin B deficiency
- *Ridges, horizontal can be an indication of severe stress, either psychological or physical
- *Ridges, vertical can indicate poor general health. Poor nutrient absorption and/or iron deficiency
- *Thick nails can indicate the vascular system may be weakening and blood may not be circulating properly
- *Two white horizontal bands that do not move as the nail grows can indicate a protein deficiency in the blood
- *Unusually wide, square nails can indicate a possible hormonal disorder
- *White spots on the nail can indicate a zinc deficiency
- *Yellow nails can be an indication of internal disorders, in advance of the appearance of symptoms such as a lymphatic system, respiratory, or liver deficiency