

BP CRISIS
FALLOUT

DICK MORRIS ON THE GOP'S
MAGIC 10

CHINA
BUYING UP AMERICA

GUIDE TO DIET
SUPPLEMENTS

NEWSmax

Independent. American.



google versus

- google versus **privacy**
- google versus **television**
- google versus **apple**
- google versus **murdoch**
- google versus **microsoft**
- google versus **china**
- google versus **cellular industry**
- google versus **newspapers**
- google versus **facebook**
- google versus **everyone**

[Advanced Search](#)
[Language Tools](#)

Google Search

I'm Feeling Lucky

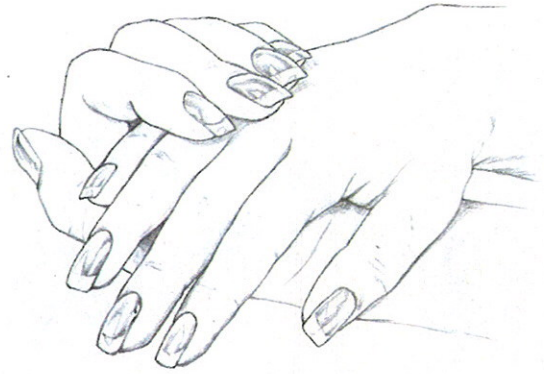
\$4.95US/CAN



JULY 2010
newsmax.com

Fix Your . . . Problem Nails

By Jennifer Romijin



WHAT WENT WRONG

- **Habits:** Your gnawing or clumsy nail trimming led to ingrown nails or hangnails.
- **Age:** They got thin, brittle, or ridged with age and have begun to splinter or turn yellow.
- **Condition:** Bacterial or fungal infections made them unsightly. Psoriasis, eczema, allergic reactions, and cancers also can affect your nail health.

WHAT TO DO

- **Get Checked:** Your nails, which are made of a protein called keratin, are prone to a number of ailments. Visit a dermatologist or a podiatrist if you see discoloration, separation from the nail bed, indentations, or opaqueness.
- **Treat:** For a hangnail, use an antiseptic to avoid infection, and try oral medications to wipe out fungus.
- **Supplement:** Taking 2.5 milligrams of biotin, or vitamin B7, daily may treat brittle nails and increase thickness. Green peas, oats, soybeans, walnuts, sunflower seeds, and brown rice are all good sources of biotin.
- **Maintain:** Keep nails short and filed square with rounded edges. Gentle buffing increases circulation to the nail bed. After showering, rub oil into nails to seal in moisture. Dry thoroughly and top with an alpha-hydroxy-acid lotion.
- **Try:** Products with urea, phospholipids, or lactic acid will help prevent cracking. Avoid polish or removers that contain acetone, formaldehyde, or toluene sulfonamide, which can irritate or dry out nails.
- **Protect:** When housecleaning, wear protective rubber gloves. Don't use your nails to pick or pry things. Biting will damage the nail bed, and even a minor cut can cause an infection. A thin coat of polish once a week will keep moisture in the nail.

- **At Night:** Rough cuticles will heal overnight with petroleum jelly, vitamin E, or cuticle creams, and massaging your nails will prevent cracking and peeling. Wear cotton gloves while you sleep to seal in moisture.

WHEN ALL ELSE FAILS

- **Be Patient:** "As with any disease of the nail, fixing the problem will not result in any instant change," dermatologist **Dr. Kenneth Beer** tells *Newsmax*. "It can take six to nine months for a fingernail to grow out and about a year for a toenail to grow." □

SOURCES: NewsmaxHealth.com; Mayo Clinic; WebMD; Good Housekeeping

ILLUSTRATION/DAMION HENDRICKS/STAFF ARTIST

HIGH BOND ANGLE WATER! "CURES ANYTHING"

**Washington Post (as far back as 1/27/92)*

***UCLA M.D.: "Test results speak**

for themselves!"
Amazing water stops
disease (see chart)!
Washington Times:

**"Los Alamos to
Johns Hopkins!"**
Order Bottled Water!

Compare! Stop Disease!	Molecular Bond Angle	Does it Stop Disease?
Our Med Water	114°	Yes
Hydrogen Peroxide	111°	Yes
Ordinary Water	104°	No
Distilled Water	101°	No

Visit our Website www.JohnEllis.com

FREE INFO:

1-800-433-9553

www.JohnEllis.com