

INE: Nutritionally Oriented Physical Exam - Hand and Nails



INE INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Hand and Nails

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Hand and Nail Evaluation



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Hand and Nail Evaluation					
Observe your nails for the following signs and mark the chart for each hand					
Nail Analysis: Check all that apply					
	Moons (lunula)	Ridging	Spooning	Clubbing	Beading
Finger					
Right Thumb					
Right Index					
Right Middle					
Right Ring Finger					
Right Pinky					
Left Thumb					
Left Index					
Left Middle					
Left Ring Finger					
Left Pinky					
Moons Analysis (half-moon at base of nail): Circle all that apply			Possible interpretation		
Large			Good constitutional reserve of energy		
Small			Low constitutional energy when on many		
Large moons on little fingers (plus ear lobe creases and/or reddish tip of tongue)			Suggests tendency to heart problems		

Hand and Nail Evaluation – continued	
Circle all that apply	Possible interpretation
Splitting cuticles	Essential fatty acid imbalance, over consumption of processed oil, food allergies, low bile or pancreatic enzymes
Rough, red, flaky cuticles	B vitamin deficiency, stress
Splitting, breaking nails	Low levels of biotin, essential fatty acids, vitamin B6, or magnesium; also low stomach acid
Excessive vertical ridges	Inadequate levels of B vitamins, especially B12, poor digestion, gallbladder problems
White spots on nails	Inadequate levels of zinc, trauma; protein deficiency
Pitting	Tendency to immune problems, low levels of selenium, maldigestion
Pale or bluish nails	Iron deficiency
Deep horizontal ridges (Beau's lines)	Bronchitis, maldigestion, local trauma, adrenal stress
Yellowish, bulging, bending, breaking nails	Suggests fungal infection like candidiasis

Hand and Nail Evaluation – continued	
	Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)
Thumb has ridges	Kidney stress
Thumb has appearance of beads on a string	Suggestive of arthritis or osteoporosis
Vertical ridges that are split	Respiratory problems
Very thin parallel lines	Mineral absorption difficulties
Short wide nails or fingertips	Poor circulation or heart stress
Vertical ridges on other finger nails besides the thumb	Respiratory stress
Yellow nails	Digestion issues
Horizontal ridges	Poor nutrition or cardiovascular stress
Black spots	Digestion difficulties
Spooning	Iron deficiency, anemia, lead poisoning
Cracked skin at tips of fingers	Low zinc
Cold hands	Poor circulation, possible low thyroid

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