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# Nutritionally Oriented Physical Exam: Hand and Nails

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**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



# Hand and Nail Evaluation



## 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
<b>Finger</b>					
<b>Right Thumb</b>					
<b>Right Index</b>					
<b>Right Middle</b>					
<b>Right Ring Finger</b>					
<b>Right Pinky</b>					
<b>Left Thumb</b>					
<b>Left Index</b>					
<b>Left Middle</b>					
<b>Left Ring Finger</b>					
<b>Left Pinky</b>					
<b>Moons Analysis (half-moon at base of nail): Circle all that apply</b>		<b>Possible interpretation</b>			
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)	Poor oxygenation linked to various serious lung, liver, or kidney diseases
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



# Hand and Nail Evaluation

