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NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Hand and Nails

Dr. Ritamarie Loscalzo



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, 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.



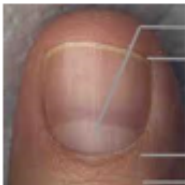




Hand and Nail Evaluation



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 (<u>lunula</u>)	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)

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

