

# Nail Growth Ideas



**The speed of nail growth increases if you enjoy a healthy diet. This is not a joke but a proven fact. Illness however, can slow it down.**

## Enhancing Nail Growth

Rub the fingernails of one hand across the nails of the other hand for about 5 minutes each day. This will increase nail growth.

Strong cleaning products and the sun can break your nails. Use a sun block cream while going out into the sun. While doing household chores use a pair of gloves. Use a good moisturizer on your hands each night before going to bed. Corners of your nail should not be filed. Filing them will weaken the nail and they will break easily.

Food rich in potassium, iron, calcium and vitamin B are especially good for your nails. Almonds, garlic, spinach celery, yogurt, eggs and seafood are good for your nails.

Drinking insufficient water can cause your nails to break.

If your nails are brittle then do not use perfumes that contain alcohol, as this will further deteriorate the condition of your nails.

Use four fingers of the opposite hand and knead each finger from the tip to the bottom of each finger. It will relax your fingers.

Almonds contain fatty acids that are good for your nail. Eat 6 almonds a day and your nails will visibly improve.

To prevent yourself from biting your nails, make a paste of the gel from one fresh aloe leaf by double boiling it in a pan. Put into a jar and apply this paste on your nails to prevent biting. Ingesting too much of this paste will cause vomiting.

To encourage nail growth massage the cuticle and nail with your finger tips.

## Some don'ts of good nail growth

Do keep a coat of clear polish on (at least) to protect your nails.

Don't wash dishes without wearing a pair of rubber gloves.

Do not pick at your nail polish, as you will damage the nail.

Don't let your nails grow too long as they will break easily.

Don't use your nails as tools as this will weaken your nail.

Don't go out in public with chipped polish.

Remember to moisturize your cuticles every night.

## Some Facts about Nail Growth

A healthy toenail takes about a year to grow out completely.

A healthy fingernail takes about six months to grow out completely.

Nails grow faster in the summer.

Men's nails generally grow faster than women's.

Nails **do** grow faster on the hand you use most!

## For Stronger, Healthier Nails

1. Before bed, paint Rapid Nail Growth onto your nails and cuticle areas.
2. Avoid prolonged wetting and drying of the fingernails. Nails are strongest when slightly acid. Avoid exposing your nails to harsh chemicals and alkaline conditions.
3. Use your hands or finger pads to do simple chores rather than your nails. Avoid picking up objects when your fingertips may strike a hard surface - instead slide the object off the side into your hand.
4. Use a pencil to dial a phone, never your finger tips. Use a letter opener, not your fingernail, to open envelopes and packages.
5. Dig your nails into a bar of soap before gardening. This will help prevent dirt from getting under the nails.
6. Always wear rubber gloves when doing dishes or other "tough on the nails" jobs. Wear regular gloves during cold weather or when doing chores which may injure the nail tips.
7. Manicure your nails regularly since a smooth nail will tear and split less.
8. Shape and file your nails with a very fine file. Round the tips in a gentle curve. If you have snags or irregularities, file them daily to prevent further breakage or splitting.
8. Never use metal instruments to push back the cuticle. The metal scrapes away the protective cells of the nail surface.
9. If your nails are "buffed," always do this in the same direction as the nail grows and never in a "back and forth" motion which can cause nail splitting.
10. If you have severe breakage or tearing problems, nail polish can protect the nail surface. Nail polishes containing nylon fibers can add strength and protection to fragile nails.
11. If your natural nails are fairly long and strong, but tend to break off at a certain length, you may be helped by having a fiberglass overlay applied to them. In this procedure a light layer of fiberglass is brushed over the natural nail. This coating creates a stronger, better protected nail which is less prone to breakage. Fiberglass overlays require re-doing about every two weeks.
11. Use nail polish remover as infrequently as possible since it dries and damages the nails.
12. Daily biotin (2.5 mg a day) may help your nails, but do not add biotin if you are pregnant.
13. Some people feel that one pack of Knox gelatin a day helps their nail health – we even add it to

***ModelSupplies Rapid Nail Growth Formula!***



# DNashopper



# Auction



I hope this information and product helps you – it helped me!

Sincerely,  
Anita Nelson

[MODELSUPPLIES @ ETSY.COM](https://www.etsy.com/shop/ModelSupplies)

[DNASHOPPER @ EBAY.COM](https://www.ebay.com/str/dnashopper)

[CSR@DNASHOPPER.COM](mailto:CSR@DNASHOPPER.COM)

Our New Blogs: [HTTP://DNASHOPPER.BLOGSPOT.COM/](http://dnashopper.blogspot.com/)

**VERY NEW!** Regular schedule to be decided...

[WWW.BLOGTALKRADIO.COM/MODELSUPPLIES](http://www.blogtalkradio.com/modelsupplies)

Guest call in: 646-378-1397

[WWW.DNASHOPPER.COM](http://www.dnashopper.com)

[WWW.MODEL-SUPPLIES.COM](http://www.model-supplies.com)

[WWW.SELLSTUFFWHOLESALE.COM](http://www.sellstuffwholesale.com)