

**Circulating File**

**NAILS: GENERAL, BITING, GLANDULAR EFFECTS**

**A compilation of Extracts  
from the Edgar Cayce Readings**

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## NAILS: GENERAL, BITING, GLANDULAR EFFECTS CIRCULATING FILE

Circulating Files are collections of verbatim quotes of what Edgar Cayce said during his readings on a given subject or, in some cases everything. We have medical circulating files which focus on the over 9,000 health-related readings with subjects from Acidity-Alkalinity to Weight Loss. We also have non-medical circulating files on a broad range of topics, for example *Egypt: Sphinx, Pyramids, and Hall of Records*, *Fear and Its Far-Reaching Effects*, *Advice to Parents*, *Serving in Accord with Ideals*, and *Business Advice*.

Each circulating file is simply a collection of reading quotes or full readings given for different individuals on a similar subject or disease. The A.R.E. cannot and does not suggest treatments for physical ailments nor make claims about the effectiveness of the therapies. We encourage anyone working with the health readings to do so under a doctor's care and advice.

The circulating files support the research aspect of the Cayce work. We appreciate any feedback informing us of progress made in improving one's life or achieving good health by applying suggestions given in the readings. Please send any feedback (testimonies, experiences, results, etc.) to:

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Our hope is that through the Cayce readings you will find the wholeness and oneness which is God's plan for us.

Blessings, A.R.E. Member Services Team

### ***There are in truth no incurable conditions.... 3744-2***

This Circulating File consists of the Edgar Cayce psychic readings on finger and toe nails. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

Articles may be included because the information supports the remedies and therapies described in the Edgar Cayce readings or are of a helpful nature. Their inclusion does not imply endorsement or recommendation. Before following any advice contained in the articles, please seek the counsel of your doctor.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: [www.baar.com](http://www.baar.com) or call 800-269-2502.

## **Nails: General, Biting, Glandular Effects**

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\* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgarcayce.org/circulating>

NAILS: GENERAL, BITING, GLANDULAR EFFECTS CIRCULATING FILE

## Introduction to the Cayce Readings on Health and Healing

No matter what illness or ailment concerns us, certain basic principles about health and healing are relevant. These are the premises upon which all of the Cayce health information rests. For those who would like to make a more careful study of these basic principles, the recommended Circulating File is entitled *Principles of Healing*. Here, in essence, are the ideas found in that file. They may prove to be very useful to your study of the specific ailment that requires healing for you.

The first fundamental idea about healing requires that we maintain a creative balance between two principles:

1. All healing comes from the infinite - that is, from attunement and harmony with our spiritual source. The infinite is just as accessible and available in the visible, physical world as it is in the invisible realm.
2. At the same time, each person must take responsibility for his or her own healing process. No one can simply sit back and wait passively for healing to occur.

This second principle - the need for self-responsibility - can take many forms. For example, healing requires attunement, and no one knows better than ourselves exactly what has gotten us out of attunement. Often, if we look closely at our lives, we can see (without needing a gifted medical clairvoyant such as Edgar Cayce) what's causing our illness.

To illustrate self-responsibility further, the human body has a marvelous, innate drive to heal itself, but we've got to do our part to help. A broken bone will naturally try to mend; however, the fracture needs to be set properly for the healing to be complete and effective. Cayce stresses the healing ability of the body:

Remember, the body does gradually renew itself constantly. Do not look upon the conditions which have existed as not being able to be eradicated from the system. . . Hold to that KNOWLEDGE - and don't think of it as just theory - that the body CAN, the body DOES renew itself! 1548-3

Another important principle relates to energy medicine, a new field for which Edgar Cayce was a pioneer. His readings consistently speak of the roles played by vibrations or vibratory forces - right down to the level of individual atoms. According to Cayce, there is a type of consciousness that exists in each atom. Although most of the passages about the atomic physics of healing seem rather esoteric, it might be easier to follow the analogy of the attunement of a stringed musical instrument. A violin or piano that is out of tune makes sour, discordant music - symbolic of disease or illness. Just as a skilled musician can bring the instrument back into attunement, we experience healing when our vibrations - right down to the atomic level - are adjusted in a correct manner. In essence, all healing is bringing the vibrations into harmony from within.

Balance among body, mind, and spirit is another key to Cayce's philosophy of healing. For healing to be complete and lasting, we must recognize and meet the needs of each of these three levels. Virtually no illness or disease can be treated successfully at only one of these three levels.

What's more, Cayce affirms that the human body will naturally stay healthy - and even rejuvenate itself - if a kind of internal balance can be maintained. "Dis-ease" starts when one part of the body draws energy from another part. One portion of an organism may become overcharged with the creative life force, while another portion becomes undernourished. The result is a gradual disintegration of the body and the onset of illness.

The opposite of this sort of disintegration is rejuvenation. The readings assert that we are continuously rebuilding our bodies. Within any seven-year period, each cell is replaced. If we'll allow it, our bodies will transform any problem and resuscitate any condition. But our ingrained habits usually block this healing potential - the habits of action and, even more potent, the habits of mind.

What role do drugs and medicine play in the healing process? Cayce's philosophy clearly sees a place for them, but warns of misunderstanding how they work and of expecting more of them than is possible. Any healing method attempts to create an experience of oneness, in hopes of then stimulating a similar response in the body. For some people in some situations, a drug may be the best way to accomplish this - just as in other cases surgery may be the best way to stimulate healing. Medicines can be a practical application of the one life force. Occasionally they must be very potent in their reactions in order to get the patient through an acute illness. But Cayce from time to time encouraged people to consider the herbal formulas he recommended to be tonics and stimulants, rather than medicines.

The dangerous side of medicines is their potential to diminish the body's own healing work. This is what Cayce alluded to when he warned about "palliatives" that deceive the soul with half-truths and temporary relief. It's also what he meant when he warned that we shouldn't come to rely on any condition outside of ourselves that could be assimilated by the body inwardly. All of this is to say, take the medications prescribed by the physician you trust. Keep in mind this thought: what those chemicals can do is temporarily - and somewhat artificially - give your body an experience of greater oneness.

Healing that really takes hold and lasts must come from changing one's inner consciousness and vibration. That happens most effectively from consistent and persistent human effort (that is, engaging one's desires, purposes, and will) - something that pills all too easily allow us to skip.

These have been long-standing. Do not take the treatments just a few days, or even a few weeks, and expect to be well - and then revert to old conditions. But be consistent and persistent! Have periods when these will be taken (that is, ALL of those things indicated) for two, three to four weeks. Then rest by leaving them off a week. And then be just as patient and just as persistent as though you were beginning all over again. 976-1

Cayce's healing philosophy includes other insights that can help us avoid misunderstanding. For example, one principle states that the best treatment procedures sometimes cause a temporary worsening of conditions. If we didn't recognize this possibility, we might give up just before the benefits begin to appear. A closely related principle states that when a body is re-establishing its attunement, it tends to be more sensitive. Again, if we misunderstand that heightened sensitivity, we might not see the good that is slowly being effected.

The mind is a focus of other healing principles. The unconscious mind plays a role in many illnesses and diseases. One example of this is the karmic factor in health problems. Memories from previous incarnations, stored in the soul mind, can trigger problems in the body. Of course, we shouldn't go so far as to suppose that every health challenge has past-life roots; nevertheless, the perspective of reincarnation can help us understand what we could possibly be dealing with as we seek healing.

The familiar Cayce axiom, "Mind is the builder," leads us to wonder exactly which attitudes and emotions best foster healing. The readings emphasize several:

- Self-acceptance. As we rid ourselves of self-condemnation, we make room for healing forces to enter.
- Optimism and hope. We're encouraged to expect healing.
- Patience. It's much easier and quicker to destroy health than it is to rebuild it. We need to be willing to patiently invest whatever time is required.

Alongside these specific attitudes and emotions, we're invited to use the creative potential of visualization to stimulate our own healing. The mind's image-making capacity can be directed in such a way that we "see" the healing transformation taking place. This is not something that's accomplished in a single visualization session. Like all the Cayce health-promoting approaches, it requires persistence and works best in conjunction with other healing methods.

Perhaps the most important principle of the mind's relationship to healing concerns purposefulness. A person can experience temporarily an outer healing - that is, in the physical body only - yet still be spiritually sick. What cures the soul? A commitment to a purposeful life. Not just any purpose, but instead one that reflects care for other people.

On occasion a reading from Cayce would pose this question to the person who was ill: What would you do with your life if you were healed?

What would the body be healed for? That it might gratify its own physical appetites? That it might add to its own selfishness? Then (if so) it had better remain as it is. . . But first the change of heart, the change of mind, the change of purpose, the change of intent. 3124-2

The position of Cayce's psychic source was simply this: Why correct the physical condition unless there's also going to be an inner correction? People who are looking for both inner and outer healing are the best candidates for restored health and vitality. In Cayce's philosophy, healing should equip us to be more useful to others.

With this ideal of service in mind, we might also wonder just how we can be channels of healing to others. What principles govern our efforts to be healers to those for whom we have concern? One principle is based on the spiritual connections that exist between all people. It states that as we bring the experience of oneness into our own consciousness, it can profoundly help someone else experience oneness, attunement, and healing. Cayce's way of putting it was, "...raising the Christ Consciousness in self to such an extent as it may flow out of self to him thou would direct it to." (281-7)

For this to be most effective, the recipient must desire such help and have requested healing prayer. Of course, we can always pray for someone, even if that

individual hasn't asked us. But it's important that we not assume we know what's needed in any person's life. For one who hasn't specifically asked for prayer, we can simply offer prayers of protection and blessing, rather than try to direct healing energies to that person or for a specific condition.

It is also important to remember that each reading was given for an individual. It must be emphasized that no suggested treatments for any particular ailments should be "lifted" from any individual reading and tried by another individual except under the supervision of and with the cooperation of a physician or licensed health care professional. However, there were many suggestions that were given over and over, and these can be studied to find how they apply to ourselves. These healing principles can be grouped in four categories that referred to as CARE.

**Circulation** – moving the blood around the body through therapies such as massage or spinal manipulation

**Assimilation** – encouraging the body to pull the proper nutrients from the food by eating the proper foods and in the proper combinations

**Relaxation** – taking time to rest and let the body recuperate and counterbalance the daily activities

**Elimination** – removing the waste products from the body through therapies such as sweats, colonics, and fume baths

For more information about CARE and recommendations on the lifestyle described in the readings, please see Dr. Harold J. Reilly's *Handbook for Health*. There are also many verbatim collections of the readings in other Circulating Files, Research Bulletins, and Treatment Plans for individual diseases which may be purchased through Customer Service at 800-333-4499.

The A.R.E. is interested in having all the material in the health readings reviewed by physicians and health care professionals who also provide summaries of their findings in the hope that the information may prove beneficial to others. When time and finances permit it is planned to have all the information in the health readings read by one or more physicians and the subject matter summarized. Please send any feedback to

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We do not advocate a do-it-yourself process. Please seek out the advice of a health professional before implementing any recommendation.

In summary, the Cayce readings remind us that our natural state is wholeness and health. An innate wisdom within ourselves knows what's needed for healing. We should expect to get well, and we should be willing to do our part to make it possible. "Those that expect little of the Lord receive little; those that expect much receive much - if they live it!" 1424-1

Blessings,

A.R.E. Member Services Team



## General

(Q) Please give me a formula to improve and recondition the nails.

(A) There is not much better than that already prepared by Cutex for the care of the nails, provided the glands (which are from the thyroids, of course) are producing the proper amount of secretions in the system. So, then, what you use to care for the hair will care for the nails also, you see; for they are the OUTGROWTH of the same secretions in the system. While there may be occasions when a person with very thin or brittle nails may have very excellent hair, it's because such persons eat their own nails! 636-1, Beautician, 8/20/34

Now, in the very nature of the teeth, the enamel of same is a secretion of the body itself; as also are the toe nails, the finger nails, the hair of the head, the hair of the body, and the cuticle itself; that ability of the body through any portion where irritation may come - as we find in the hands of those who toil with tools, these are those things that must be created by the body itself. And it should be considered by all: There is no greater factory in the universe than that in a human body in its natural, normal reacting state. For there are those machines or glands within the body capable of producing, from the very air or water and the food values taken into the body, to take from or to reproduce ANY element AT ALL that is KNOWN in the material world! 1800-21, 11/2/34

(Q) Please give cause of irritation in right foot and change in shape of toe nails, also cure.

(A) With the relief of the pressure on those portions of system that so easily affect the circulation from the lumbar area throughout the whole portion, we will find that these conditions will be relieved and improved. It is the CONTRACTION of the nerve and muscular forces in the limbs making for the variation in the activities. 69-3, F 51, 1/14/33

(Q) What makes my fingernails peel up around the cuticle?

(A) Lack of sufficient activity from the thyroid glands in their producing the necessary elements in the forces of the body. Hence one of the main reasons for the body's inhaling much of the air, atmosphere, at Virginia Beach. 386-3, F 20, 10/25/33

(Q) Why are her fingernails so red?

(A) The manner of the circulation. This is from pressures along the centers where the extremities - arms and limbs - show stresses from those areas. 2870-2, F 12, 9/28/43

(Q) For the infected toenails?

(A) These applications suggested will be the more helpful, but as an ointment here we would use Carbolated Vaseline and then the Cuticura Ointment over same. 5068-1, M 21, 4/24/44

## Nail Biting

(Q) What causes and what may be done to cure biting fingernails?

(A) This is nervousness and is a natural expression of the body. But it should be overcome merely by suggestion and not by aggravating.

415-8, M 12, 1/10/42

(Q) How can nervousness be controlled as far as biting fingernails?

(A) Make self conscious of its activities in the use of extremities, and make for VOLUNTARY actions to BE voluntary, and NOT as involuntary! Keep the hands busy at something else and it will keep them out of the mouth!

1739-7, M 36, 5/26/30

(Q) What can I do to correct the unconscious constant picking at my finger nails?

(A) Remove those pressures that cause the reactory forces to the locomotories through the BRACHIAL center, as indicated from those suppressions in the upper dorsal area.

877-3, M 43, 5/21/35

(Q) What causes the body to bite her fingernails? What will correct this?

(A) Lack of calcium in the body. Give the body CALCIOS about twice a week, and this will clear up. (Eat a whole wheat cracker thinly spread with Calcios, about twice a week, preferably at the noon meal - say Tuesdays and Fridays.)

1958-4, F 4, 9/8/43

Then, we would relieve these pressures, taking sufficient manipulative forces to produce a better coordination both to the cerebrospinal and sympathetic system (from the areas as indicated), with the application of the violet ray especially in those areas of the 8th, 9th, 10th and 11th dorsal; also at the base or in the 1st, 2nd and 3rd cervical area.

These should bring about a better physical condition for this body....

In making the applications, the manipulation and corrective forces in adjustments should be at least twice each week for the first two to three weeks. Then they may be reduced to the period of once each week....

(Q) What is the cause of nail biting, and how can I prevent it?

(A) This is produced especially by nervous reactions in system, and is a form of a habit. With the removal of those tendencies that make for the inability of coordination of impulse and activity, and reducing these to normalcy, then the WILL in self to stop, change or alter such conditions becomes an easy, or easier, matter.

268-2, F 44, 2/11/33

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**BACKGROUND OF READING 566-7 F 6**

11/29/36 Father [261] submitted questions, saying [566] was quite a problem; he hoped the change coming at 7 yrs. as mentioned in 566-1 would be for the better and not worse.

**TEXT OF READING 566-7 F 6**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of December, 1936, in accordance with request made by the father, Mr. [261].

1. EC: Yes, we have the body here, [566]; this we have had before.
2. In the physical forces of the body, as we find while the body is developing near to normal, if there would be some pressures removed in the cerebrospinal system, especially as related to the activity of the adrenals and in those areas about the 4th lumbar, the 11th and 12th dorsal as correlate with the activity of the lower portion of the pineal, we would find the mental and the reactions to the body from the activity of the glandular system would be quite different.
3. These we would advise having corrected by such an one as Dobbins.
4. We would find also this making for a correction that will prevent the activities in the circulatory forces of the lymph circulation through the upper portion of the body; as lungs, throat, bronchi, larynx, and especially the vagus center circulation; relieving the body from this incoordination that at times gives trouble, especially when there is a tendency for acidity in the system.

5. For the whole body is to be made to coordinate, in all of its activity; the deeper circulation through the activities of the cerebrospinal nervous system and a coordination in the centers where the vegetative or sympathetic nervous system coordinates with the superficial as well as the activities from same to its effect of the sympathetics to the organs' activity. And especially as indicated in those areas where there is the effect of the imaginative forces of the mental body that respond to influences from without as influences from within.

6. Remember that we have here an illustration of what may be termed as the first law of existence; the reaction to impulse for the carrying forward of the body's OWN egotism as related to self-preservation.

7. Hence we have had and do have, as a physical reaction, conditions that have appeared to others and do appear as out of the line of that as should be normal response. Yet under the existing pressures, under the existent physical forces, these are nominal and normal - if studied aright.

8. Do not INSIST - but each morning or each period after the body sleeps, ask and record - unknown to the body - what the dreams have been! And then as the corrections are made (and we would have them not oftener than once a week) watch the change in those reactions. And we will see how from a psychopathic and a psychological effect the questioning, as well as the removal of pressure, has upon the imaginative body.

9. Ready for questions.

10. (Q) The body has little appetite and eats very slowly, particularly at breakfast. Is this because of physical condition?

(A) As has been indicated, this is partially physical and partially the holding to mental experiences from sleep.

Then when we remove the pressures, we will find much of this will be changed.

11. (Q) For some time [566] has talked through nose rather than from throat. Is this because of any physical ailment or obstruction?

(A) As has been indicated.

12. (Q) Is very restless and seems unable to stay still even for a few minutes and still tires very easily. What causes this, and what should be done?

(A) This, as has been indicated, is from those pressures that exist and the effect same has upon the glandular system as related to a developing body.

And these produce impulses and emotions that are to the body not understood and yet find expression in its nervousness, its restlessness, and its tendencies to exaggerate, and tendency to build up great imaginative forces and influences. These are not ALL wrong, but these corrections will make for normalcy.

13. (Q) Is inclined to chew fingernails and put things into mouth. What should be done?

(A) Again the same thing as has been indicated. If these conditions are followed as we have given, and if the disturbing forces are found - which will be found by making those corrections, we will find the best check may be had ON these is by following the influences as come through sleep, see?

14. (Q) We as parents are much concerned at our lack of success in mental and spiritual training of [566]. Please advise.

(A) As has been indicated, if there will first be the physical corrections and then the manner of check on these through the impressions of the emotions through which the mental or subconscious or superconscious forces react, by the questioning - Do not allow the body to know these are being recorded, but know that it is expected to tell what has been the experience. And no matter how GREAT the imaginative forces may appear to be, record them! And then watch them in their change!

Then SUGGEST to the body as it goes to sleep (AFTER corrections are made, which will require some three, four, five different treatments, see) - suggest normalcy and normal reactions, and as to how the questions and how the response will be. Not as controlling but as directing in a normal mental and spiritual direction. And these will make for changes also.

15. (Q) [566] is untruthful and seems pleased when others are upset because of it.

(A) As has been indicated, do these things. These are not untruthful to the body! They are IMAGINATIVE forces, brought about by physical reactions to the imaginative forces. All portions of the nervous system of the physical body, of the physical functioning, are affected by those activities of secretions through glandular forces of the body. And these to the body are REAL; not as untruths. If the body is continued to be harassed by what seems to others as an untruth, it builds - just as has been indicated - self-preservation, not understanding, and the body WILL become more and more stubborn, more and more feeling it is not understood, more and more feeling that it MUST exaggerate, it MUST expand to be considered at ALL in the scheme of things!

16. (Q) At present we have no governess.

(A) This is very good, and it would be very well that there be taken more of the responsibility by the mother. This is not an easy job, but this will be taken by those manners and ways indicated. Then if there is the thought of or the need of one to aid or help by activities as a governess, very well.

But make the physical corrections. Do not find fault but encourage the GOOD qualities, those that are in keeping with nominal development. And we will find great changes will come, especially if there is an analysis of those impressions. Do not expect but what there will be some of the most outlandish tales given as to its dreams, and as to the various things it has contacted, but listen to every one of them as if they were true because to the mental body they ARE! But watch the change as the physical corrections are made.

And then those suggestions as the body goes to sleep. These should be done persistently for periods of two, three, four evenings. Then left off for a few evenings. Watch the difference.

If there is to be kept the balance, these must be studied and must be adhered to.

17. (Q) Regarding the governess -

(A) (Interrupting) This will be determined by the parents or those in charge of the body.

18. (Q) What special qualifications and nationality would be best, or should we look for?

(A) Sincerity, love of children, and it doesn't matter as to what their nationality is just so they are AMERICAN in their principles, in their thoughts!...

21. (Q) [566] is extremely difficult to correct - will not listen to reason, and punishment seems to be ineffective.

(A) As understood, we have given all of these. PLEASE follow, please consider these as given; a physical condition affecting the glandular system and yet will require the activities of a psychological, psychopathic study, the mental forces of the body, the mental images of the body ESPECIALLY in sleep! And let the imaginations as told of that visioned run rampant! Govern same NOT by corrections or finding fault but by gentleness when the body is going to sleep!

And we will find this acts upon that subconscious imagination of the body to direct in those ways that in their normal physical reactions become more and more nominal. We are through for the present.

#### **REPORTS OF READING 566-7 F 6**

R1. 12/30/36 Mother [772]'s letter: "Thanks so much for [566]'s reading. It certainly is interesting and contains things I didn't know were true until after I read it and made investigations. For instance she has frequent dreams but I had never paid any attention to them. She even had an imaginary pet animal at one time and used to leave a saucer of milk for it every night. However everything in the reading fits her case perfectly and now that we know what to do, I hope we can help her. We haven't started to follow the reading yet because we all had terrible colds and came down to Pinehurst for the Children's Christmas vacation to recuperate and I thought it better to wait until we get back to N.Y. and the osteopath and start right. We are all perfectly well now - except [261] who is still quite tired and [566] is behaving much better than she did. She is always better when she is well."

R2. 5/16/37 GD's note: Mrs. [772] told me today that she had been so busy that she hadn't followed 566-7 as closely as she should have, but that [566] had miraculously changed on reaching her seventh birthday - now they are having trouble with the older child, [628]. See 566-8.

## Glandular Effects

(Q) Is there anything I can take or do to make my fingernails stronger?

(A) Drink orange juice for the morning meal; a quart each morning. Do this for periods of three weeks at a time, and we will find a change.

Use also the potato peel as a portion of the diet; not so much of the potato itself. This would be rather in the evening meal. Baked potatoes would be preferable. The peels of these will add to the activity of the glands in such a way and manner as to be most helpful. 920-3, F 49, 10/10/35

These are the manners in which the entity should approach its associations. These are the mental attitudes needed. Remember, the mental attitudes will have much to do with whether you will grow a straight toe nail or keep your eyes straight, or keep your voice when you are upset. For these work with the glands of the sensory system.

These should be looked into by self. There is not a better manner than reading the Book itself, for this phase of the general mental and spiritual attitude. Remember that the attitude of mind has much to do with the conditions of the body - this body particularly.

But in the pathological conditions we find, as indicated in the thyroid glands, the glands of the jejunum, the glands of the pelvis, the adrenals, all suffer for lack of nutriment or nourishment.

As we find, then, to correct these we would begin first and take two drops of Atomidine each morning before breakfast for about ten days....

Then leave this off for two weeks.

Then begin with taking the Atomidine again, two drops each morning for two weeks....

Do these and we will bring nearer to normal conditions for this body.

Do the first things first. This will mean the mental and spiritual attitude, and then the beginning of the applications indicated for the body....

(Q) How can I grow long tough finger nails?

(A) By having the glands in the thyroids corrected, and we have indicated as to how this can be done. 3376-1, F 36, 11/26/43

Because of the ineffective, deficient or inefficient glandular supply, we find that the nails, the cuticle and the hair suffer; as to sufficient quantity and quality of the reactions in the system to produce the efficient supply.

The nails become brittle, thinned. The hair becomes deficient; tending to lose sufficient of the oils and the scalp reaction to produce the full or efficient manner of its activity....

Rather than the Thyroid which has been a part of the applications, we would change to rather the combination that will make for better assimilation - and the application of those forces in the system to coordinate and cooperate in building up the system.

NAILS: GENERAL, BITING, GLANDULAR EFFECTS CIRCULATING FILE

We would use, then, the Codiron - which carries not only sufficient of the cod liver oil and iron in a form in which it may be assimilated but also the vitamins necessary to build those deficient forces in the system - if the other applications will be followed out as we will indicate. Begin at once with the Codiron; two tablets taken at the morning and evening meals. These may be swallowed or masticated with the food, as desired. Take this each day, as indicated, until at least a hundred days have been completed in taking same, see?

Also we would use along with same the Radio-Active Appliance as an equalizer for the impulses in the system. Take this from the very first of the applications, one hour each evening before retiring. 1687-1, F 23, 9/20/38

In the present, with the beginning of the changing (though it will be some time before this is completed in the general conditions of the body), the activities through the glandular forces become responsible for many of the disturbing influences.

These, then, are the conditions as we find them in the present with this body, [1713]:

In the blood supply we find there is a disturbance in the coordination of the superficial and the deeper circulation. Hence those activities where eliminations and the glandular forces, as related to the thyroids, the adrenals and through portions of the intestinal system AND through the abdominal area, ALL leave the effects of same in the activity of this incoordinant condition in the blood supply.

Hence we find at times, as on portions of the abdomen and on portions of the body - in the thigh and in the groin areas, about the pubic center and the like, as well as in the areas about the left breast - yes, and partially across the right breast we find those conditions where there is the roughness of the skin, as well as discolorations at times.

These show the poor eliminations and the tendency for portions of the body to become easily fatigued and weary from activities that cause the use of energies in the body; thus producing the great quantities of the acids not eliminated from the system.

With the upsetting of the system in this manner, we find the nausea at times, the general bearing down pains in portions of the colon, and the abdomen more towards the LEFT side becomes apparent in the general conditions of the body.

These, as indicated, arise from the activity - or NON-activity - of the glandular system; in relation to especially the conditions or glands as we have indicated.

This also produces the thinness of the fingernails, the very unusual conditions with the manner of the toe nails, the conditions of the hair on portions of the body becoming scant - as the hair falling out from the scalp, as the general irritations through portions of the body - as about the ear and the throat.

All of these are parts, or disturbances arising from this incoordination.

(continued on next page)



As we find, then, in making corrective forces for the body - all of these general conditions should be taken into consideration. Not only should applications be used that would be beneficial for the superficial conditions, but those that would go to the deeper-seated, or make for better corrections through the GENERAL activity of the system. Thus there might be created quite a near normal balance THROUGH the periods of the change that are in the next two or three years ahead of the body - when there are the adjustments that must come with the periods of menopause. Though this has NOT begun as yet, there is irregularity arising from general disturbances through the glandular forces as related to the functioning organs of the body. 1713-20, F 40, 10/20/38

(Q) What causes the condition with nails and what should be done for it?

(A) This arises from the lack of proper balance in the activities of the glands that produce the necessary forces or influences for this portion of the system itself. For the body takes from the food values, by the activity of the glandular forces, for the creating of various elements. For the nails - or the cuticle itself is not the same characterization (though it may be taken from the same food forces) as that of the lymph or that of the blood; yet it is lack of a functioning then of a gland.

With this balance in the digestive forces created, by creating a better assimilation, these parts of the body will be aided. And we find that the use or the eating of the potato PEEL will add those elements that will produce an activity; not of such disturbances as to over balance them, but through the thyroids - as to make these conditions better. 906-2, F 54, 5/1/36

At the same time the adjustments are begun, begin with taking each morning (not only the days when the adjustments are made but EACH morning), before the morning meal, ONE MINIM of Atomidine in half a glass of water. Just ONE DROP; this given preferably from a medicine dropper - a full drop, but just ONE drop! This activity is to be upon the glandular system, especially upon the thyroids - which, of course, supply the growth of the nails, the hair, the cuticle, all portions of the superficial activity of the lymph circulation being affected by the activity of this particular functioning of the gland. Just as the activity of same to the growth, to the kidneys, to the other forces is through the adrenals and the thymus and pineal. Now these properties will act upon ALL of these, and will - with the proper adjustments osteopathically as given - have the desired reaction. 1490-1, F 5, 12/2/37

(Q) What has caused hair to lose its color, luster and texture?

(A) The effect upon the glandular system - and, as indicated, with the general disturbances eliminated, and better conditions in the blood supply, we will find these will be much improved. (continued next page)

(Q) Does this also cause the finger nails to constantly break off?

(A) This is also from the glandular forces - the thyroid, as indicated, which is being affected by the general poor circulation, as well as the activity of the gland force itself from a very debilitated nervous and blood supply. Those things indicated will correct these. 1897-2, F 56, 3/3/40

(Q) They say my thyroid glands are atrophied. Is this the condition?

(A) Rather, as we have indicated, they have been SUBJUGATED by the lack of the elements in the system to assist in keeping them in a normal activity. But with the use of those properties indicated, and these kept consistently and persistently, we will find that these will become more and more normal.

And, most of all, let the mental attitude be in that way of not only being good, but good FOR something! For, remember:

Of all the glands of the body, not even excepting the reproductive glands, the thyroids are the most SUSPECTING as well as the most EXPECTANT! and the attitude of the body-mind has much to do with their functioning.

Consequently, to accept a theory - or a proclaiming that they are entirely atrophied, would HINDER thoroughly the ability to INDUCE the necessary forces which arise from their functioning! There would be no hair on the body, nor fingernails, nor toenails, if they were atrophied! 2109-1, F 51, 2/21/40

(Q) What causes condition of fingernails?

(A) This is from a poor activity of the thyroid and is part of the overemotional nature of the body, as the general nervous tension. Better assimilation, and especially of the foods indicted, should change these. Keep these in such shape - the fingernails - that there is not the pulling into the quick, as this will cause great disturbance, but over the ends of the nails massage a saturated solution of Vinegar and Salt; using only the pure Apple Vinegar and preferably iodized salt. 2452-1, F 53, 2/14/41

### Nail Ridges

(Q) What causes the deep ridges in thumbnail and what treatments should be followed?

(A) These are the activities of the glandular force, and the addition of those of foods which carry large quantities of calcium will make for bettered conditions in this direction. Take often chicken neck, chew it. Cook this well, the feet and those portions of the fowl, and we will find it will add calcium to the body. Also eat bones of fish, as in canned fish. Also parsnips and oyster plant; all of these, of course, in their regular season. Wild game of any kind, but chew the bones of same. All of these will be well for the body. 5192-1, M 12, 6/9/44

(Q) What causes ridges in finger nails?

(A) The lack of the correction in the katabolism of the system. Katabolism is the reflex action of the glandular forces of the bodily functions. This is the lack of the glandular force in the thyroids.

Well - with the corrections and the stimulations through the electrical vibrations, these will change; gradually, to be sure. 1563-1, F 54, 4/2/38

(Q) What is the condition of the glandular system?

(A) As indicated, this has been slowed up by the incoordination between the eliminating systems....

(Q) What is cause of ridges or markings on fingernails?

(A) The glandular disturbance as related to the thyroids. But the stimulations or the "boosters" for the general system (the ADIRON), and the better eliminations established, should be sufficient in the present.

1770-5, F 51, 2/20/41

### Loss of Nails

(Q) What treatment will help the nails where they have come off?

(A) Let's don't bother about those yet! When we get to the glandular reactions, as will be aided by the taking of the iodine into the system (in the atomic form called Atomidine), they'll commence to grow again in their right time.

3389-1, F 21, 12/7/43

(Q) Loss of finger nails and swelling of fingers during winter months due to cold or slight pressure, accompanied by severe pain.

(A) This indicates the lack of the activity of the glandular forces of the thyroids. Thus the use of the oils indicated should particularly aid in these directions, also the taking internally of the Atomidine. 3040-1, F 52, 6/9/43

Vitamins

(Q) What relation do the vitamins bear to the glands? Give specific vitamins affecting specific glands?

(A) You want a book written on these!

They are food for same. Vitamins are that from which the glands take those necessary influences to supply the energies to enable the varied organs of the body to reproduce themselves. Would it ever be considered that your toenails would be reproduced by the same as would supply the breast, the head or the face? or that the cuticle would be supplied from the same as would supply the organ of the heart itself? These are taken from GLANDS that control the assimilated foods, and hence the necessary elements or vitamins in same to supply the various forces for enabling each organ, each functioning of the body to carry on in its creative or generative forces, see?

These will begin with A - that supplies portions to the nerves, to bone, to the brain force itself; not all of this, but this is a part of A.

B and B-1 supply the ability of the energies, or the moving forces of the nerve and of the white blood supply, as well as the white nerve energy in the nerve force itself, the brain for [force?] itself and the ability of the sympathetic or involuntary reflexes through the body. Now this includes all, whether you are wiggling your toes or your ears or batting your eye, or what! In these we have that supplying to the chyle that ability for it to control the influence of fats, which is necessary (and this body has never had enough of it!), to carry on the reproducing of the oils that prevent the tenseness in the joints, or that prevent the joints from becoming atrophied or dry, or to creak. At times the body has had some creaks!

In C we find that which supplies the necessary influences to the flexes of every nature throughout the body, whether of a muscular or tendon nature, or a heart reaction, or a kidney contraction, or the liver contraction, or the opening or shutting of your mouth, the batting of the eye, or the supplying of the saliva and the muscular forces in face. These are all supplied by C - not that it is the only supply, but a part of same. It is that from which the structural portions of the body are stored, and drawn upon when it becomes necessary. And when it becomes detrimental, or there is a deficiency of same - which has been for this body, it is necessary to supply same in such proportions as to aid; else the conditions become such that there are the bad eliminations from the incoordination of the excretory functioning of the alimentary canal, as well as the heart, liver and lungs, through the expelling of those forces that are a part of the structural portion of the body.

G supplies the general energies, or the sympathetic forces of the body itself.

These are the principles.

2072-9, 7/22/42

Nail Splitting, Breaking, Peeling

(Q) What causes fingernails to split and break?

(A) This is lack of the glandular forces, especially in the thyroid, which will be materially aided by the addition of the A and D vitamin forces as combined with the B-Complex, for the general tonics for the body. 667-14, F 27, 6/17/42

(Q) What can I do to keep my fingernails from splitting?

(A) Add the vitamins necessary so that the glandular forces, and especially the thyroid, are improved.

Take a few doses or drops of Atomidine occasionally; say once a month, just before the Period, take one drop of Atomidine in half a glass of water before the morning meal, for three to five days.

Also massage the fingernails with Atomidine. It may stain for a bit at first; but get the system going better and we will find this will be different.

2448-1, F 24, 2/8/41

(Q) What should be done for breaking of nails?

(A) We would massage the fingers around the cuticle with the Atomidine. This will tend to color for a while, but with the treatments that have been indicated, and the rubs, and the diets - with this used once or twice a week so as to allow that already begun to grow, we should have better condition of the nails.

3025-1, F 45, 5/27/43

(Q) What causes the breaking of fingernails and how can I supply the deficiency?

(A) Supply this through the calcium as indicated. This is a lack of those influences arising from same. 954-2, F 38, 3/16/36

(Q) What will strengthen the fingernails against peeling and breaking?

(A) As has been indicated, the orange juice, the stimulation to the glandular circulation, and especially the diets of the potato peels.

1102-2, F 28, 12/10/36

(Q) What deficiency in system is causing finger nails to peel and what will correct this condition?

(A) Eliminations - lack of eliminations. As indicated, correct it by the operative measures - and then the establishing of a better equilibrium between cerebrospinal and sympathetic reactions toward eliminations as well as the distribution of that assimilated.

(Q) What causes so much heartburn after meals?

(A) Poisons in the system. Thus the necessity, as we find, for the colonics....

189-8, F 48, 4/29/43

Also we would take the extract of thyroid for an improvement in the glandular activity, both of the thyroid and of the digestive and assimilating system. As to the dosage of this, it had best be administered through the direction of a physician - as to the change of pulsation that it brings; but as we find it should be just sufficient to stimulate the activity of the glandular forces - this will be the manner or the quantity in which it should be taken....

(Q) How can I stop my finger nails from splitting?

(A) The use of the properties as indicated should make for better thyroid activity, and thus take from the system those properties that will aid in building better cuticle and nails. 263-11, F 29, 6/13/40

(Q) Is the breaking of fingernails due to a physical lack, or is it a natural result from work done?

(A) In this particular case, it is something of both. This indicates the lack of proper assimilation or adjustments through the thyroid, or the lack of sufficient iodine in the system.

(Q) Is splitting of thumb nails from the same cause?

(A) Same cause.

(Q) How should the iodine be supplied?

(A) In the foods. 457-9, F 34, 5/21/42

(Q) The nails split and are in bad condition. What can be done to correct this?

(A) This is again a nervous condition, as well as the activity of the glandular forces as stirred by the vibratory forces which, as we have indicated, we would change for the body; and with more of the fresh vegetables and fruits we should add to the system the activity of the thyroids in such measures as to take from those properties for assimilation that needed for strengthening in this direction.

The use also of Calcios here would be advisable, not only aiding or stimulating the circulatory forces but adding sufficient activity through the stimulating of the general system by the neuropathic and the low electrical forces to act upon the thyroid and the glandular system in such measures as to aid in much better superficial circulation, as well as in the character of those activities through the glands which produce the cuticle and hair, as well as nails and the like.

The proportion of Calcios would be about the quantity that would be spread on a cracker, as butter. This also, for this body, would be taken only every OTHER day. 337-25, F 51, 4/3/39

(Q) Is the splitting of nails due to my general condition? Is there any special care that may be given them?

(A) That is why those things have been given for the activity to the glands themselves, that there may be a better activity through the thyroids to coordinate with the adrenal and the lacteals and in the active portion of the assimilating forces; thus bring to the body the sufficient activity to bring to all portions the proper stimuli. These various glands in the body, you see, draw from the same source of supply to produce that necessary to carry on its functioning, see? as from the thyroid - the nails, and all those portions of the system where there are the special activities as relate to the thyroids, to the adrenals, to the digestive fluids, with the pancreatic fluids. Hence the Tonicine\* activity for the body is for these functionings. It carries in same the digestive fluids that work with the glands in the stomach itself, so that the thyroid activity may carry not only the activity for the eliminations through the menstrual periods but as for all the activities of the glands as related to same. Naturally, precautions should be taken as to the food values, and that the eliminations are kept normally.

480-8, F 22, 6/27/34

[\*tonicine: This product was popular during the 1930s, sold as a "gonadal tonic" by Reed and Carnrick on a prescription basis. The ingredients are not known, though one reading said that it was made from glandular secretions or glandular reactions. Tonicine was recommended in about 60 readings, primarily for glandular imbalances and for conditions of the generative organs such as menopause and pelvic disorders. Formula from 636-1, a glandular tonic, is a possible substitute. Please consult a physician before using this product.]

The lack of proper secretions from the thyroids in their activity is a nervous reaction. Hence portions of the body are disturbed by the lack of sufficient activity of these organs or glands to draw or secrete from the system those necessary elements for formation in a structural portion; as the disturbing condition to the general reaction that becomes apparent upon the fingers - and hair on portions of the body.

This is a nervous reaction from an incoordination of the sympathetic and the cerebrospinal, in the impulses as produced by pressure from the acid functioning of the disturbed organs as indicated....

The organs of the sensory forces in their responses as indicated from the nerve reflexes, at times produce a disturbance to the sense of smell; only through the circulation that becomes impaired by the nervous reflex....

As to the eliminations through the alimentary canal, we find there are at times those tendencies for the lack of the proper eliminations through this acidity - and the tendency for the colon to at times become clogged, especially in the caecum area....

Then, in making for the corrections of those things that disturb this body in the present:

We would first begin with the applications of a low form of electrical vibration that may be had through the use of the plain violet ray. Not the deep therapy, but the hand violet ray machine - which will act upon the superficial circulatory forces of the body - applied along the cerebrospinal system. This will relax the body and stimulate the ganglia along the whole cerebrospinal system. Use the plain bulb applicator each day, preferably as the body is ready for retirement, for a least five minutes. Move the bulb applicator rather in a circular motion from the center of the spine toward both extremities; that is, begin in the center and move upward - then begin in the center and move downward - but in a circular motion on each side of the spine from the brachial center, and also from the lumbar center.

After the electrical treatments have been given for three to four days (sufficient to start the relaxing and stimulating of the body), then begin with osteopathic adjustments in the upper dorsal area more specifically. Make corrections in the cerebrospinal centers from which impulses arise for nerve reflection (reflexion) to the organs themselves. These would preferably be given twice each week, until practically thirteen to fifteen treatments had been given.

Also begin with the use of a SUPPORT that may be had for holding, as it were, the stomach in its proper position. Wear this for sufficient period until there are the adjustments, through the manipulations, to those centers from which impulse for activity is received for the upper or the cardiac portion of the stomach. So this support would be begun to be worn only after the adjustments osteopathically are begun. And rather than recommending from here any specific make of abdominal support, we would PREFERABLY use the type that would be inaugurated by the one who makes the osteopathic adjustments, so that it FITS the existent conditions. For the strain, as may be intimated from the condition in the cardiac portion, is rather from a tipping down of the stomach - than up.

We would also be mindful that the diet is such that makes for more of a proper balance between the acids and the alkalines. So, we would use more of the alkaline-reacting foods, and those that carry more iodine content; as from lobster, shellfish, and the like. NONE of the foods taken should ever be FRIED foods!

Doing these, as we find, we will make those corrections necessary - in this manner - to eliminate these disturbances that arise from this poor circulation, produced by poor assimilation; and we will make for the corrections that will aid the body to function the nearer normal, bringing nearer normal conditions for this body, [931]....

(Q) What can I do to prevent the splitting of the fingernails, or to correct the condition?

(A) Add those influences that will form greater activities through the thyroids, which will make for a stimulation that will gradually - not at once - cause a normal growth; especially if the alkalinity is kept nominally balanced in system.

931-2 F 37, 11/29/35



Extracts from Mr. [1467]'s readings and Report

(Q) What is cause and relief for the splits in my finger nails?

(A) Lack of sufficient vitamins. Hence the influences in the diet as indicated, or the use of Codiron....

(Q) Do my teeth need dental treatment?

(A) They do. The gums will be improved by the use of the Salt and Soda also, which will make the general condition better. Naturally the lack of the activity of the glandular force causes the skin to rough easily, and the nails to crack or break easily - and this is a part of the disturbance with the hair also, as well as producing a general condition in the system.

Do those things as we have indicated. 1467-4, M 33, 11/7/38

(Q) What should I do to keep fingernails from splitting?

(A) This is a lack of proper amount of calcium in the system. A little CALCIOS taken occasionally would be the better for the system.

1467-7, M 35, 2/19/40

(Q) What is the cause and cure for my finger nails splitting and crumbling off?

(A) This is an affectation from the glandular system. We would take the peelings of Irish potatoes, or boil these and drink the juice from same. Boil the skins, you see, and drink the juice or prepare it as a soup once or twice a week. Also once a week take a little Calcios. This will stimulate sufficient activity of calcium in the body forces, with the present activity of the thyroids, to prevent nails splitting, and it will give a better stabilization also in the heart's activity, making less tendency for smoke or the like to cause headache or heaviness in the head. [See also 1467-17]

1467-13 M 36, 12/6/41

(Q) How much Atomidine should I take at a time?

(A) As indicated, the better manner is to take it regularly for some three to four to five days, but don't set it at special times. When it is going to be taken, though, take it for five days at a time; one to two drops in half a glass of water before the morning meal....

(Q) Should I continue to take Calcios for my finger nails? [See 1467-13]

(A) This is beneficial, as will be the Atomidine. And, as we find, we would get the Purity Cross Vitamin Tablets. Take these about twice a week, not once a day nor five times a week, but about twice or three times a week. Just one a day.

(Q) Is there anything I can do that will be of help to my right index finger?

(A) As indicated, taking the Atomidine and the massage with same occasionally, rubbing the finger itself with the Atomidine. 1467-17, M 38, 3/12/43

(Q) Please suggest cure for splitting finger nails?

(A) It would be well to massage the fingers and the finger nails, along the edge, with Atomidine. It also would be well for some Calcios to be taken. For under the present environ, because of such inhalants that it takes, it would be well for the body to take once a day one grain of Calcidin for four to five days. Then leave it off four to five days. You will find that it will react to the nails and the skin itself, and the conditions in throat, and you'll get rid of a great deal of the cigarette or smoke throat. 1467-18, M 39, 4/10/44

**Reports of Reading 1467-17 M 38      Testimonial**

12/13/47 Austin Rice's weekly letter to the A.R.E. Group in Washington, D.C. [from Virginia Beach]:

ATOMIDINE: The following use of Atomidine was given to me by one of the active Association members here in Norfolk [The facts in this were taken from the files of the Association for Research and Enlightenment, Virginia Beach, Virginia]. He [1467] told me that, in an accident, the finger nearest his thumb on one of his hands was injured.

He said, "All the flesh, including the nail from the first joint out, was completely mashed off, leaving only the bone. The doctor wanted to cut the finger off at the first joint, saying that the bone was somewhat crushed. But I would not let him. I obtained a reading on it, and it told me to use Atomidine.

"The doctor also told me," he continued, "that I would never have a complete nail, but only about two-thirds or three-fourths of a nail at the most. He also told me that if the flesh ever did grow all the way around the bone, it would be so sensitive that I would never be able to use that finger, and that it would be always very sensitive on the end.

"I put a bandage on it of absorbent cotton, and soaked the cotton with Atomidine every night. And I dressed it every night. Then, over the cotton, I would wind two-inch gauze to hold the cotton in place.

"From the first knuckle out to the end," he said, showing me his finger, "the flesh was entirely destroyed, and lost. The Atomidine caused new flesh to grow out completely, so that now the finger looks as if it had never been injured." He further said, "It is not quite perfect." He is still using the Atomidine, and expects it to become perfect.

In six months, the complete nail had grown. In about a year and a half, the complete flesh had grown out, and the flesh was no longer sensitive. "And," he told me, "there is no stiffness and sensitivity in the finger now, any more than in the other fingers."

The injury occurred in Jan., 1934 [See 1467-17, and 1467-18]. When the finger was injured, "The doctor told me," he said, "Atomidine is no good. It is quackery." Austin.

## More Testimonials

A 20-year-old woman from the West Indies had what must be classified as a mixed bacterial-fungus infection under the nail of the right forefinger. For four years, it had grown more and more serious, until the nail became very thick, the end of the finger tender, and a greenish-yellow exudate, which had a foul odor, came from the nail. For nearly four months, the girl's mother placed a pad of cotton soaked with castor oil around the tip of the finger and bandaged it in place every night. The infection disappeared, the nail grew in normally . . . and now she claims it is the strongest and best nail she has.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, September, 1974, Volume 9, No. 5, page 218, Copyright © 1974 by the Edgar Cayce Foundation, Virginia Beach, Va.]

6/28/79: Castor Oil application for fingernails splitting.

To Whom It May Concern:

I have had trouble with splitting, breaking fingernails for several years...always a source of embarrassment.

It would be difficult to estimate the amount of time and money that I have spent over the years to correct the problem.

Naturally, as a member of A.R.E. and a student of Edgar Cayce, there is always Castor Oil in this home. I began to massage a drop of Castor Oil into each nail and cuticle area daily, about a month ago. **THE RESULTS HAVE BEEN SOMETHING ELSE!**

If this is not a part of your file, perhaps someone would like to experiment with the idea and test it. I'm sure there would be many who would be grateful for such an easy, inexpensive cure for splitting nails.

A. Mitchell C.N.S., INC. Box 8331 Coral Springs, FL. 33065

## White Spots

### Reading 1789-9, F 35, 6/5/41

In the main we find that the body shows better coordination than we have had here before.

While there are disturbances which occur from time to time, we may keep the body in a better balance if there is the adherence to these suggestions - both for the physical and the mental.

We would continue with the use of the Appliance carrying the Gold in the system. This should be recharged. Keep the anodes that are to be attached to the body in a good, clean condition, polishing the plates each time before attaching to the body. Disconnect and take the connection out of solution when not in use. Use the Appliance as has been used heretofore, with the periods of rest and the periods of taking same.

Each evening when ready to retire, we would massage the body with Peanut Oil; across the lumbar and sacral area, between the shoulders and back of the head.

Keep the diet well in order, and the eliminations should be kept well. Do these, and we will keep the better forces of this body....

(Q) How can tension and discomfort in right hand be relieved?

(A) By keeping up the massages and the activities as we have indicated for the eliminations....

(Q) How may slight disturbance in right ear be eliminated?

(A) The massage as indicated, between the shoulders and to the base of the brain - and this covers these areas and will eliminate these disturbances, if kept consistently.

If they are just used occasionally, there is not very much use of using them at all.

(Q) What is cause of numerous white spots on nails?

(A) Disregard these entirely. This comes from the inactivity through the gland circulation as related to same. But as the general health improves, these change.

We are through with this reading.

## **The Risk of Zinc Deficiency**

<http://wrightnewsletter.com/2005/05/30/the-risk-of-zinc-deficiency/>

### **Little White Lies**

When I was little I remember asking my Mom why I had white spots underneath my fingernails. Probably not knowing herself, and not being concerned about such a common affliction, she teasingly told me it was a sign I had lied about something — and that's why they called them "little white lies."

I believed it for a few years. But then, like Santa Claus and the Easter Bunny, it fell by the wayside, another childhood myth ruined by my emerging adulthood.

Later, in college, I heard they were an indication of calcium deficiency. I was never a big milk-drinker or spinach-eater and had my fair share of nutritional guilt — so, again, I believed it. Turns out that was wrong too.

Nutritional deficiency is a big factor, though in this case, calcium isn't the culprit. It's more likely a zinc deficiency. You might be surprised at how much of our health can be affected by not getting enough zinc: Your fingernails are just the beginning.

Zinc plays a significant role in growth and development and is implicated in just about every structural function in the body. It is literally essential to all forms of life. Neurological function and reproduction are particularly dependent on zinc. Deficiency can have a serious impact and causes skin problems, diarrhea, impaired wound healing, hair loss, impaired taste sensation, reduced appetite, night blindness, swelling and clouding of the corneas, and even behavioral disturbances. In developing countries zinc deficiency is more common, and is often life threatening.

In this country, teenagers are at the highest risk of zinc deficiency, since zinc is used at higher rates by the body during times of intense cell growth and division.

But the food highest in zinc — oysters — is probably not going to make it to the top of a teen's daily diet, unless you can slip them onto a pizza. But other seafood, eggs, liver, and beef are also good zinc providers. But with the trend towards vegetarianism that is growing among teens, getting them to take supplements might be the best bet.

The risk of zinc deficiency doesn't end with the teenage years, I'm afraid. So we'd all be well-advised to keep an eye out for those telltale white fingernail spots — and make sure to get 25-30 milligrams of zinc (picolinate or citrate) into your daily regimen, along with 2 milligrams of copper to prevent zinc-induced copper deficiency.

### ***Hormones in Your Fingernails?!?***

*Article Written by Carol Petersen, RPh, CNP – Women's International Pharmacy*  
[http://www.womensinternational.com/newsletter/article\\_fingernails.html](http://www.womensinternational.com/newsletter/article_fingernails.html)

A study published by Fay Marnock, et al, suggested using fingernails to measure hormone status. As a nail's matrix builds up with keratin, hormones passively diffuse into the nail from capillaries in the blood. The authors suggested measuring DHEA and cortisol in the nail to gauge hormone status over a prolonged period. This could have advantages over tests using serum,

saliva and urine, which reflect only a point in time or only a single day's hormone level.

Aside from the possibility of actually measuring hormones, the appearance of your fingernails reveals a lot of information about your overall health. For example, one of the symptoms of osteoporosis is brittle fingernails. A clinical trial is currently comparing nail structure with bone integrity over the course of chemotherapy treatment. The investigators are also comparing the nails of individuals who have had a bone fracture with those who have not.

Just like hair, fingernails are mostly composed of a protein called keratin. However, not all fingernails are alike. A study by Dittman, et al, showed that not only is there a gender difference--women have more sulfur and less nitrogen in their nails than men--but that carbon levels in fingernails increase with age in both sexes.

First and foremost, healthy nails require an adequate supply of nutrients. However, Dr. Jonathan Wright notes that adequate supplies of stomach acid are equally important to nail health because of its role in the absorption of amino acids (the building blocks of protein) and minerals. So, in addition to eating enough of the right nutrients, the state of your digestive health will determine whether or not the nutrients are actually absorbed and usable. Dr. Wright also checks for testosterone levels because it is also needed for protein (i.e., keratin) synthesis.

Dr. Thierry Hertoghe observes that vertical lines on fingernails are typical of a growth hormone deficiency. Some believe that this may also be a sign of nutrient deficiency.

Dry, brittle nails can be a hallmark of menopause. Healthy fingernails must be hydrated. Since estrogens are responsible for keeping water in body tissues, lowered estrogen levels contribute to less healthy fingernails.

Dehydration is also a common problem with aging, which helps explain why the elderly often have fingernails that look dull and yellow.

Dry, brittle nails are also a sign of hypothyroidism. With low thyroid function, circulation to the extremities is impaired, which means that the nutrients in the blood may not get all the way to the fingernails. The nail bed can also become very pale because of poor circulation.

The parathyroid glands, located in the neck near the thyroid gland, regulate calcium and vitamin D. If the glands are not producing enough parathyroid hormone, brittle nails may result. Calcium and vitamin D must be supplemented to restore nail health.

Those little white spots that appear on your fingernails may originate from stress. The white spot indicates a drop in zinc caused by a stressful event. Since a fingernail takes about 6 months to grow, you can even estimate the time of the stressful incident. Dr. Carl Pfeiffer noted that about 30% of schizophrenia patients had these spots. He then treated them with zinc and B6 (because B6 will be ineffective without enough zinc) and had very favorable responses.

Hormones certainly play a role in maintaining healthy nails, and the tidbits mentioned here just scratch the surface of what can be gleaned from looking closely at your fingernails. The shape, colorings, pitting, lines, thickness and splitting can all be clues to the state of your body's health. If you have concerns about your fingernails, be sure to discuss them with your healthcare practitioner. Fungal infections and psoriasis can be a direct cause of a diseased nail.

**RESOURCES:**

"Measuring Cortisol and DHEA in Fingernails: A Pilot Study" by Fay Warnock, Kevin McElwee, Rubo J Seo, et al; *Neuropsychiatric Disease and Treatment*, December 2009, Volume 2010:6(1) pp 1-7.

"Fingernails in Evaluating Bone Health in Postmenopausal Women With Breast Cancer Undergoing Hormone Therapy," Clinical Trial IBCSG-1-98; described at <http://clinicaltrials.gov/ct2/show/NCT00899288>

"Osteoporosis Symptoms" published by the Endocrine Society at [http://www.hormone.org/osteoporosis\\_symptoms.cfm](http://www.hormone.org/osteoporosis_symptoms.cfm)

*Medical Mavericks* by Hugh Desaix Riordan; Bio-Communications Press; Wichita, KS; 2005; pp 187-190.

*Natural Medicine, Optimal Wellness: The Patient's Guide to Health and Healing* by Jonathan V. Wright, MD and Alan R. Gaby, MD; Square One Publishers; Garden City Park, NY; 2006.

*The Hormone Handbook* by Dr. Theirry Hertoghe; International Medical Publications; Surrey, UK; 2008.

"Causes of Brittle Fingernails" published on Livestrong.com at <http://www.livestrong.com/article/247676-causes-of-brittle-fingernails/>

## Related Extracts

### Dream Symbolism

(Q) "Then [137], [4167] and I sat down to talk. I was cutting my finger nails with an enormous pair of scissors. [4167] looked up at [137] and mentioned something about the scientific or religious person [137] had once been. 'Science and Religion are incompatible,' I told them both, 'They are like the hand and glove - one worthless without the other. You cannot have Religion without Science.' Then I thought and noticed my big shears and dangerous instrument to use on my finger nails. 'Of course,' I continued, 'you can have Science without Religion, but you then get nowhere.' Then I noticed one finger nail complete and finished - done pretty well even, if with a clumsy oversized shears, I thought."

(A) This again the emblematical conditions as regarding the lessons, the truths as are being seen with the entity, and as the conversation is given between those who occupy the various stations in the mind of the entity as regarding religious thought and science, and religious application and scientific application of truths as may be gained, as also the fingers, the hands, the nails, the shears, representing the various ways and manners in which the application, or tools with which the applications of truths are applied in the physical world. Then, as we see, the lessons as are gained, as the truths in science, as the truths in religion, to meet the needs of the thinking man must be compatible to each other, so must the shears, the hands, be used on each to make same compatible, see? and then in applying those lessons as entity gains from time to time, and in preparing that message as is being prepared and given to peoples, as the message comes to entity, both hands (literally), shears (literally), must be used in same, that the message may present from the mind, the hands of the entity, that well-rounded lesson as is necessary to meet the mind of the scientist and of the religious, whether they be of the old or the new school. A great lesson, a wonderful way presented, and the entity in the application may gain the greater truths from same.

As is seen again in this: We find as the entity presents to self in the mental manner the various obstacles, or the various levels to be made, that a more perfect understanding may be gained by same, these in their various ways and manners in the co-relation of the subconscious and superconscious forces of this entity present same to entity in this consciousness as is reached in the exemplification of the experiences in such a manner as a greater scope is gained by this entity in its inner consciousness, and a better application may be made of same.

900-171, M 30 (Stockbroker), 12/9/25

### Alcoholism

Now, we find in many respects in the physical sense the body is very good. There are, however, conditions becoming apparent in the physical functioning of the body, that - unless warnings are heeded and changes made - the results must be VERY unsatisfactory.



These have to do, especially, with the functioning of organs as affected BY too strenuous stimuli in the system, and the effect to the liver, the gastric juices of the stomach, the assimilations of the system, and the brain forces themselves - especially in the return forces in the matter of the nerves themselves. These, as we find, are conditions existent at present in this body:

IN THE BLOOD SUPPLY, this shows the effect of toxic forces in the system from this condition in stomach, liver and intestines; also the congestion as increases the lymph circulation, especially in head and chest at the present time, to say nothing of those conditions this produces WITH the kidneys and their inability to care for the toxic forces as created at the present. While the body in its resistive forces at present is able to throw off these resistances, yet there is - FROM this condition in the blood supply - gradually being builded that which will not be as easily eliminated.

IN THE NERVE SYSTEM ITSELF, as indicated, the effect of the blood being so impoverished by that necessary stamina to act with all of the nerve centers and plexuses, being so deadened by these reactions in system, shows an unbalanced, unstabilized condition in same, as well as those DEFINITE conditions existent in centers in the lumbar, the dorsal, and the WHOLE of the cervical regions. These, as we find, have much to do with the MENTAL attitude of the body as respecting surroundings, associations, relations with others, as WELL as that regarding self and self-aggrandizement of interests as satisfy desires of the fleshly forces, as are being created in system.

THE FUNCTIONING OF THE ORGANS THEMSELVES show, as given, that of not DETERIORATION at present - but MUST BECOME deteriorating in its effect, as is indicated in the abilities of the system to not cope WITH those conditions as have worked, do cause, distress in the mental activities, as well as indicated in the organs as outlined.

In meeting the needs of the conditions physically, we find - while there must be physical applications for the body to right itself - the greater portion must come through that of self's own will in making for the environs and for the effect that is being produced in body.

We would, then, find that - were these properties combined in this manner, and given at least one each week, and this as a dose, this will assist and enable the body to exercise its own prerogative in the application of self's desires. Prepare in a capsule, this: Eucalyptol..... 1 minim, Rectified Oil of Turp.....1/2 minim, Benzosol.....1 minim, Codeine.....1/60 grain.

This must be given under PHYSICIANS'S instructions or directions, one each week - until there will be found that there is an alternation in the desires of the body as related to the physical forces, as related to the mental application of self - for this will produce NAUSEA to an extent that the body, when over STIMULATING self, will refrain from same. Should this become, under the physician's reactions, such as has been in cases past WITH the body - they, themselves, refrain - or change to such an extent as to increase rather than diminish - take of the parings or the scraping of the fingernail of the body, on the left LITTLE finger - these prepared in coffee or tea will prevent a reoccurrence. Not injurious, but helpful. 4386-1, M 31, 10/31/30