

Health Minute™

Fish oil and your nails

Your fingernails can function as an “early warning system” for illness. Nails show signs of trouble before better-nourished tissues do. Healthy nails are smooth, pink, and shiny. Most nail problems are diet-related. Thick nails, hang nails, pitted nails, and discolored nails can all be signs of nutritional deficiency. The lack of Omega-3 essential fatty acids is one common deficiency that can be managed by adding a high quality fish oil supplement such as Arctic Fresh to your diet.



Other tips for healthy nails	How much fish oil do you need?
<p>Prevent breakage by keeping nails shorter and square-shaped and slightly rounded on top</p> <p>Don't bite or pick at nails or cuticles</p> <p>Use moisturizing cream after bathing or washing dishes</p> <p>Wear gloves for tasks like dishwashing and gardening</p> <p>Avoid overuse of nail polish – it can be very drying</p>	<p>You need to take at least 1 gram of omega-3 fatty acids per day (EPA and DHA)</p> <p>Read the label of your fish oil and figure out how many capsules you need to take for the EPA and DHA to equal 1000 mg</p> <p>Good quality fish oil such as Arctic Fresh™ is higher in omega-3 fatty acids meaning you need fewer capsules to equal 1000mg of EPA and DHA</p>

