

Simple, Inexpensive Techniques for Beautiful Natural Nails



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Dedication

This book is dedicated to everyone who has tried *everything* they could think of to fix dry, weak, split, or cracked fingernails.

I hope this will help you as much as it helped me.

MEDICAL DISCLAIMER

The information provided in this book is not intended to be a substitute for diagnosis or treatment of any medical condition. Anyone experiencing a medical condition should seek the advice of a medical professional.

PERSONAL DISCLAIMER

The author is not a doctor or other medical professional, and the information provided in this book is based solely on the author's personal experience.

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1

Awful Looking Nails

As a young person my nails were healthy, and strong, however, as I got older my nails seemed to look the worse and worse. Perhaps, this was just part of the aging process? Depressing. It seemed that I was going to be the kind of person who had nails that were brittle and dry, and nothing I attempted would make them healthy again. I feared that I was going to be stuck with tired, dry looking nails.

Certainly, I was tired of having dull, dry, cracked, and splitting nails, and determined to find a way out of this problem. I decided to do *everything* differently than I had done things in the past, and within a few months I had strong, long, and healthy nails again. I developed a few methods that I found not only stopped the nails from splitting and cracking, but also allowed them to grow and thrive. Today you would never know that I had suffered from dull, lackluster nails for many years.

My research gave many different reasons for poor looking nails.

- Nails are too dry
- Nails have been in water too much
- Deficit of Calcium
- Deficit of Vitamins: Biotin, Lutein, Silica
- Exposure to the Sun
- Exposure to Cold
- Exposure to Harsh Chemicals
- Exposure to Chlorinated Pool Water
- Filing Nails Incorrectly
- Family Inherited Genes

Over the years I tried different methods to help my nails, such as vitamins for nails, expensive hand crèmes, multi-vitamins, vitamin e oil, other cuticle oils, non-acetone nail polish removers, natural nail polishes, and on and on, but still no improvement. They consistently looked dull and dry.

I often read that one of the best ways to seal my nails from the elements was to use clear nail polish regularly. So, I selected what I thought was a high quality clear nail polish, and tried to keep my nails polished with it most of the time. I often found that within two or three days one or more of my nails would begin to split or crack. Thinking I needed more polish, I would take the polish off, cut, and file my nails, and

then re-apply clear nail polish. It became such a burden to manage this process two or sometimes three times a week. I'd try different brands, and brands that were supposed to *strengthen*, but the results were always the same. I look back on those times now and think, 'why did I waste all that energy with no results'?

After reading from many sources that weak or brittle nails may be genetic, I felt, well I had nothing to lose, but to stop using polish, and try something else. So, I threw out the rulebook, on everything I had been told, and understood about nail care, and chose to find a natural way to manage my nails.

Keep in mind that dull hair, nails or skin can be a sign of a more serious medical problems, therefore you may want to check with a healthcare professional if you are having issues with your nail health.



2

Your Plan: Three Simple Things

I will share with you the three simple things that made all the difference in the health of my fingernails. These things took my nails from being a total mess and returning them to being strong, long, and healthy looking again.

No. 1

1. PUT AWAY YOUR NAIL POLISH AND NAIL POLISH REMOVER - STOP USING IT

I'm sure the idea of NOT using nail polish on your fingernails is just freaking some of you out completely. I know I was freaked out about it at first. No more *polish*? I had used fingernail polish most of my life since I was a teenager, and I always liked the look of it. I thought clear nail polish was saving my nails, but the truth is, it was breaking my nails down, making them weak and actually destroying them.

That was a revelation to me, because I wanted to believe that nail polish/remover was safe, and at the very least wouldn't hurt my nails. Some people may be able to use those harsh chemicals on their fingernails, and continue to have healthy nails, but that really was not true for me. In an article at Mayoclinic.org*, Lawrence E. Gibson, M.D. suggests to prevent fingernails from splitting the use of harsh nail care products should be avoided. It turns out that for me, and perhaps many people, that meant all nail polish and nail polish remover products. Since I have stopped using chemicals on my nails in the past year, I have never looked back, and the results speak for themselves, and I don't miss it a bit. I'm glad to no longer need to exhaust all the time, energy or money I used to spend polishing my fingernails.

Even if it doesn't sound like a great idea, give it a try for just two months, 60 days, and I'm sure you will see your nails healing and getting stronger. I'm sure having healthy, beautiful, natural looking nails sounds a lot better than nails are polished, yet still weak and splitting.

Don't feel bad about missing out on your favorite colors. You are taking care of yourself, and that is reward enough in itself. You may find that you can still use nail polish on your toenails, so long as you are not experiencing the same issues of dryness, splitting, and cracking. You may want to continue using fingernail

polish from time to time, but know that it will probably continue to weaken your nails.

* <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/split-fingernails/faq-20058182>



No. 2

2. CREATE YOUR OWN HEALTHY NAIL BALM

After I stopped using chemicals on my nails, I looked for a method to protect, and naturally moisturize my nails. I did stop using polish, and nail polish remover, but my nails still looked dry and tired. Clearly my nails did need to be protected, and I also needed something to give them moisture; I needed a product that could do both. I searched, and reviewed many of the nail products on the market, but found that even the ones that called themselves 'natural', or were labeled organic seemed to have some stabilizer or preservative in them.

There were no commercial products that met my needs, so I decided I would make my own. My goal was to make a nail balm as pure as possible, so I decided to include the following things in my new nail elixir:



- **Bees Wax** - to protect nails
- **Organic Coconut oil** - to moisturize nails

I didn't have any specific recipe to follow, so I experimented a bit until I found a method that gave me the desired results.

Anyone should be able to make this nail balm without too much cost or trouble.

NAIL BALM RECIPE

Ingredients

2 Tablespoons of Beeswax

5 Tablespoons of Organic Coconut Oil

What you'll need:

- A small pot for boiling water or you could use a double-boiler pot if you chose.
- I used a deep ceramic bowl with flared edges.
- Ice cream stick or something similar to stir the mixture, I used a wooden skewer below.

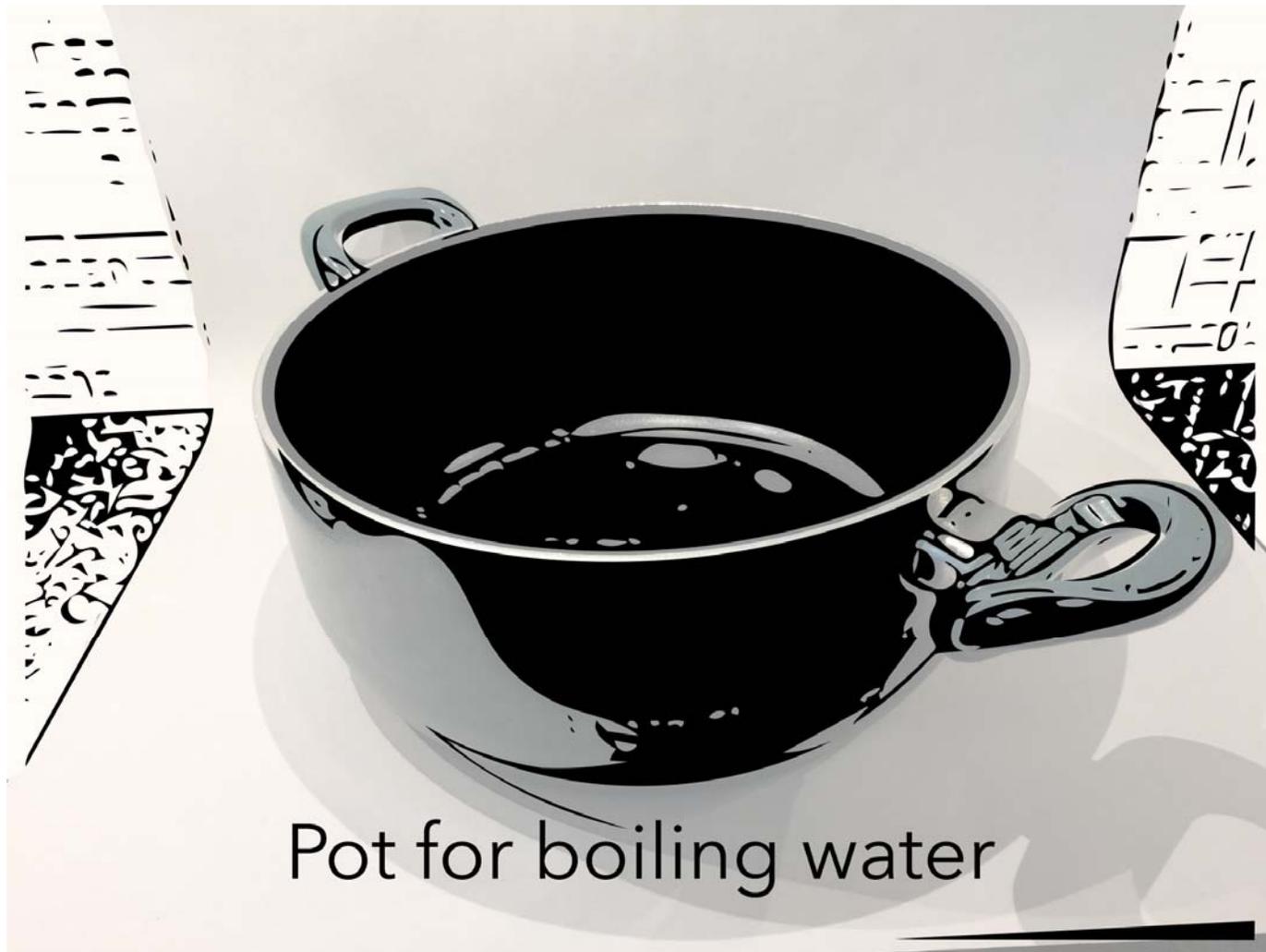
You may find you want to add a little bit more of either the wax or the oil to get the consistency you like.

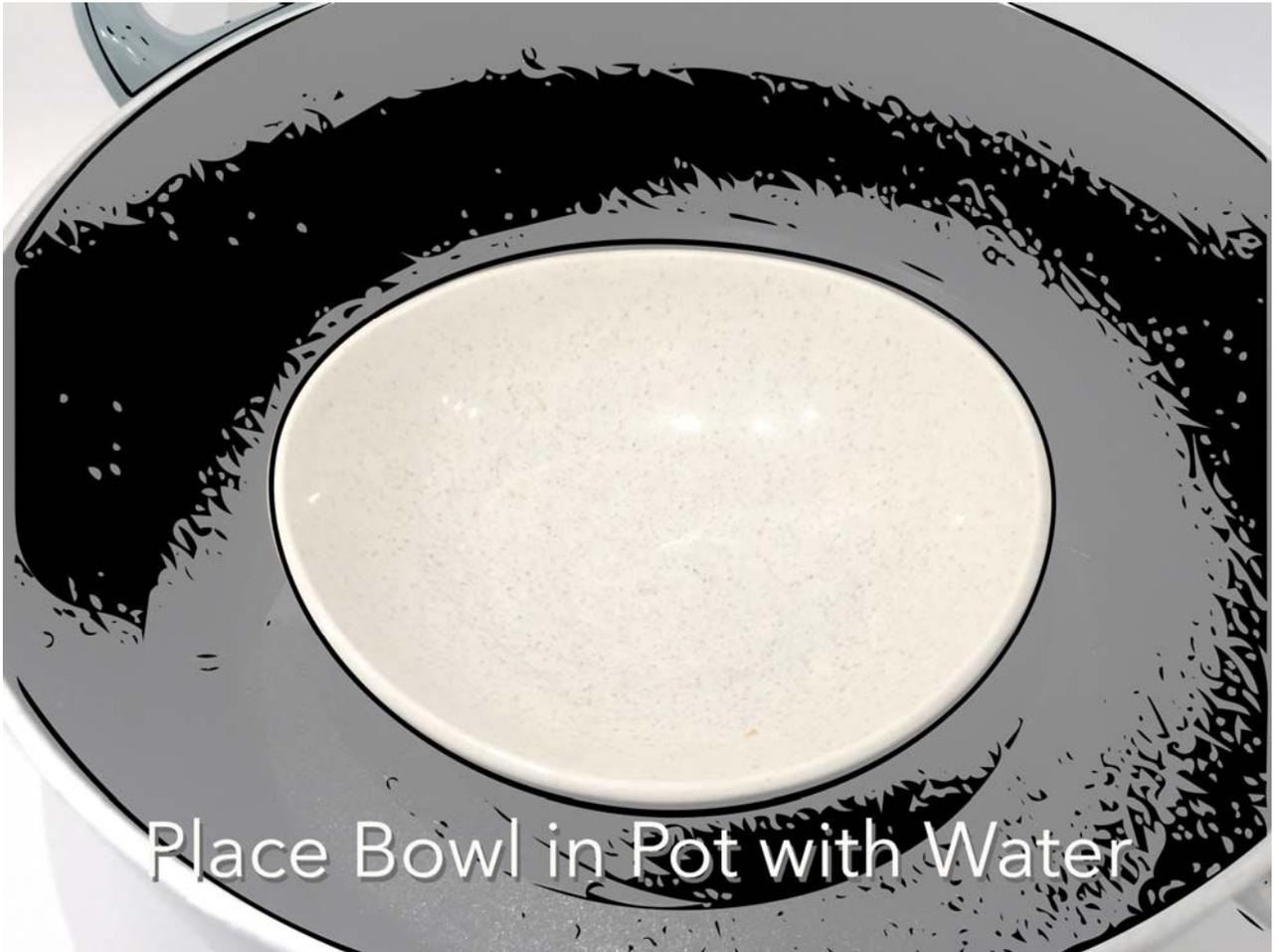
Heat up the water in the pot or double boiler, not too hot, you don't need it to get the water to boiling, you only need to melt the beeswax. The organic coconut oil will either be in a liquid state, or will melt before the beeswax.

Place the beeswax and organic coconut oil in the bowl or double boiler, and wait for it to melt. You don't need to cook it, simply let it melt. When everything is melted, turn off the heat, and stir it with the ice cream stick or whatever you choose to stir. At this point you could pour it in another container to let it harden.

At the end of the process I wanted to leave the mixture in the bowl, so I waited until the bowl cooled down, simply lifted it out of the water, and dried it off. Then it was ready to use.

Here are the steps:





Place Bowl in Pot with Water

Add Beeswax

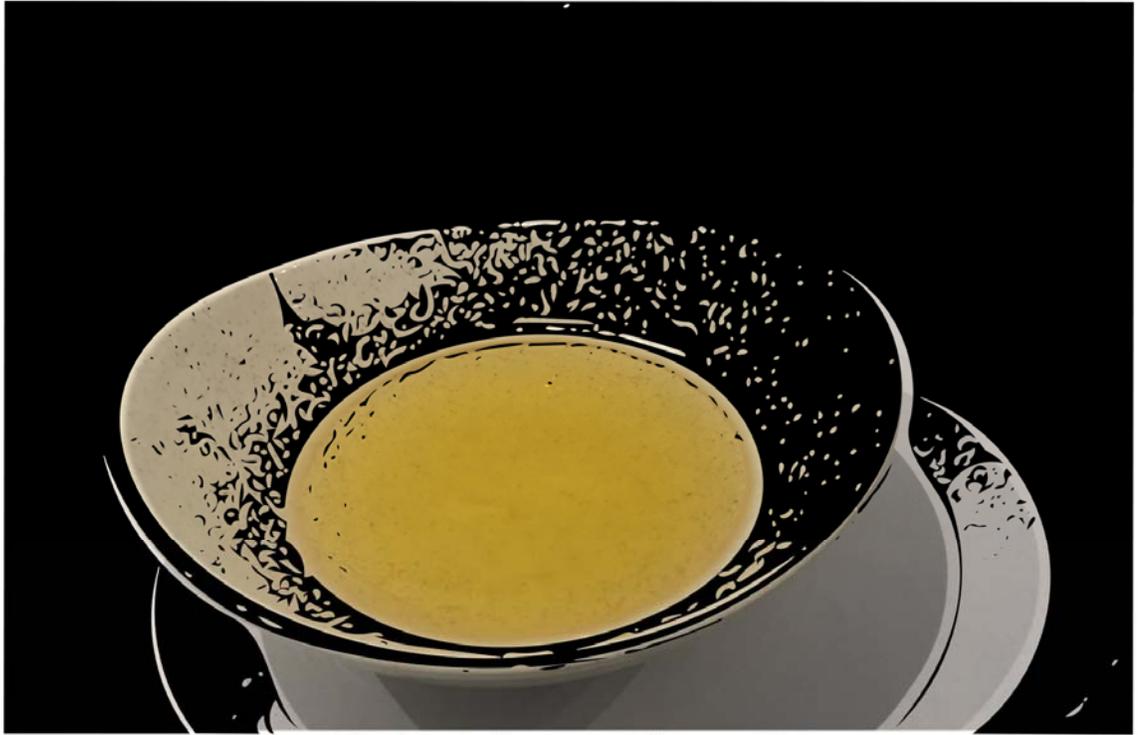


Add Organic Coconut Oil





Wooden Stick for Stiring



Nail Balm Cooling

Nail Balm Cooled
and Ready for Use



The small bowl was left in a convenient place, and at least twice a day lightly ran my nails across the surface of the nail balm, then I rubbed the balm into each nail and covered each cuticle completely.

When I plan to do any yard work, house cleaning or washing-up, I will reapply the nail balm to protect my nails. This little bit of nail balm has lasted me for months, so not only has it helped my nails become strong and healthy, it's economical too. Within a few weeks I started to see results, less dryness, cracking a splitting. After a few months of use my nails no longer split, and began to be stronger as they grew out. My nails were *actually* growing again, wow!

A couple of times a week I use a file to give my nails a nice shape, and buff them to smooth them, and give them shine, and they have never looked better!

- You could use a coconut oil product with essential oil in it, like lavender or rose. The one I'm using now use has a pineapple-coconut scent, and is pleasant to use.



No. 3

3. DRINK CITRUS INFUSED WATER

This suggestion will not seem to be an obvious way to make your nails more healthy and strong, but I believe it has helped my nails, although I can't say it has for certain. It was simply a coincidence that at the time I started my natural nails method, I also started to drink citrus infused water. It was Springtime, and I was looking for a new beverage to drink. I wanted something that was healthy, without calories, wasn't something that I needed to lug home from the store, and the idea that it was economical, and easy to make was a bonus.

Simply cut some grapefruit, lemons, or oranges into slices, and drop them in a pitcher of water, and pop it in the fridge. I did try limes, but I found that they pretty quickly made the water bitter, so I wouldn't necessarily recommend them. You might add just a few slices with some other citrus fruits. There are tons of fruit infused water recipes, so find some that you enjoy. Wash the fruit well before you slice it. In a couple of hours you'll have a tasty, and refreshing drink to enjoy.

After my nails began to heal, I was reading a health blog, and noted a suggestion that citrus infused water could be good for nails. That was a bit of a surprise. I looked and found a few more references to citrus infused water, and nail health. I even saw a recipe for an orange juice nail soak, in which the nails are soaked in a small bowl with orange juice in it for ten minutes or so, and then rinsed. I'll have to give it a try someday.

I really do not know if citrus infused water, which I drink a couple of times a day truly has aided in making my nails grow, and become healthy again, but I can't imagine that it hurts, so I have continued the practice.

In any case drinking plenty of fresh water each day is not only a good idea, but it is key to everyone's good health.

3

Summary

This discovery about my nail health has brought me positive results, and has been really good for my self-esteem, as well. The idea that these simple methods are natural, and support my overall health in an affirmative way makes me sure that I am moving in the right direction. We all look for ways to lessen chemical exposure in our environments, and our beauty regimes should be no different. One of the other benefits we will experience, besides being good for our physical health, these methods do not harm the environment, which makes it a good things for us all.

Here is a summary of this natural nails program in a few sentences:

- **Don't put chemicals on your nails**
- **Find or make your own natural (preferably organic) protectant, and moisturizer, use it at least twice per day**
- **Drink plenty of fresh citrus infused water daily**

Hopefully, these suggestions will bring you strong, healthy and beautifully natural nails! Peace *



ABOUT THE AUTHOR

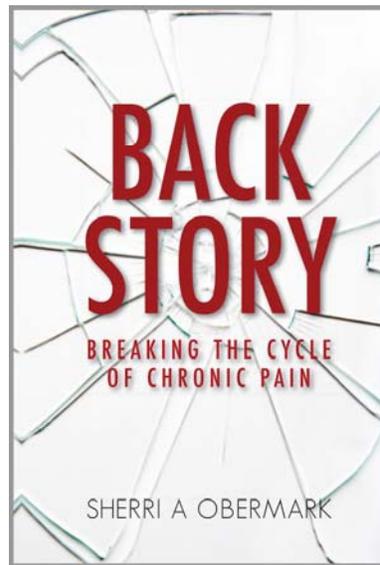


Sherri Obermark is writer and artist living and working in Cincinnati, Ohio. She enjoys life with her family, friends, and three red tabby cats.

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