

## Why do I have ridges on my fingernails?

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We asked Health Renewal's health expert why we get ridges on our fingernails and what they could mean. Here's his answer.



It is indeed true that certain signs on the nails may indicate an underlying health issue, however vertical ridges on the nail (running from the nail bed to the tip of the finger) does not have any association with illness.

Many [healthy](#) people have these ridges on their nails and it is thought to be caused by differences in cell turnover in the nails.

Horizontal ridges (running from side to side) and pitting of the nails are associated with a period of illness or poor nutrition during the time of the nail growth. They normally grow out of the nails completely when health improves or nutrition is improved.

White spots on the nails may be associated with a Zinc or vitamin B6 deficiency, but can also be caused by minor trauma to the nail (even from little bumps to the nail).

To read the full article visit: <http://beautysouthafrica.com/hair-and-nails/why-do-i-have-ridges-on-my-fingernails>