

Let Your Fingers Be Your Physician!

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Let Your Fingers Be Your Physician!**

**By Lena Sanchez**

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Well, your fingers can't really be your physician  
but could your fingernails be the diagnostician?

Some fingernail changes can be indicative of problems  
within your body! Here are but a few indications that  
may save your life and/or health!

Brittle soft and shiny nails without a moon at the base  
is indicative of an overactive thyroid.

Brittle nails alone can be indicative of a possible  
Iron deficiency, multiple minerals deficiency, thyroid  
problems or impaired kidney' function and/or  
circulatory problems.

A Vitamin B12 deficiency or anemia can be detected  
by dark nails and/or thin, flat spoon-shaped nails. Also  
can be detected when nails turn gray or dark when the  
hands are placed in chemicals such as household  
cleaning products or bleach.

Then there is the downward-curved nail ends that may  
let you know there is a liver, heart or respiratory problem.

If you detect bumps or lumps (called beading) that just  
appear on the nail surface, you may have impending

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or full blown rheumatoid arthritis.

Ridges can indicate poor nutrient absorption, and/or Iron deficiency. Those ridges could mean there is a kidney problem also indicate a tendency to develop arthritis if they are vertical ridges. Then the ridges running horizontal can result from stress, either/or psychological or physical as in the case of disease or infections.

Nails that chip, peel, crack or break easily show a General overall nutritional deficiency and insufficient

hydrochloric acid and protein. This is seen in people who use antacids on an ongoing basis or eat foods low in nutrients. This calls for total minerals and Vitamins at triple the RDA's.

Pitting red–brownish spots with frayed split ends are indicative of psoriasis. Also requires Vitamin C, folic acid and protein needs.

Black splinterlike bits under the nails can be a sign of  
1. A serious heart infection called endocarditis  
2. and/or other heart disease.  
3. possible bleeding disorder.

This is but a partial list and you can find a more extensive list at  
[http://www.antibiotic-alternatives.com/let\\_your\\_fingers.htm](http://www.antibiotic-alternatives.com/let_your_fingers.htm)

\*\*\* Meet the author Lena Sanchez's at  
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## **Doctor Background Check**

**By Hugo Gallegos**

Why check a doctor's background?

We all want the best possible surgeon or physician when it comes to our healthcare. We know all physicians and surgeons do not have the same training and experience, especially in today's advanced medical health-care environment. No doctor will tell you outright whether he/she has been disciplined or had one or more malpractice judgments issued against him/her. The only way to find out, is to ask or research the surgeon or physician yourself.

### Free Doctor Information

Is there such a thing as free doctor information? Absolutely; you can find free doctor information by contacting your state medical board or by browsing online. The question is, how much information can you get for free and how accurate will it be? Most state medical boards do not charge; however, most (if not all) offer limited background information on doctors. Very few establishments (less than a handful) specialize in providing information relating to doctor's credentials. That's why it's important to find out how credible the company is, and what type of doctor-related information they offer.

### Doctors' Credentials

Just by looking at a doctor's credentials will not guarantee you will receive high quality health care. However, you can use several important criteria to find an experienced well-trained physicians or surgeon.

#### Tips:

- If your are looking for a specialist, make sure he/she is board-certified in his/her respective
- field of specialty.
- Make sure no disciplinary actions has been instituted.
- Look closely at malpractice judgments, and how many have been brought against the practitioner (more than three is not good)
- Find out if he/she is fellowship-trained in their specialty field. This-is usually a good sign.
- Look for hospital affiliations or membership affiliations; the more there are, the better.
- Physician or surgeon has been practicing medicine five years or more.

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- Research to see if they have teaching responsibilities at any hospitals etc.
- Look for a physician or surgeon who has been practicing medicine for five years or more.
- Research to see if they have teaching responsibilities at any hospitals or other medical institutions.
- Find out how much of the physician's practice focuses on the medical condition/surgery you request.
- Find out if the physician/surgeon has any awards, or is involved in his/her community.

### Research a Doctor

How do I research a doctor? The Internet is loaded with many sites which claim to have information about doctors' credentials information. And yes, most of them do; however, you want to make sure you get more than just a doctor's license number and contact information. For more comprehensive information, consider contacting the following sources.

- Your local library
- Your state medical board
- The American Board of Medical Specialties (ABMS), a non-profit organization comprising 24 medical specialty boards.
- The medical society relevant to your intended physician or surgeon's field of specialty.
- American Medical Association , if a member

### Bottom line.

Every physician or surgeon has a different background of experience and training. The more research you conduct into this background, the more it will increase your chances of finding a health-care provider who will satisfy your medical needs.

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