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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Eat 2-3 serves of fish
each week!



**Corporate Bodies
International**

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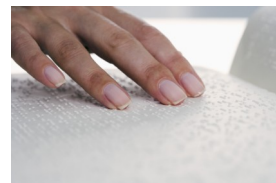
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**Corporate
Bodies
International**

This fortnight's healthy topic...

Windows to Our Health



What signs to look out for?

When you are deficient in certain nutrients, the first parts to start showing signs are the 'non-essential' parts of our bodies, such as dull hair, brittle nails, dry skin.

Our tongue and eyes are also good 'windows to our health'. The redness can give an indication of our iron levels. In this time of plenty, we are more likely to have conditions due to excess rather than deficiencies, and signs like severe fatigue, sleep disturbances (sleep apnoea), constipation and regularly getting sick (low immune system) can be indicators of a poor diet and lifestyle.

Fingernails

Nails reveal a lot about health status. White lines or spots on the fingernail are caused by damage that has occurred on the base of the nail where nail cells are produced.

These are no cause for concern as they are due to injury and are common. However, other conditions can be noted from the colour and appearance of nails, such as:

- Liver disease, an overall white appearance
- Kidney diseases, half the nail is pink and half is white
- Heart conditions, the nail bed is red
- Lung disease, thickening and yellowing of the nail, with slower growth rate
- Anaemia, pale nail beds
- Diabetes, yellowish nails with a slight blush at the base

Remember that nails take a long time to grow, so when these signs are showing, the condition may have been around for awhile.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**