**Clinical Research for nail health**

Did you know that claws can notify you when it comes to some serious wellness problems? If you have areas, damaged claws, problems, dense claws or fingernail shade, then you probably have some inner wellness as per **clinical research**.

**Nail color**

Your claws are healthy, if they are light red or white. If you have brown color on your nails’ area, which might be an indication of getting older, although that is sometimes exposed to the risk of cardiovascular illness. Green shade is an indication of illness while red shade is an indication of heart attacks.

**Cracked nails**

In 10% of cases, skin psoriasis begins with the claws. If your claws break consistently, it is a deficiency of vitamin b folic acidity, vitamin C and proteins.



**Thick nails**

Thick claws are neither regular nor natural. If your claws are extremely dense, you probably have some issues with your respiratory system. It can also indicate that your body has inadequate flow. Thick furrow fingernail may indicate that you have a yeast infection.

**Furrow nails**

This indication may indicate you have skin psoriasis or auto-immune sickness which can also cause thinning hair as per **clinical research**.

**Curved nails**

If your claws are rounded and have spoon-like shape it might means that you have either deficiency of iron or heart related illnesses.

CRB Tech is one of the best organizations which help in giving the coaching in the field of **Clinical Research** and shows the path way to success and we have guaranteed placements linked with many MNCs and will be scrutinized for you as per your eligibility criteria and your knowledge in your area of interest and the course you pursue.