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Guinea Pig Experiment #30: femMED Hair, Skin, and Nails Vitamins



The problem:

Chewed up, thin, and otherwise gnarly nails. Full disclosure: other than a three-week period in the late 1990s when I stopped biting my nails to prove that I could, I've never had nice fingernails. My nails bear the brunt of my stress and are the most reliable barometer for what kind of pressure I'm under. I'm tired of feeling like I have to hide my hands and though I'm fairly confident I can't go from short and scraggly to long and manicured (I type all day!), I do want to be able to be confident that my nails look neat and healthy.

Hypothesis:

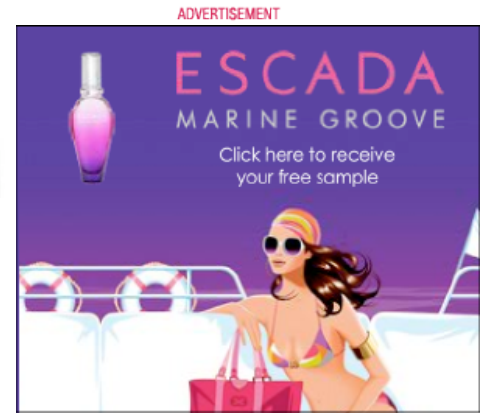
A months' worth of femMED vitamins designed specifically for my woes is in order. If I take the Hair, Skin & Nails supplements as prescribed for one month (and abstain from biting my nails), I'm hoping to see results.

Variables:

This experiment was conducted during a particularly stressful time. Work was busier than ever and the holiday season was in full force. This was definitely a time when my nails would normally be quite ragged.

Procedure:

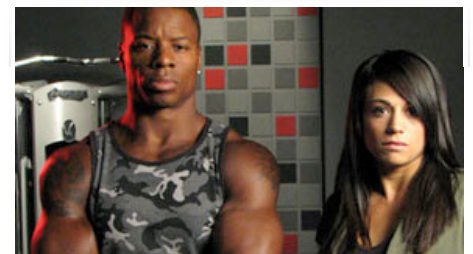
The procedure was easy and straight-forward. I took two pills a day (in the morning and at lunchtime) and I began to see results after the first week. For the first couple of days of week 1, I couldn't see much of a change, but by the end, it was like I magically grew beautiful, strong nails overnight. Seeing the initial results made me even more determined to follow the regimen exactly, and based on my success with the supplements, I wasn't even tempted to bite my nails. When they



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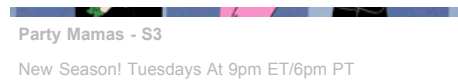


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got too long, I trimmed them with nail clippers and used a file. For me, this was big progress since my previous method was to just chew them off without giving it a second thought.

After the first week had passed, I graduated from clear coat (which I was wearing mostly to protect my nails) to buying nail polish for the first time in years. I went a little overboard, purchasing a sparkly purple, a vivid pink, and a classic red, in addition to a base coat that would further strengthen my nails.

For the last three weeks, my nails continued to grow, and I enjoyed having pretty painted fingernails. Though I was mainly taking the supplements to fix my nails, I also noticed that they made my skin brighter and my hair felt softer as well. Even though I hadn't switched shampoos, it felt like I was using a salon brand. My hair was sleeker, shinier, and didn't get tangled after a shower.

Analysis:

I went into this experiment a little bit skeptical. I've always thought the best way to improve your nails is to use any of the specially-designed polishes to target the problem. What could be a more direct approach than applying something on your nails? I thought taking a vitamin was a less direct and probably less effective solution, so I was truly amazed by the results, particularly how quickly my nails grew and how much stronger they became.

Before taking femMED supplements, I had short, scraggly nails, and just 7 days into the regimen, I was painting them for the first time in over a decade. I've received lots of compliments on my nails, and am now converted. Based on the success of this experiment, I'm going to take better care of my nails and paint them much more often.

Conclusion:

Anyone can benefit from femMED Hair, Skin & Nails supplements, whether you're a chronic nail-biter looking for a little help growing your gnarly nails out, or someone who regularly paints them. I noticed a difference in my nails, as well as in my hair and skin, so the supplements delivered results as promised.

Data:

The supplements typically cost about \$30 for 60 capsules, which is a one-month supply. They can be purchased at major drugstores or <http://www.femmed.com/>.

Written By: Erin Jackson

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Tags:

Erin Jackson, guinea pig, health

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