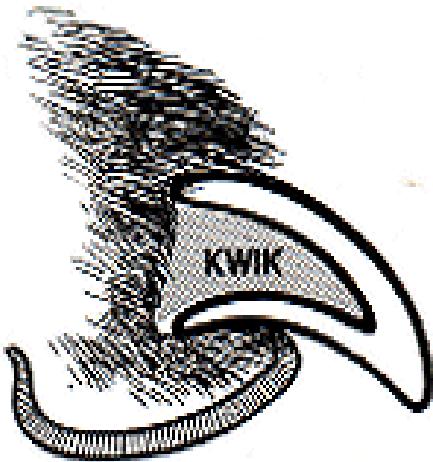
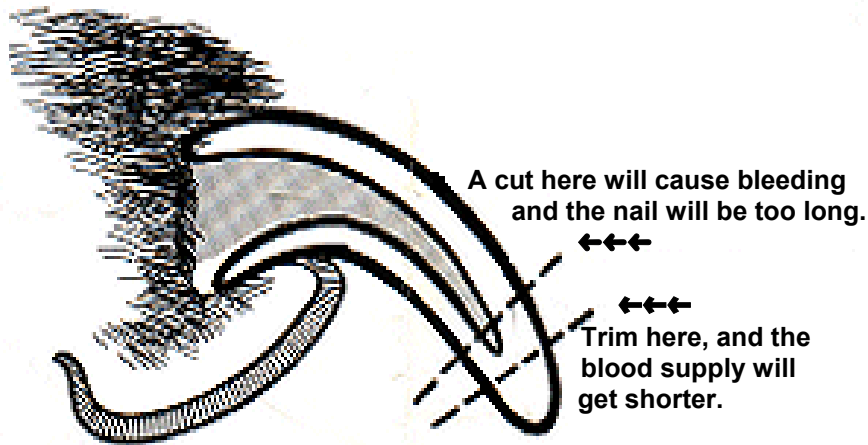


Figure 1:



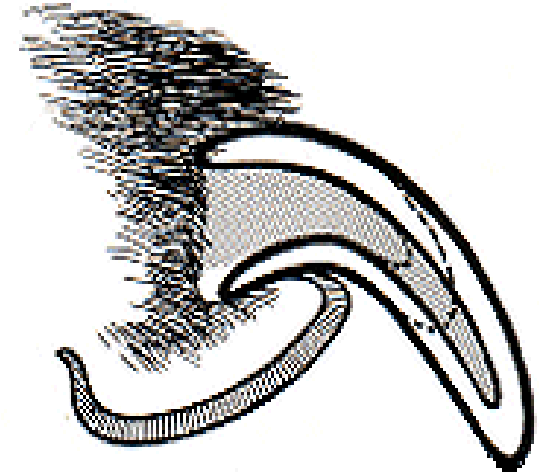
The blood supply (Kwik) in a short nail.

Figure 2:



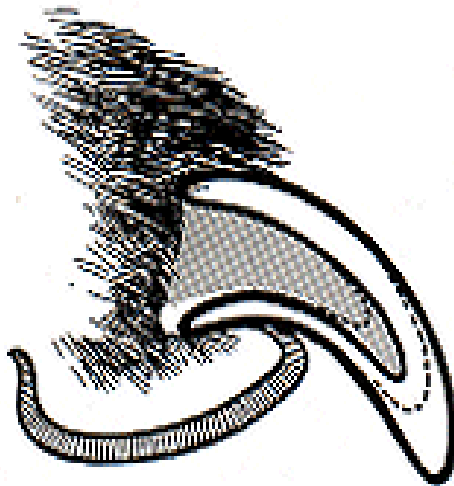
Note how the blood supply gets longer as the nail grows.

Figure 3:



If you clip or file a little off a long nail every few days, the blood supply will continue to recede.

Figure 4:

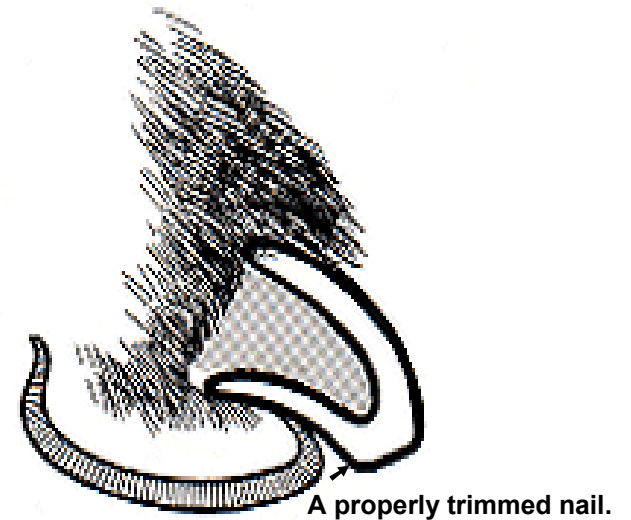


As the nail gets shorter so does the blood supply.

Figure 5:



Figure 6:



A properly trimmed nail.