NAIL TIPS

We use them to tame an itch, to pick up small objects, and sometimes to accessorize an outfit with a complementary hue. Healthy nails are strong, pliable, and transparent; brittle nails, on the other hand, are a source of discomfort and embarrassment.

A study performed at the Columbia University Presbyterian Hospital in New York tested a variety of nutrients to determine their impact on nail strength. Researchers concluded that brittleness improved with proper nail care and daily supplementation with 2.5 mg biotin or 10 mg silicon. —Lisa Petty

AVOCADO ONLY GOOD FOR EATING? SCRATCH THAT.

New research reveals that topical avocado might be a delicious addition to your skin care regime. Rich in nutrient waxes, proteins, and minerals along with vitamins A, D, and E, this fruit has been used to nourish dry and chapped skin.

In a 2008 study researchers found that wounds treated with topical avocado healed three days faster than the control group. Best of all: leftovers can be eaten. —LP