



Fatal Conveniences™: Get Manicures: Weakening Your Nails

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience - Gel Manicures: Weakening Your Nails

Darin: Hey, everybody, welcome to the show. This is another special episode of Fatal Conveniences under The Darin Olien Podcast. Make sure to like and subscribe and tell people about it. Guys, this fatal convenience is all about gel polish for the nails. I'm telling you guys, make sure to let your girlfriends, your friends, your moms, your wives, your daughters know about this episode. Yes, this episode is about you but women, I'm sorry to say that the nail gels may not be so great for you. Keep in mind, I have a great resource for other options that still work and still are great with less toxins. Keep in mind, there is always a solution. So, before you get depressed, make sure that you know that you have another alternative. There's always an alternative and there's always a solution. I will never stop revealing information and also having an out finding a solution, that is at the core. Women, men, girls, boys, you all should be aware of toxic gel polish on the nails. Obviously, everyone wants strong nails. I want strong nails.

[00:02:20] Why are your nails weak?

Darin: I'm just gonna say very briefly that underneath that, mineral deficiency could be at the core of very, very weak nails as well as hormone disruption or hormone imbalance. So, find a good functional medicine doctor, get a blood test, get those biomarkers so that you know what's going on because obviously if you have really brittle nails, you're either putting too much of this gel and acetones on your nails and getting too many manicures that can undermine the strength of your nails. Also, you could have some indicators of mineral, vitamin, hormone disruption, or lack of nutrients. I just want to say that off the top.

So, are nail gels safe? This hasn't been around that often but we all want strong nails because they chip off. They hurt both on the feet and also the hands. One thing that I didn't realize is we're going to dive into the glues, we're going to dive into the polishes, we're going to dive into these gels that are supposed to strengthen your nails, but guess what, they're chemicals. They're going to have side effects. Now, the thing that I didn't realize is when you're getting a manicure, they put your hand under UV light. That UV light is very intense, and has been associated with skin cancer. They put these chemical gels on your hands, and then your hands and your nails go underneath the UV light, and that's been associated with cancer. You can use LED lights, but LED lights are not great for your eyes either but at least they're better for the skin. I just want to say that one study found significant thinning of people's nail plates after gel polish application. We're not clear if it's the gel polish application



or all of the cleaning and the polishing and the removers and all of that stuff. Keep in mind, by doing this constantly, you're undermining the strength of your own nail, which is undermining why you're doing it in the first place.

[00:04:30] The history of long nails

Darin: The history is noble women, all the way back to the Ming Dynasty, grew their nails is a statement of hierarchy in social class. They even wore fingernail protectors made from brass (don't get in a fight with them) and precious stones. Cleopatra, Nefertiti dyed their nails with ruby red henna as a symbol of social status. Then, jumping all the way up to the 1950s, dentist, Fred Slack, broke his fingernail at work. I wonder where that fingernail went. Hopefully not in someone's mouth. He created a temporary nail and after experimenting with various materials, he perfected and patented and created Patti Nails. Another dentist, Dr. Stuart Nordstrom, in the late '70s enhanced the nail and came up with a liquid and powder process which is known today as acrylic nails. Gel nails came later, which is a more glossy, naturally looking version of acrylics both continue to dictate social class, trend, beauty, all of that stuff. What do you do, girls? You put that on, and then you show them off. That's the way it works, and it's been there for a very long time. These things are very cheap, easy to get, easy to use. Just a fun fact, guess what? The slowest growing nail is your thumbnail. The obvious is, what makes it convenient? Instead of waiting for your nails to grow out evenly and or eat well because the nutrition and the nails are so connected, and the strength of your nail is so connected to your nutrition, the acrylic nail, and the gels can extend, hide, mask, and color the flaws of your natural nails within 30 minutes to an hour. That is convenient. I totally get it. So why should we care? Well, durability and protection can be rough on your nails and make them actually even weaker, like I said, and prone to splitting. Nail care products are regulated by the FDA.

[00:06:50] Useless FDA "regulations"

Darin: FDA is still allowing this open-door policy of all these chemicals. FDA, what are you doing? They are supposed to require a list of the toxic ingredients and the effects. However, not everyone follows the rules, and sometimes they are missed with current beauty trends, social media, and misinformation of toxic risks. So, do your homework, but we're going to do a bunch of your homework for you. Now keep in mind everyone, each episode that I do on Fatal Convenience is a small version of a much, much bigger topic usually. I tried to zero in on the most toxic ingredients, the most pressing issue of everyone but believe me, everyone could be hours and hours of a conversation about what, how, where toxic compounds, solutions, everything else, so I try to make them easy bite-size so you can get it and you can have a solution for this stuff. Why are acrylic gels harmful?

[00:08:00] The six harmful ingredients in gel manicures

Darin: Well, there are 4, 5, 6 main toxic ingredients. Acetonitrile, a colorless liquid with an ether-like odor usually as a solvent and in making pesticides, pharmaceuticals, batteries, and rubber products. That's what they do, they put this on your nails. There's also now for metal dyes again. This ingredient hardens the nails. It is also used in nail polishes but the reality is this formaldehyde not only causes skin irritation, it's a hormone disruptor, it's everywhere. Formaldehyde shows up in so many things. Did I expect formaldehyde to be in



nail gels? No, I did not. Another toxic compound in artificial nails, methylcitrate monomers. Traces of these ingredients remain after artificial nails are formed. The polymers themselves are safe, but traces of the reactive polymers could result in an adverse reaction like redness, swelling, pain, so it's more of an acute situation. Methacrylic acid, MAA, used in nail primers to help acrylic nails adhere to the nail surface. This methacrylic acid is the most common distributed throughout wholesale suppliers to nail salons. They usually are labeled for professional use only. These have been linked potentially to cancers and things like that. The phthalates show up yet again, and these directly affect the reproductive system. They show it all over in animal studies, human health effects from exposure to low levels of phthalates are not clear but again, they're showing up all over. The potential endocrine-disrupting by phthalates is very, very strong. Toluene is another colorless liquid with a sweet odor. Exposure can cause eye and nose irritation, tiredness, confusion, euphoria, dizziness, headache, dilated pupils, tears, anxiety, muscle fatigue, insomnia, nerve damage, inflammation of the skin, liver, and kidney damage. That is crazy. Those are some of the toxic compounds that show up. The good news is there's been a lot of work done by the Environmental Working Group to find and rate different acrylic gels, but there are also other things you can do. You get self-adhesive nail wraps, gloss gel strips that may or may not be less toxic. Both are basically nail stickers, nontoxic, and definitely gentler on the nails themselves. However, I have a link in the show notes to the Environmental Working Group. They show many companies and their rating the worst, the best, the best of the worst, and all of these different forms from cancer-causing, hormone-disrupting, developmental, reproductive, immune-compromising, and overall toxicity. You can find these on the show notes, Environmental Working Group, ewg.org, or just link it up in the notes. There's a lot of great options on that link for you to lower your exposure. They're great and they're rated pretty high and it kind of surprised me.

[00:12:00] Rating the toxicity of nail products

Darin: The worst I have to call out, called Duri Nail Growth System Rejuvacote. It has very high multiple additive, exposure sources, contamination concerns, irritations of the skin, eyes, lungs, organ system toxicity, hazardous material, persistence, and bioaccumulation concerns, moderate endocrine-disrupting, neurotoxicity, and it's slow in skin absorption. Bottom line, people, think about it, even nail salons and people working with these, ask your manicurist, pedicurist, give them the link of the Environmental Working Group, have them use other acetone, other acrylics, other nail gels, other glues. You can ask for this. Buy them yourselves, bring them and have them use them themselves, so you don't have to. Stay away from UV lights. It's bad for your skin. It can potentially cause cancer. Think about it, when you've now become aware of the toxic compounds, you can make other choices, still do the things that make you happy, the things that make you beautiful, the things that support your beauty, and that's fine. Just make better choices because your health and your life depend on it. Believe me, all these little things added up over time make huge results because you eliminate one after another after another. Then you build up your strength, currency, your life, abundance, and every day, you can be a better version of yourself. Thanks, everyone. Thanks for tuning in, and thanks for wanting a better life for yourself, for your friends, for your family, and for your loved ones. Remember, I love you.

[00:14:01] Podcast Outro



Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. All this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have a big impact. So, keep diving my friends, keep diving. If you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:15:07] Snippet - The Role of Oxygen in the Body

Dr. Stephen: Unfortunately, because so much is coming in, in the water that we drink, the chemicals that we get inside, the beverages that we drink, that has to go somewhere in the body. Some of that can be excreted, which again takes energy, which takes oxygen. Some of it is stored because the body doesn't know what to do with it so it stores it in organs, it stores it in fat tissue. As those things build up, that causes the body to malfunction. As it malfunctions more and more, it can't keep up with the process. The immune system can't keep up, and that's what causes disease and disease conditions. You're aware of that, but that's what we try to resolve by taking in more oxygen through, for example, a dietary supplement. It can actually increase the process. We've done double-blind studies. We've done research at Indiana State University. We've done independent research all over the world.