

CREATION MOMENTS

Proclaiming Evidence for Truth

THIS WEEK'S CREATION MOMENT

Why Did God Give Us Fingernails?



Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. – 3 John 1:2

Why did God give us fingernails? So we can scratch our itches? To serve as hardhats for our sensitive fingertips? Or did our Creator give us fingernails as a diagnostic window into our bodies?

According to WebMD, the color of our nails can reveal a wide range of health issues, some of them quite serious. White fingernails, for instance, may indicate a liver disease like hepatitis. Yellowish, thickened and slow-growing nails may indicate emphysema or other lung ailment. Half-white and half-pink nails may alert doctors of kidney disease. Red nail beds may point to heart disease, while white nail beds may indicate anemia. Irregular red lines at the base of the nail may indicate lupus or connective tissue disease.

Physician Joshua Fox, spokesman for the American Academy of Dermatology, told WebMD that there is no need to run to the nearest cardiologist if your nail beds turn red. "It could very well be from nail polish," he said. The WebMD article adds, "Before assuming the worst, it's important to look at more common explanations, such as bruises, bleeding beneath the nail, and fungal infections. However, it's worthwhile to be vigilant about maintaining healthy fingernails so that you'll be alert to any potential problem."

Wasn't it good of our Creator to give us these ten tiny "windows" into the innermost workings of our bodies? God cares for us ... from the top of our heads to the tips of our fingers!

Ref: Geoffrey Simmons, M.D., *Billions of Missing Links*, pp. 165-169 (Harvest House Publishers, 2007). Photo: From Pixabay. (PD)

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