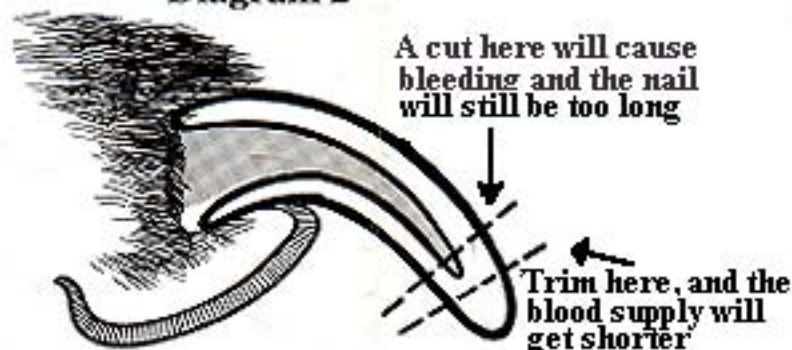


**Diagram 1**



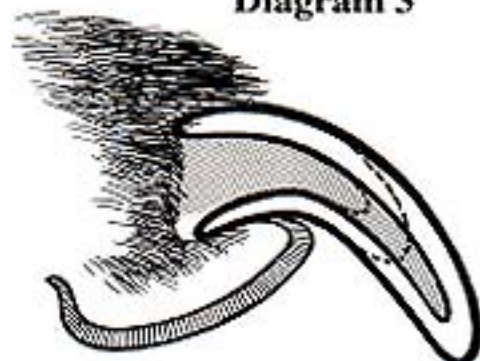
The blood supply (Kwik) in a short nail.

**Diagram 2**



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

**Diagram 3**



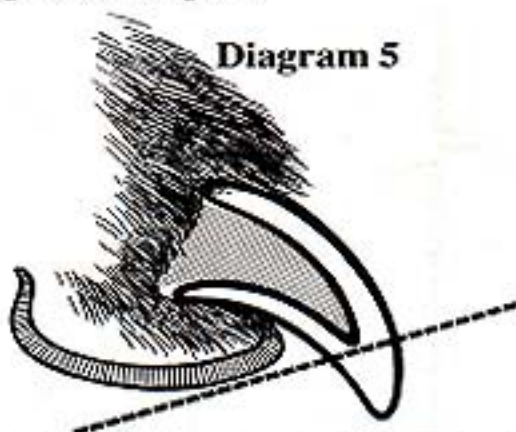
If you clip or file a little off of a long nail every few days, the blood supply will continue to recede.

**Diagram 4**



As the nail gets shorter so does the blood supply.

**Diagram 5**



Only when the nail is kept short can it be trimmed without bleeding. If the same cut had been made on the long nail in Diagram 2, it would have caused bleeding.

**Diagram 6**



A properly trimmed nail.