

## Stop Nail Biting Consequences

Nail biting generally results in the transfer of germs from your nails into your mouth. It is the same at nail salons also. When nail salon tools are used on different persons, it could lead to infection. People generally find using the hands a lot more difficult due to biting nails. Most of the compulsive nail biters find it difficult to write, draw, drive and type. Sustained biting for long period of time could also lead to substantia adamantinea of the front teeth which could lead to caries.

It is quite surprising that there are many who claim that hypnosis proves quite useful to stop nail biting. There are many who claim that sheer will power could also do the trick. There is one more popular option. It is using nail biting creams. You need to paint your nails with this very bitter tasting nail cream and you are never going to put your nails in your mouth once you do it.

These quit biting nails creams boast of some good characteristics. Creams to stop biting nails generally contains aloe and vitamins A and E and all the ingredients being used are natural. Stop biting your nails creams also works wonders for your cuticles making it all smooth and makes your nails stronger. And there is no age bar as such for using these creams.

Despite all such good effects of stop nail biting creams, the problem is that it is not a permanent solution. You apply the cream and its disgusting taste doesn't allow you to put the nails into your mouth. But once you stop applying the cream what happens? Yes, you revert back to the same old habit of biting your nails and all the good effects that your nails and cuticles experienced vanish.

It might sound surprising but there are many types of medications available to stop nail biting. Some of these medications like some of the recent anti-depressants prove very effective. The same medications like fluoxetine, clomipramine, paroxetine, sertraline, fluvoxamine, escitalopram, citalopram, nefazodone and venlafaxine also prove effective in treating Trichotillomania (the compulsion to tear or pluck out the hair on one's head and face and often to ingest it) and OCD.

These anti-depressants might be used with anti-psychotics in small amounts to enhance the effectiveness of anti-depressants. Anti-psychotics like olanzapine, risperidone, quetiapine, aripiprazole and ziprasidone are generally used to cure schizophrenia. But this doesn't mean that if you are being treated to stop nail biting with these, you are a psychotic. To stop biting nails, your physician might use B vitamin inositol which enhances serotonin activity in the brain resulting in lessening of nail biting tendencies.

With medication one could also go for behavioral therapy to stop biting nails. It starts with Habit Reversal Training (HRT) which includes four parts and intends to make you stop biting and if possible make you learn a better constructive habit. Then you have the Stimulus Control therapy which is used to recognize and remove the stimulus for nail biting.

Various aversion therapies exist to stop biting ones nails. It might be coating the nails with some kind of special nail polish which tastes bitter. One could wear a rubber band on the wrist. Friends and family members could also point out whenever and wherever one starts nail biting. Eating chewing gum has also helped some to stop biting my nails. If you keep a record of your previous bites, it might reveal the reason for it.

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### About the Author

Bob helps people stop biting their nails, with no creams or will power. check out <http://www.quitnailbiting.com> to get a free report to stop nail biting.