6 Unobvious Things That Can Happen if You _____ Your Nails

We often bite our nails _____ we feel anxious, _____ , or just need _____ our hands busy. In fact, studies show that up to 30% of the world's population tends to do this. _____ , there are times when nail-biting can do more harm than good. If you still frequently find yourself biting your nails, now _____ best time to stop this habit.

1. It can damage our teeth.
Your teeth may be a lot _____ than your nails, but nail biting could result in permanent damage to your teeth and even your gums. The frequent grinding _____ your teeth and nails can cause your teeth to chip or crack. It can _____ make your teeth more likely to shift out of place, or become loose and fall _____ .

2. It can cause bad breath.
It is almost _____ to remove all the germs and dirt from our nails, even with frequent handwashing. That means bacteria that are hidden under our nails _____ easier access to our mouth when nail biting. These bacteria can linger and multiply in our mouth, causing gum disease and halitosis, or bad breath.

3. It can lead to diarrhea.
The bacteria living in _____ mouth is bad enough, but the germs we get from our frequent nail biting could eventually find _____ way into our gut. These germs can cause gastro-intestinal infections that can result to abdominal pain and diarrhea.

4. It can _____ you more prone to getting a cold.
Any activity that involves touching the face increases our chances of spreading illness. _____ people even bite their nails subconsciously and don't realize it until later. That means they're more prone to microbial contact, like with the virus for the common cold.

5. It can lead to your face breaking out.
Biting our nails can also cause microscopic breaks in the skin around our fingernails _____ viruses that cause warts can enter. The virus can _____ transfer from the fingers or nails, onto the face through touch or when nail biting. This can lead to facial warts, especially near the lips.

6. It might _____ us chronic headaches.
People _____ bite their nails also have increased chances of developing the unintentional grinding of our teeth. _____ people might experience jaw pain, tense muscles, pain around the face, and chronic headaches.

Stopping the habit of biting your nails is not _____ overnight process, but there are ways to help you resist the urge to do so, like covering your fingers or _____ your fingers busy by clicking a pen. There are also special nail polishes that have a bitter taste to discourage you from nail biting.
_____ you experienced _____ other not-so-great effects from nail biting? What do you usually _____ to minimize biting your nails?

LIVEWORKSHEETS