

# THE Wellness Minute

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## It's Not Normal to Be Average! Part 1

### Normal and Average... Do They Mean the Same Thing?

There's normal and there's average. They're different. Let me give you an example. When I'm examining a new patient and my examination reveals a significant amount of nerve interference between the shoulder blades I ask, "Wow, do you get digestive problems? Can you eat anything you want to?"

The patient answers sheepishly, "Oh, no more than average... I get heartburn and belching, and I can't eat peppers... they do a number on me."

According to the American Nutrition Association 70 million people in the U.S. suffer from digestive issues everyday. Are digestive problems common? Yes. Does the average American have digestive problems regularly? Maybe. Does that make it normal? No way! We weren't designed to suffer regular digestive problems.

### Is It Normal To Be Average?

It is interesting how two words actually are used interchangeably today but are miles apart in their definition. This incorrect thinking gives rise today to much incorrect action.

**Average**, simply put, is found by dividing the sum total of a set of figures by the number of figures summed. Add together 10, 20, 30, 40 and 50 and then divide by 5. Your average is 30.

**Normal**, on the other hand, is defined by Webster as "that which is occurring naturally."

Average is an artificial figure based upon a numbering system of ten which we have

created. Normal cannot be changed without outside intervention. Average can be determined by anyone with the ability to add and divide. Normal is determined by the inborn intelligence of the body. It varies from moment to moment depending upon the needs of the individual.



If you were to run around the block and measure your pulse rate you might find that it was as high as 120 beats per minute. If you were able to compare that with someone who hasn't been running they might have a pulse rate of 72 beats per minute. Your pulse rate would be considered "above normal". The point is that something is happening to your body that is different than the body of the person who has not been running and you have the need for a different pulse rate. We would not expect your heart to maintain a "normal" pulse rate.

What about situations that could occur in your body that a doctor may know nothing about? And, what if those situations required a higher pulse rate? The doctor might not even know the reason for this change in pulse rate. Just assuming that you are not "normal" may lead to some unnecessary treatment. It isn't normal to be average.