

THE Wellness Minute

Chiropractic Series: 4.5

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It's Not Normal to Be Average! Part 2

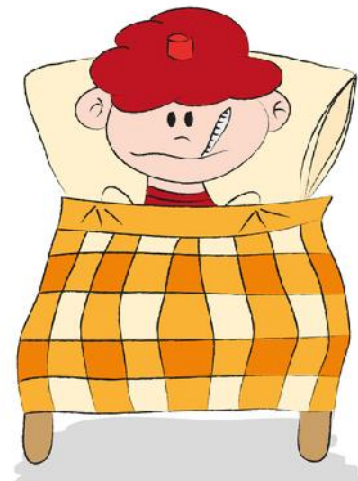
Normal and Average... Can We Get In Trouble Confusing Them?

The most common example of confusing normal and average is that of simply taking a body temperature reading. Thousands of times a day in this country mothers and fathers are using the thermometer to determine if their child is "sick". "Sick" is determined by whether or not their child has a body temperature that falls over the little red line at 98.6 degrees. If it is elevated, then little Johnny or little Mary has a fever. But is 98.6 normal? No, it is not normal. Your temperature deviates below and above all day long depending on your activity and metabolic rate. 98.6 is an *average* temperature determined by adding the temperatures of a large group of people and dividing by the number of the group. It actually means that it is possible that no one in that large group even has a 98.6, but when added altogether it becomes the average.

Where it can get the parent in trouble is when they determine that little Johnny or Mary "have a fever" and begin to treat them with aspirin to bring their temperature back to 98.6 because they believe that that is normal. But that is not necessarily in the best interest of the child. The "fever" may very well be the normal response of a body that is working perfectly.

Until recently many doctors viewed fever as a symptom of an illness or infection... something that needed to be treated. Scientists now know that the elevated temperature is actually a good thing. Elevated temperature results in:

1. Interferon, the natural virus-fighting immune chemical made by our body,



becomes more efficient with increased temperature.

2. White blood cells become more active and begin to move more quickly to mount a defense.
3. Iron, which pathogens thrive on, is withdrawn from the blood.
4. The body's chemical reaction rate is accelerated allowing enzymes to be made faster and detoxification.
5. Aspirin actually lowers the production of the body's antibodies.

Fever is a normal response of a body's inborn intelligence in infections and other stimuli. Trying to lower a person's temperature so that it more closely resembles the average of 98.6 degrees is not helpful.

What Other Things Do We Confuse With Being Normal?

Vomiting... it's a normal body reaction to get rid of poisons and toxins. Weight... who the hell wants to have an average weight? Blood pressure? 120/80 used to be the national average. Cholesterol? Who cares... it's not what causes heart disease!