

10 "Weird" Things About Your Body That Are Actually Really Normal

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In a world where women in the public eye seem to be perfect, it's easy to feel like all your little quirks means something is wrong with your body. However, there are quite a number of "weird" things about your body that are actually really normal — most women just don't tend to talk about them. Some things might seem too personal, or others you may have just never thought to compare with your friends, but you can rest assured knowing that your body is totally fine just the way it is.

"The truth is, there are many reasons why we might not fully understand what is normal and not normal," says family physician Dr. Jen Caudle over email. "One of the most important reasons it is hard to know what is normal or not is that everyone's body is different, and what one person has, another might not. But it doesn't mean that it isn't normal."

There's no use stressing out over something that is totally benign and common, especially since a trip to webmd.com can easily freak you out. If you're questioning certain aspects of your body and feeling a little worried, rest assured that these 10 "weird" things about your body are actually very normal.

9. Frequent Urination



"I frequently see patients come into my office worried they have early signs of diabetes because they are urinating every few hours night and day," says **Dr. Robert Huizenga** over email. "A full analysis reveals these folks may just be drinking excessive water, and the frequent urination is the body's appropriate method of disposing of this excess ingested liquid." Unless you are experiencing other symptoms, there's no need to worry about using the bathroom often, especially if you drink a lot of water.

10. "Mass" Below The Armpit



Feeling a mass around the chest area sends a lot of women into a panic, but not all "lumps" are cancer. "Not infrequently, normal breast tissue extends into the armpit regions, and normal breast tissue, including fibrocystic masses, can be noted," says Huizenga. "Lumps associated with fibrocystic breast tissue are usually tender and fluctuate with the menstrual cycle."

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