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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.

6 Adult Acne



If you've got acne past your teenage years, you're not alone. "Many women think adult acne on the face and body is not normal," says dermatologist [Dr. Ava Shamban](#) over email. "However, this can be a common occurrence. This may occur from poor skin hygiene, medical conditions, or hormonal imbalances."

7 Nose Hairs



Let's not forget that body hair is normal — and serves a purpose. "Many women think it's abnormal to have hair in their noses," says Shamban. "However these hairs are necessary to filter out allergens and dust from the environment."

8 Tiny Red Dots On Face & Body



"Many people think those tiny, cherry red dots on their face and body are not normal," says Shamban. "However, these are called angiomas, or broken capillaries, which are completely normal and benign." They are often genetic, but they've also been linked to pregnancy, exposure to chemicals, and climate, according to healthline.com.

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