

There is no question that through the advancement of medical science, we have significantly improved our ability to diagnose conditions. It is widely believed that proper treatment can begin only after an accurate diagnosis has been obtained. With advances in medical science we are much better able to identify abnormalities. Blood tests, MRI's, genetic testing, CAT scans, etc. are all much more sophisticated today than they were just a few years ago. Finding an abnormality, however, is not the same as understanding the nature of the abnormality and how it affects the patient.

The problem that this brings is that people are often treated unnecessarily for abnormalities that have no significant impact on their health. Have you ever wondered how it is possible that we all look different on the outside, but medical science wants and expects us all to be the exact same on the inside? Any deviation from an expected norm is often considered an abnormality that must be treated, instead of a natural state for that individual.

Blood pressure, body temperature, blood sugar, and cholesterol levels are all examples of common measurements that fluctuate constantly and are different from one person to the next (if you missed my multi-article discussion of blood pressure, I encourage you to read it on our website, lifetouchclinics.com). In fact, the "normal" levels of these and many other measures of health, were originally obtained by averaging these levels from a group of individuals who were assumed healthy. By using today's technology, many of these individuals may not have been healthy after all.

It is important that we develop measures like this, but it is also important that we understand that they are not absolutes. Each of us is an individual whose needs fluctuate minute by minute. What is abnormal for one person may be perfectly normal for another given that person's individual needs and circumstances at the time. We shouldn't try to artificially regulate every measurement that doesn't fit our expectations without more fully understanding why they don't.