

All women love to feel empowered and talk about liberation. All of it has become very “normal” and very much accepted. On the other hand, it would be nice to know, just for the sake of information, not because women are in any way insecure, whether others experience things the same way or is it something that happens to just some of them.

Women’s Health did a survey about women and their bodies’ “special” habits, urges, and peculiarities, and then asked the experts to comment on the ‘weirdness factor’. Here’s what was reported and we wanted to share it with our readers to help them get a handle on their “oh-so-fascinating” quirks.

***My hands and feet literally drip with sweat, even when I’m cold. Is this normal?***

About 3% of the population suffers from excessive sweating, or hyperhidrosis. It generally occurs in the hands, feet, underarms, face, or scalp. The cause doesn’t seem to be entirely too clear but a large percentage of sufferers do seem to have a family history of the problem. There are several treatment options, from prescription-strength antiperspirants to site-specific Botox injections, which interrupt the chemical messages that tell the glands to sweat. If all else fails, surgery may be recommended to sever the nerves that communicate with sweat glands and is supposed to be quite effective. The downside - sweating often reappears in another spot, though hopefully a less embarrassing one. Of course, consultation with an expert before making any decisions is always the best recourse.

***The moment I step outdoors, I’m a magnet for mosquitoes. Is this normal?***

Humans produce an aromatic bouquet of hundreds of chemicals, some of which are irresistible to the wretched mosquitoes. When referring to experts for an answer, it was brought to light that scientists have only scratched the surface of what makes some people more bite-worthy than others. Drinking beer may attract them (yes, actual research was done to study this) and having high cholesterol, another study shows, makes you a more likely target (here experts have deemed that this is because mosquitoes need cholesterol but can’t make it on their own). As if

sweating profusely wasn’t bad enough, it is also a well known fact that people who sweat more tend to attract more of these

tiresome critters. Scientists are hard at work trying to develop compounds that actually will cloak your body’s scent, rendering you invisible to mosquitoes, whose sense of smell is keener than their eyesight. In the meantime, to keep from scratching all through your next tropical vacation, cover up, wear repellent and don’t fidget too much - it seems movement attracts the little buggers too!

***I drool all over my pillow at night. Is this normal?***

Our body produces a liter or more of saliva every single day. Saliva is an enzyme-rich liquid that helps keep our mouth clean and helps digest our food. As young children, we learn to keep it in our mouths, takes some of us longer than others, but it seems that during sleep, when the muscles in our body relax, our coordination lapses, leaving us more likely to dribble, particularly if we tend to favor one of the side positions while we slumber. The result is a stiff little patch of drool which is not a very attractive sight in the morning. A sinus infection or allergies that cause us to breathe through our mouth instead of our nose may make the problem worse. The easiest fix seems to be sleeping on your back which can be made easier with the help of supportive pillows.

***After I turned 30, my metabolism slowed to a crawl, or at least that is what I assumed when I suddenly started to pack on the pounds. Is this normal?***

Studies show that two things happen to women around their 30th birthdays:

1. Their bodies start to lose muscle more dramatically (as much as half a pound per year, which has an adverse effect on your metabolism)
2. Their physical activity wanes, usually due to greater career and family responsibilities.

The solution is to indulge in strength-building exercises to help replace lost muscle tissue. As little as 20 minutes twice a week can raise your resting metabolic rate by as much as 7 percent. If you can barely squeeze in time to sleep, let alone exercise, these three simple moves at home may help you achieve the same results:

1. Dumbbell squats.
2. Chest presses with dumbbells.
3. Bent-over row.

Soon you’ll be on your way back to your pre-30s body.



### Some More Quirks About Women Who Are Perfectly Normal

- ◆ 1 in 4 women brush their teeth after every meal.
- ◆ 71% of young adult women feel their bra is never the perfect fit.
- ◆ 99% of women talk to their pets, a lot.
- ◆ More than 50% of women would prefer an hour to themselves than 60 minutes of bliss in the bedroom.
- ◆ 12% of women never snack.
- ◆ 45% of women think their pets are cuter than their partners.

*Based on survey results.*