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IODINE, TOXIN, & CANCER

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As developed as United States is, people's iodine intake is questionable. Iodine is more than just a building material for thyroid hormone; it is actually an anti-oxidant. The busy modern life makes people want to save time. Fast foods are convenient, energy drinks keep them awake, and power aid taste good and look good. However, all those things are preventing iodine's activity in a human body. Sodium intake is considered to lower blood pressure, but is it true? More over, because of the chemical structure of thyroid hormone, it is not gonna function right under the presence of some small molecule, or toxins. This research will explore how to avoid those small molecules to help thyroid hormone or the whole body to function right.

Biography

Xu Chen is currently working on her doctoral degree through Ashford University. She graduated from The College of St. Scholastica with an MS in Exercise Physiology and a BA in Biology. So far, she has three publications. She was a moderator for multiple international conferences.

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