

November 05-06, 2018
Paris, France

Xu Chen et al., Arch Cancer Res 2018, Volume:6
DOI: 10.21767/2254-6081-C5-017

EATING AWAY YOUR CANCER

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During recent forty years, thyroid cancer rates had gone up constantly. Generally, the best treatment for thyroid benign or malignant nodules is surgery, but surgery is very costly. Thyroid health affected mental health, while mental health affected suicide rate. During the recent 15 years, American suicide rate also went up. This paper was about how to eat, exercise, and improve mental health and consequently improve thyroid health. To understand this topic, I went through more than five thousand threads/emails online long-term thyroid cancer survivors group. I picked out five typical cases of who has survived thyroid cancer from eight years to close to 50 years. From these five cases' discussion, I tentatively summarized the best practices in diet, exercise, and improving mental health in improving thyroid health, and consequently keeping thyroid cancer in remission.

Biography

Xu Chen did research about thyroid cancer due to personal reasons because thyroid problems are very common among women. Xu Chen is currently working on her Doctoral degree through University of the Rockies in Colorado, US. Currently, Xu does not have an academic job. She is an Actor in Boston Tea Party, Boston, MA.

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