

## **IODINE, TOXINS AND CANCER**

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**A**s 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 artificial sweeteners are supposed to keep the weight off. However, all those things are preventing iodine's activity in a human body. Fluoride is also a common toxin among human food intake that interacts with Aluminium. Sodium intake is considered to lower blood pressure, but is it true? This research is about how to keep fit under a busy schedule to avoid the tragedy from an Olympic gold medallist to a cancer patient.

#### **Biography**

Xu Chen has a Master's of science from the College of St. Scholastica up in Northern Minnesota, USA. She is currently working on her PsyD through University of the Rockies.

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