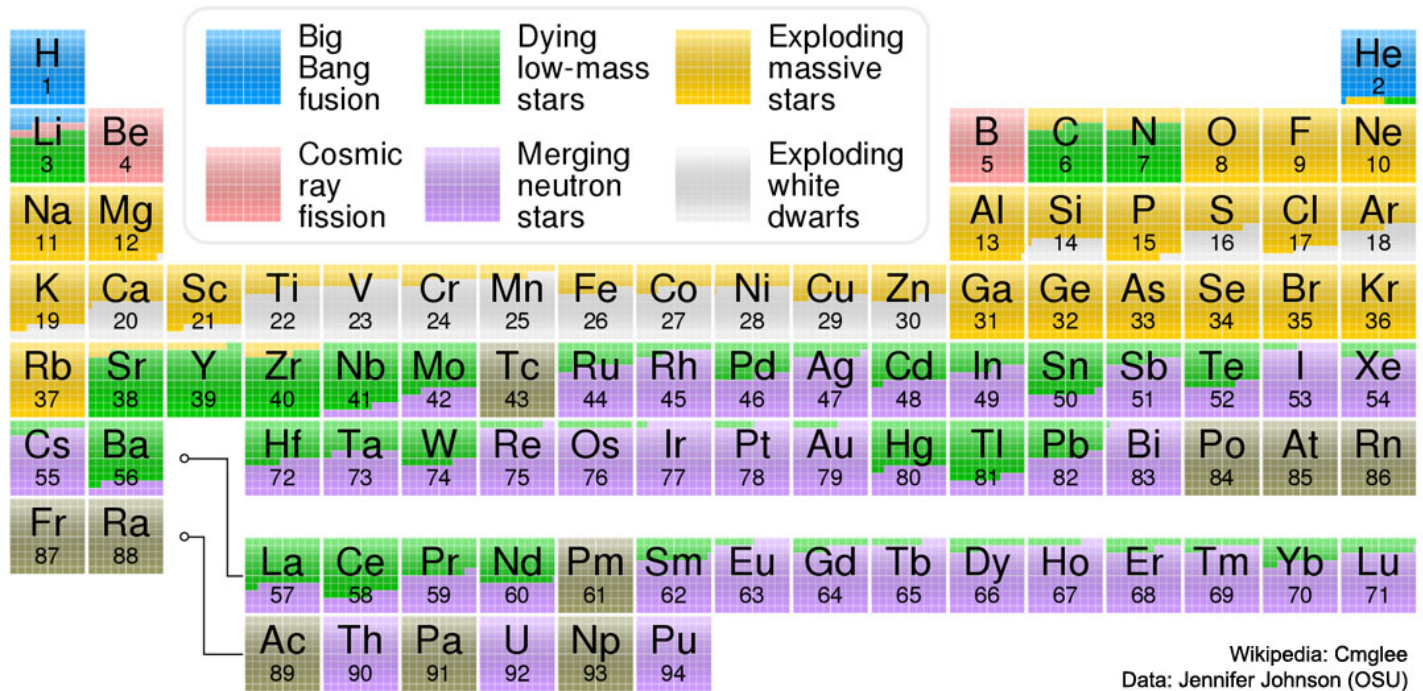


# Astronomy Picture of the Day

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2017 October 24



**Explanation:** The hydrogen in your body, present in every molecule of water, came from the [Big Bang](#). There are no other [appreciable](#) sources of [hydrogen](#) in the universe. The [carbon](#) in your body was made by [nuclear fusion](#) in the interior of stars, as was the [oxygen](#). Much of the iron in your body was made during [supernovas](#) of stars that occurred long ago and far away. The [gold](#) in your jewelry was likely made from neutron stars during collisions that may have been visible as short-duration [gamma-ray bursts](#) or [gravitational wave events](#). Elements like phosphorus and copper are [present in our bodies](#) in only small amounts but are [essential to the functioning](#) of all known [life](#). The [featured periodic table](#) is [color coded](#) to indicate [humanity's](#) best guess as to the [nuclear origin](#) of all known elements. The sites of [nuclear creation](#) of some elements, such as [copper](#), are not really well known and are continuing topics of observational and computational research.