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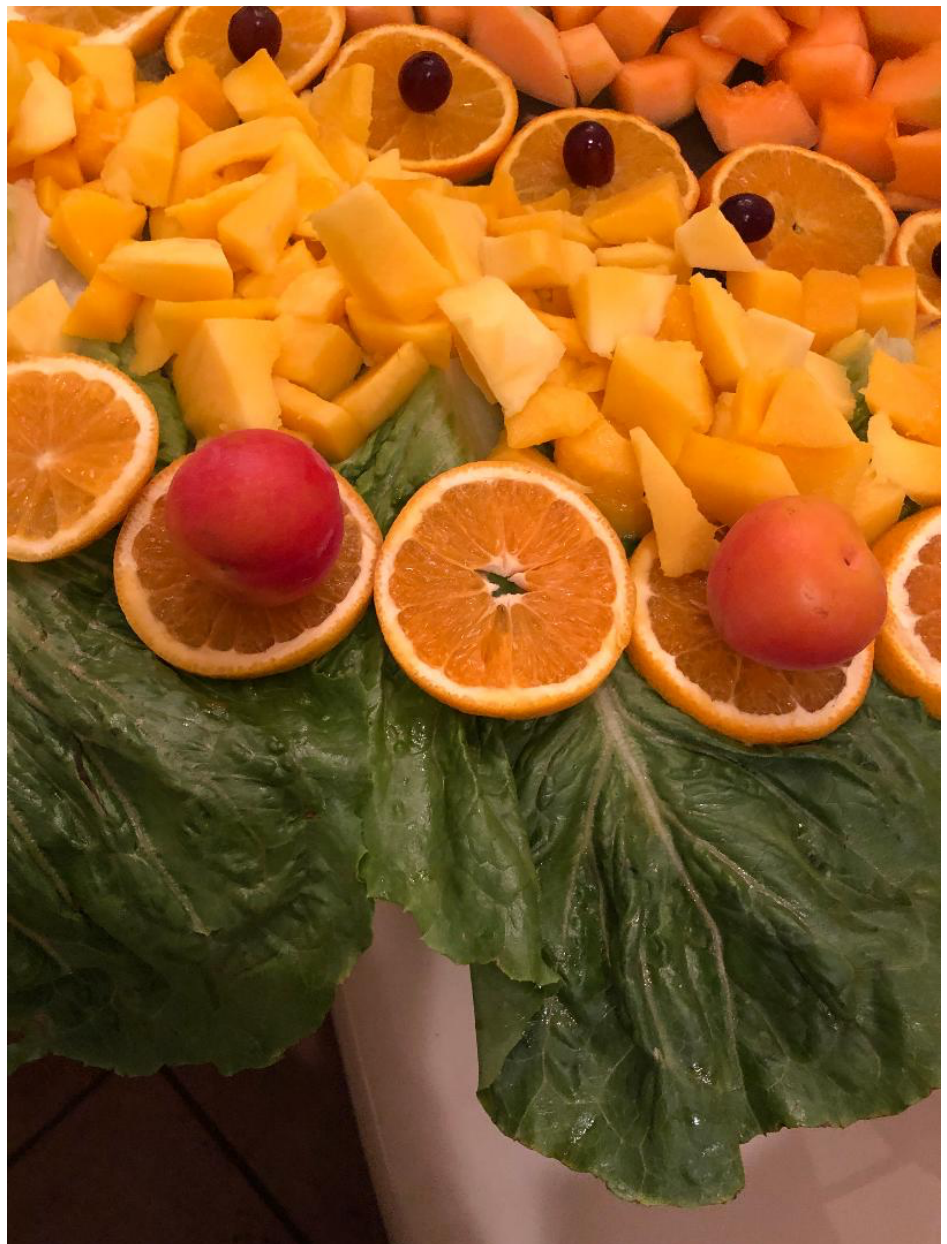


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Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College E- Magazine to our dear readers. Also, I would like to thank you all especially those that are our dear readers that send us their valuable feedback and support. The information provided is for educational purposes only.

We hope this BNHC- E Magazine will be useful to you based with the efforts and dedication of many other researchers and colleagues around the globe. Thanking and wishing you all have the best health and prosperous life.

Best regards,
Dr. Nadir Sidiqi Ph.D.

By Prof. Rosalie Stafford

Selenium: A Necessary Nutrient

Last month, in the November 2019 issue of Bio-Natural Healing College's internet magazine, we looked at iodine, a mineral necessary for good health. This month, we will look at selenium — an immune-boosting and detoxifying element which is anti-oxidant and anti-inflammatory — which, along with iodine, is absolutely necessary for good health.



Selenium: What It Does for You

“Selenium,” notes physician Deanna Minich, “plays an important role in 25 enzymes, known as *selenoproteins*, that are involved in the metabolism of thyroid hormones, DNA synthesis, immune function, and protection against oxidative damage.”

Selenium Protects against Cancer

Pharmacist Ana Aleksic points out that, until mid-twentieth century, selenium was actually considered a toxin: in 1957, researchers first discovered that selenium actually prevents or reverses liver cancer. Since then, researchers have found that, without adequate intake of selenium, your cells cannot replicate correctly and therefore your cells suffer more chance of inadvertently mutating. Prof. Heidi Ledford states “many of the genetic mutations in tumor cells are created by DNA-replication errors. Nearly two-thirds of the mutations that drive cancers are caused by errors that occur when cells copy DNA.” Thus, adequate intake of selenium protects you against cellular mutations which lead to cancer.

Selenium Promotes Proper Immune Function

“Cancer types such as melanoma, prostate cancer and certain types of leukemia weaken the body by over-activating the natural immune system” (Univ. of Copenhagen Faculty). Selenium regulates the immune-response, protecting you from opportunistic infections; it is known that inadequate selenium leads to increased risk of viral infections (Gill and Walker).

Selenium Protects against Age-Related Diseases

Without adequate intake of anti-oxidant selenium, your cells age more quickly than they would otherwise because oxidation is always involved in aging and aging-related diseases. Researchers Z. Cai *et al* write: “Selenoproteins (glutathione peroxidase, thioredoxin reductase, methionine sulfoxide reductase¹ and endoplasmic reticulum-selenoproteins, etc.) have antioxidant effects and are involved in regulating antioxidant activities.” Moreover, adequate intake of selenium promotes skin elasticity (and fights wrinkles).

Selenium Detoxifies Your System

Prof. P. D. Whanger has written extensively on the properties of selenium. In one of his many scholarly articles on selenium, he states: “Selenium (Se) has been shown to counteract the toxicity of heavy metals such as cadmium, inorganic mercury, methylmercury, thallium and to a limited extent silver.” As those heavy metals are extremely deleterious to your health, any substance which aids your body in grabbing and expelling those toxins is a must-have.

Selenium Works Together with Iodine

Physician Deanna Minich points out that selenium and iodine interact with each other in metabolizing the thyroid hormone. Researcher R. A. Sunde notes that selenium deficiency exacerbates iodine deficiency; therefore, it stands to reason that if you supplement your iodine intake, you should be careful to match that level to your selenium intake. In addition, health educator Ann Hromek states that you should take selenium with vitamin A and E and beta-carotene for increased effectiveness.

Selenium: Which Foods Offer It

Brazil nuts are an excellent source of this absolutely necessary nutrient. Other good sources include seafood (such as shrimp and tuna), whole grains (such as barley and brown rice), seeds (such as sunflower and flaxseed), mushrooms, brassicas (such as broccoli and cabbage), meat, and milk. Bear in mind that food can contain only as much selenium as occurs in the soil. Some regions of the world (such as China) are very lacking in selenium while other regions are rich in this essential nutrient. I suggest you consider carefully the provenance of the food in your own diet, work out the approximate amount of selenium you are consuming and, if necessary, consider supplementing your dietary intake with packaged supplements. Just be careful to avoid purchasing supplements manufactured in countries which have a record of selling contaminated foods and supplements (China is the most notorious example but there are others).

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By Dr. David Isley-

Combating the 2019 – 2020 Flu Season



The 2019 – 2020 flu season is upon us. As individuals, we need to be cautious of our health and our immune system. ¹The best approach to supporting immune function is as comprehensive plan involving life style, stress management, exercise, diet, nutritional supplementation, avoidance of toxins, and the use of botanical medicines.

When individuals catch the flu, they can spread it to others up to about 6 feet away. Some experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. With the droplets landing in the mouths or noses of people who are nearby, it can possibly be inhaled into the lungs. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

²For the first three to four days, people with the flu are most contagious after their illness begins. Can healthy adults get the flu? The answer is yes. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Children and some people with weakened immune systems may pass the virus for longer than 7 days.

You may be able to pass on flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

What flu vaccines are recommended this season?

³For the 2019-2020 flu season, providers may choose to administer any licensed, age-appropriate flu vaccine (IIV, RIV4, or LAIV4).

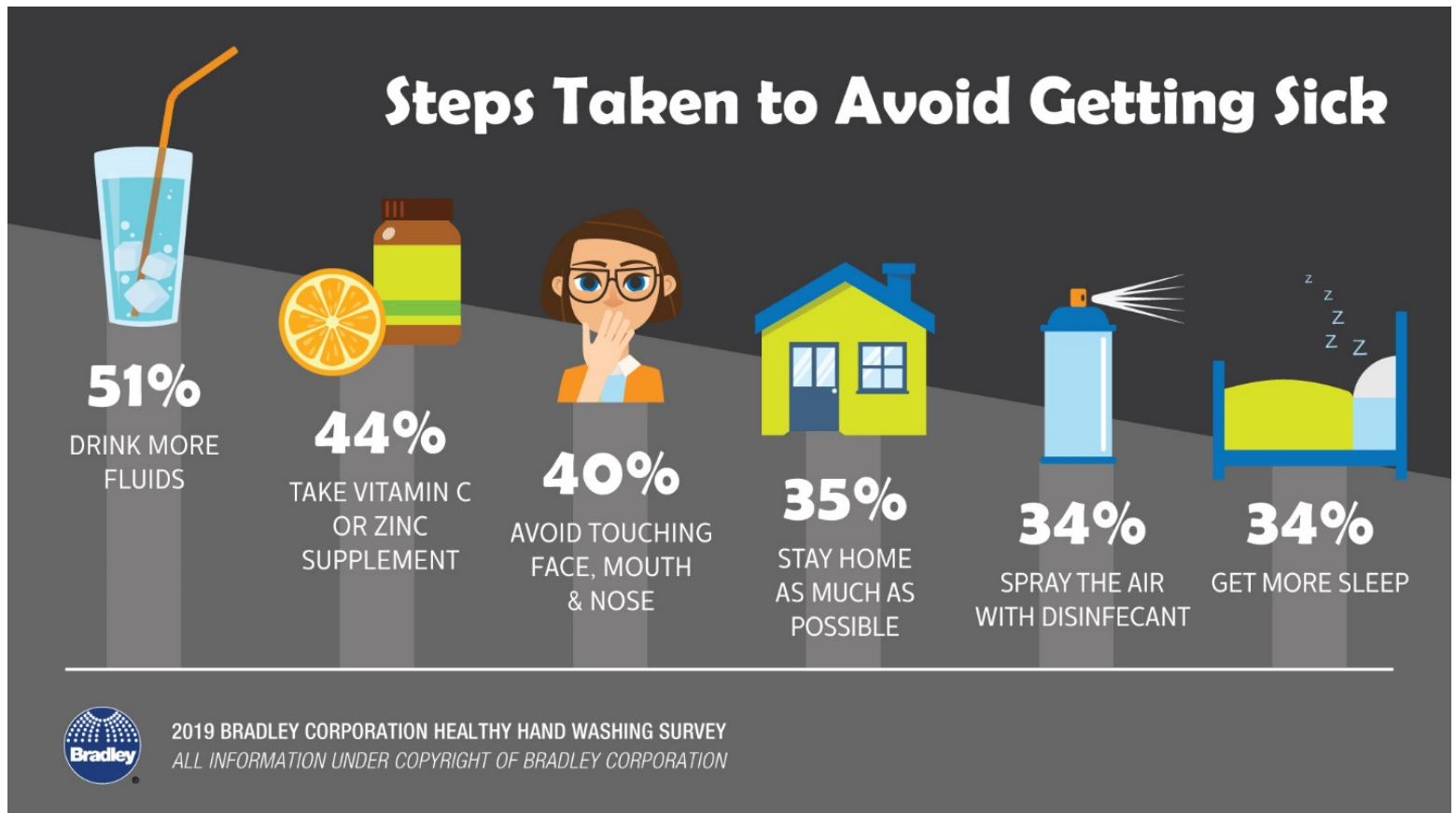
Options this season include:

- Standard dose flu shots. Like all inactivated influenza vaccines, these are given into the muscle. They are usually given with a needle, but one (Afluria Quadrivalent) can be given to some people (those 18 to 64 years old) with a jet injector.
- High-dose shots for people 65 years and older.
- Shots made with adjuvant for people 65 years and older.
- Shots made with virus grown in cell culture. No eggs are involved in the production of this vaccine.
- Shots made using a vaccine production technology (recombinant vaccine) that does not require the use of flu virus.
- Live attenuated influenza vaccine (LAIV). – A vaccine made with attenuated live virus that is given by nasal spray vaccine.

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1. The Encyclopedia of Natural Medicine, M. T. Murray, ND & J. Pizzorno, ND
 2. Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)
 3. Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

Natural ways to fight the flu:

1. Get plenty of rest
2. Drink plenty of liquids (diluted vegetable juices, soups, and herb teas)
3. Avoid sugar (limit simple sugar consumption, including fruit sugars) less than 50g a day
4. Vitamin C (helps to prevent the common cold and can also help reduce the duration by about one full day)
5. Zinc Lozenges (can be effective in reducing the duration of symptoms if they are properly prepared and taken in dosages of 75mg per day)
6. Echinacea





Mission: BioNatural Healing College is a non-profit public benefit institution that has tax-exempt status under the Internal Revenue Service, Section 501(c)(3) of the United States of America. Our goal is to offer a high-quality education a diploma program as well as holistic health and nutrition conferences, seminars, workshop, and continuing education. The focus of these educational programs is to offer healing and holistic nutrition science through online distance learning. These dynamic online education programs will provide diverse adult learners throughout the world the experience of enhancing their quality of life, their health, and their happiness.

Vision: The faculty, staff and management team of BioNatural Healing College are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate and explain the importance of this field to prospective students so that they may make an informed decision regarding enrollment. We seek an ultimate goal of satisfaction for the student based on responsibility, commitment, respect, awareness and sustainable education for society.

Accreditation and Recognition: BioNatural Healing College is based in California. It is an institution that has the goal to deliver on- demand online distance learning around the globe. This education is of high quality and vocational in nature. BioNatural Healing College is a legal business entity that has been approved to operate by the State of California's Bureau for Private Postsecondary Education that set forth in the educational code. BioNatural Healing College is not accredited by the United States Department of Education. BioNatural Healing College is a member of the American Holistic Health Association (AHHA).



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