

BNHC E-MAGAZINE

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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 contribution and dedication of many other respected 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.



BioNatural Healing College

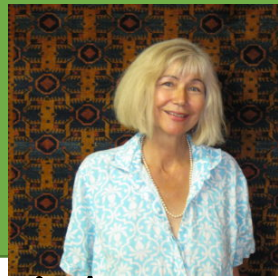
BioNatural Healing College Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

1. Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer to Almighty God (be patient, calm).

May Almighty God bless, guide us all (Humanity) and grant us the ability to find a cure for the elimination of COVID-19.

The Wholesome Weed: Dandelion

By Prof. Rosalie Stafford



In the last issue (July 2021) of Bio-Natural Healing College's internet magazine, we looked at *homemade baby food*. This month, we are staying close to home — or rather, staying in the backyard — where we will look at the homely weed which promotes good health: the Dandelion, *Taraxacum officinalis*.

The Goodness of the Dandelion: Medicine

Maude Grieve, a famous herbalist in the first part of the last century, wrote in great detail regarding the uses of the various parts of the dandelion, concentrating on the traditional tonics and tinctures made from the roots. Drawing on a wealth of folk wisdom, Mrs. Grieve wrote that, for centuries, tonics made from dandelion root were employed to purify the blood, and to tone the liver, the kidneys, and digestion overall.

Europeans have used dandelion to treat fevers, boils, eye problems, diarrhea, fluid retention, liver congestion, heartburn, and skin ailments; dandelion was used in China, India, and Russia to treat breast problems, liver diseases, appendicitis, and digestive problems. (Hourdajian)

Dandelions are anti-inflammatory (Lyss); rich in beta-carotene and polyphenols, anti-oxidants which provide strong protection against cellular damage and oxidative stress (Hill). Dandelions are choleric (Choi), that is, they purify the blood by increase the volume of secretion of bile from the liver. Moreover, Dandelions are rich source of *inulin* and are known to be efficacious against Type 2 Diabetes (Wirngo).



LEAF AND STEM COMPONENTS:

- β -sitosterol
- α -amyrin
- Stigmasterol
- Quercetine glycosides
- Monocaffeoyltartaric acid
- Sesquiterpene lactones (taraxinic acid β -D glucopyranoside)
- Chicoric acid

FLOWER COMPONENTS:

- Caffeic acid
- Chlorogenic acid
- Chrysoeriol
- Luteoline 7-O-glucoside
- Chicoric acid
- Monocaffeoyltartaric acid

ROOT COMPONENTS:

- Taraxasterol
- Caffeic acid
- Ixerine
- Chicoric acid
- Ainsloside
- Tetrahydroridentin B
- Monocaffeoyltartaric acid
- 11 β ,13- dihydrolactucin
- Taraxacolide β -D glucoside
- Taraxinic acid β -D glucoside

Wirngrow et al

The commercial utilization of this ubiquitous “weed” which is the source of so many traditional folk remedies is a subject of interest to Big Pharma (Martinez).

The Goodness of the Dandelion: Food

Dandelions provide both medicine but also fresh food that is not only nutritious but also — because dandelion goes so easily and, indeed, invasively — free and readily available. Dietician Ansley Hill writes:

From root to flower, dandelion are highly nutritious plants, loaded with vitamins, minerals, and fiber.

Dandelion greens can be eaten cooked or raw and serve as an excellent source of vitamins A, C and K. They also contain vitamin E, folate, and small amounts of other B vitamins. What's more, dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium and potassium. The root of the dandelion is rich in the carbohydrate *inulin*, which is a type of soluble fiber found in plants that supports the growth and maintenance of a healthy bacterial flora in your intestinal tract.

Escudero *et al* have studied the value of dandelion as a food source and are impressed by the dandelion's potential benefits for people who have limited resources, in other words, people who don't have a lot of money or access to commercially-grown produce.

You don't need to wait until Big Pharma has processed the lowly dandelion and packed it into pills and injections; you don't need to wait until Big Ag has stocked the produce aisle of your local supermarket with factory-farmed dandelion. You can avail yourself of the health-giving benefits of the dandelion simply by foraging for it and adding it to your diet.

Collecting and Consuming Dandelion

Marius van Heiningen notes that one English name for dandelion is "wild endive." I like to forage wild food, especially dandelion, which I consider a delicious treat. I like to snack on the yellow flowers and the tender young leaves when I am outside in my dandelion patch. I also like to pluck the larger leaves and gently cook them as I would cook spinach: for just a minute, in a cast iron skillet with a little coconut oil and a big pinch of Himalayan pink salt, and then drizzle it all with apple cider vinegar. I have heard that some people object to the slightly bitter taste of the larger leaves but I say: "The bitter, the better!"

Some cooks use dandelion leaves like they would use basil and make “Fresh Dandelion Pesto.” Some make “Dandelion Greens and Citrus Salad.” You might be interested in making dandelion flower stuffing (Rawveganse) ... looks delicious!

Just remember to forage only areas which have not been sprayed with *biocides* — herbicides, pesticides, insecticide, etc. Dandelion is so easy to grow that you might just want to do as the medieval Europeans did, and as the early American settlers did: dedicate a part of your yard to this marvelous, health-promoting plant.

And as you delight in the beauty and flavor of this wholesome little weed, give thanks to our Creator Who so generously provided for our sustenance and health, Who gave us this green world and everything on it.

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Never Say Never

By Dr. Bera Dordoni, N.D.



“You’ll never make it. You’ll die if you stay there during the week. There won’t be anything to eat – you know they’re ...*vegetarians*,” his family and friends warned him.

“I need the work, so I’ll give it a go. If I can’t handle it I’ll call you and you can come get me,” Digger replied. That was several weeks ago, and Digger has been spending his weeks here eating what we offer him while he’s on the job site helping with a construction project. An extremely talented artist, when working construction he is also completely dedicated to the project at hand. This man has an appetite! He works hard and eats to prove it. When I first offered him meals he accepted his food quietly, but after a few days he said ‘this isn’t bad, this vegetarian food.’ I ask if he’s still hungry after our meals, and he says, ‘no, this was just enough.’

Digger lives on the Navajo reservation in the Gallup area, where he told me he eats ‘regular food.’ I asked him how he defines regular food, and he said, ‘you know, meat and potatoes.’ He went on to explain that everyone in his family had laughed at him when he took the construction job with us because they know our eating habits.

These habits weren’t always what they are now, but out of necessity they became what they are. After being a junk-food junkie into my young adult life, I finally paid for it when I almost lost my life to pneumonia. After that I started eating a plant-based diet that didn’t include loads of ice cream and milk chocolate. I didn’t say I gave up dark chocolate. Let’s be reasonable.

Then I met my husband who was a meat-and-potatoes man. I liked him a lot but didn't like the fact that he had migraines and digestive disorders that were so bad he was miserable nearly every night. Did very little for the romance department. I asked him if he'd be willing to change his diet and he said he'd do anything to get headache relief. He decided to adopt my vegetarian diet and, lo and behold, his headaches went away and he dropped 40 pounds.

It's true, we don't eat meat, but we never feel deprived. There are so many substitutes for meat that are plant-based, that are good for our health and don't clog our arteries, and they are cruelty-free for those who don't like the idea of harming animals.

Let's face it – meat and potatoes might taste good, but the combination can cause digestive discomfort. If you eat meat and potatoes together, there's a good chance you'll need Prilosec® or Nexium® or some other digestive aid to avoid major bloating and discomfort. Proper food combining can really make a difference in how you feel after eating a meal.

Another thing that causes us major discomfort these days are GMO (genetically modified organism) foods which make up a huge amount of America's 'food supply.' But that's an entirely different topic for another time. So what can we do to incorporate healthful foods that are not genetically modified and have high nutritional value? After all, why eat if not to nourish the body? Well, there's always chocolate... but let's not digress. Ok, so we eat because we're hungry. When we're hungry our bodies are asking for something nutritious to keep the physical body going. However, we've been trained by advertising to eat things that aren't so healthful for our bodies. Carbs are constantly advertised. Pizza, bread, pasta... and who doesn't love these foods?

Say, for example, you love pasta, but you know it's made from white flour and you're told that's not good for you because white flour is processed and devoid of nutrients – a dead food. It also is heavy and can be like glue in the intestines if you're not drinking enough water to help digest this 'dead food' that tastes oh so good.

I'm one of those addicts who loves pasta, but I don't like the heavy after effects, and also I don't want to encourage the diseases that eating these kinds of foods will invite – diabetes, cancer, fibromyalgia, and the list goes on... So, my choice is to find mostly gluten-free substitutes, since gluten is a big trigger for many people's allergies today. My favorite substitutes in the pasta category include organic brown rice pasta made from nothing but brown rice and water. There's also organic black bean spaghetti made from nothing but organic black beans and water. Kelp noodles are made from nothing but kelp seaweed, which also provides a healthy dose of iodine. Organic mung bean pasta is another exceptional-tasting substitute for white pastas. Then there's quinoa pasta... yum. The list goes on. All of these are high in protein, our building blocks. They're probably all available at your local healthfood store or from a reputable online seller.

Meat is something that many of my clients claim they'd never be able to live without. Being that Digger is a meat & potatoes man, I figured he'd have a difficult time without eating meat all week long. Half the time when we've made different meat substitutes he's claimed he only knew it wasn't meat because I don't prepare dishes with meat. Some of those delicious substitutes are made with tempeh or cashews, or already prepared burger or sausage substitutes like GimmeLean® beef or sausage, or Beyond Meat® chicken-free strips that can easily be found in health-food stores, and even in many supermarkets. The key is to add spices that taste meaty. Of course beans are an ideal protein source for those who want a substitute for meats. While he's been here Digger has eaten plenty of lentils, pintos and black beans along with red rice and brown rice. He's also had casseroles with organic potatoes, squash, cashews, spinach, tomatoes, pumpkin, parsley, basil, peppers, onions, garlic and whatever else we have on hand, along with salads and soups. He says he loves the live feeling of the sprouts we grow here daily, and enjoys the locally grown organic eggs and cheese.

Digger's wife had dinner with us a few days ago. She said she really liked the salad we served and the organic rice pasta with pesto. No meat, but filling enough to satisfy her. Does that mean she might make dietary changes? Not necessarily, but she knows she and her husband could survive if they had to eat vegetarian food on a steady basis. Most of the time we don't make changes unless and/or until we need to for our health's sake. We develop habits that are easy to follow and difficult to change. Until we have to. My husband and I had to, so we did. I knew there was no drug that could replace my common sense, so dietary changes became necessary for our comfort and survival.

Now it is becoming apparent that the entire world needs to heed this common-sense approach to wellness with Covid-19 having wreaked havoc on the world, emergency-use-only vaccines being jabbed into everyone possible, and so many adverse reactions occurring more every day. Since we're not dealing with germ theory any more, and scientists are coming to the realization that we're dealing with terrain theory, which means that those with strong immune systems will survive the pandemic and those with weakened immune systems might not, it is imperative that we strengthen ourselves on a daily basis if we want to survive in good health or survive at all. Simple things like taking your daily vitamins and minerals, consuming enough leafy greens, eating raw fresh organic fruits and vegetables, drinking enough pure water and organic teas can be proactive ways to build up your immune system.

And if you've already been vaccinated and have suffered an adverse effect, it can be helpful to add dandelion tea and quercetin to your daily intake regimen to help regain good lung function and strengthen the immune system.

Ok, back to Digger. He works hard and takes good care of his family. And he's willing to eat a vegetarian diet – at least during the week while he's at work. He said, 'never say never' with a smile when his kids laughed at his latest eating habits. He hasn't grown frail or weak without his meat and potatoes; he says he feels good. He's lost a little bit of the extra gut he was carrying around over his belt. And he even says he's not ashamed to let the world know that you can survive on vegetables, grains, seeds, nuts and fruits (at least five days a week).

About the Author

Dr. Bera “The Wellness Whisperer” Dordoni, N.D.

With over 35 years of serving as a vegan/vegetarian-oriented Naturopathic Doctor/nutritionist, Dr. Bera now focuses primarily on teaching Ho'oponopono in workshops and at retreats in her home in the Zuni mountains. She provides gourmet vegan meals and a relaxing stay where deer and wild turkeys play... as well as instruction in plant-based living, immune-system building and how to make the laws of attraction work for you. To learn more or book your stay, visit drberatl.com or bastis.org, or call (505) 783-9001.



BioNatural Healing College

BioNatural Healing College (BNHC) is pleased to announce approved Continuing Education for the State of California Department of Pesticide Regulation online (Laws and Regulations 2 hours and 6 hours other). For the Licensees QAC, QAL, PCA.

Instructor: Dr. Nadir Sidiqi Ph.D.

For registration please contact at Email info@bionaturalhealingcollege.org or Phone (909)242-6342

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Congratulations!

To Mr. Wais Seddiqi Student Service Coordinator



We are very pleased to announce that our Student Service Coordinator Mr. Wais Seddiqi has enrolled in one of the very prestigious fields Master of Arts in Biomedical Sciences at Pacific Northwest University of Health Sciences, Washington State.

We really appreciate his contribution, dedication to BioNatural Healing College (BNHC) and we need his continued support. We pray and wish him the best of health and much success.



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***Learn the knowledge, share the knowledge,
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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).

