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***2<sup>nd</sup> BioNatural Healing Conference May 23-24 2022***

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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 (BNHC), BNHC E-Magazine to our dear readers. Also, I would like to thank you all, especially those that are the dear readers that send us their valuable feedback and support. The information in this magazine is solely for educational purposes.

We hope this BNHC- E-Magazine will be useful to you based on 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. Vaccination, 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 D<sub>3</sub>, 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.**

# DON'T GIVE UP HOPE

## By Dr. Bera Dordoni, N.D.



We were told to be patient and this ‘thing,’ aka Covid-19, would be over within 2-3 weeks. Now that we’re entering our third year of this insanity and see no end in sight, we need to do something to maintain what sanity we have remaining and let go of the fear that is controlling more than half of the world’s population today. Why let go of the fear that some of us feel is protecting us? Because fear only protects us in a fight-or-flight situation that is short-lived. Once it becomes a chronic state it undermines the entire immune system. Living more than two years with increasing fear because there are new variants constantly being reported is compromising the general public’s health on a daily basis.

Rather than fear that you’ll be the next victim, or if you’ve already contracted Covid-19 or been adversely affected by the vaccines associated with Covid, the wisest move you can make is to build and strengthen your immune system. A plant-based diet is the first line of defense. The more colorful your plate is, the better. Numerous vitamins and minerals can be consumed when your plate is rainbow colored.

In order to fight infections, it is necessary to increase white blood cell production. Foods high in vitamin C, such as greens and citrus fruits, can provide this, which include sweet red peppers, broccoli, kale, grapefruits, oranges, tangerines, limes, kiwis, and strawberries, just to mention a few.

Nuts, seeds, spinach and avocados are foods rich in vitamin E, also a fat-soluble vitamin, which helps regulate and support immune system function. Nuts, seeds, spinach and avocados are foods rich in vitamin E, also a fat-soluble vitamin, which helps regulate and support immune system function.

Then there are root vegetables and greens that boost your beta-carotene levels and when that is converted to vitamin A, an anti-inflammatory vitamin, you build up antibodies that can help you respond to toxins, including viruses. Consuming foods with healthy fats, such as avocados, will aid in the absorption of vitamin A since it is a fat-soluble vitamin. A few good sources of vitamin A are cantaloupe, spinach, kale, carrots, apricots, squash and sweet potatoes.

Green tea is full of antioxidants, which help cleanse the body from toxins. The amino acids in green tea are said to help increase the production of germ-fighting compounds in T-cells, which helps fight infection and reduce inflammation. Antioxidants help enhance functioning of the entire immune system.

Garlic, one of my favorites, not only stimulates cells important for fighting disease, it also boosts virus-fighting T-cell production, and is helpful in reducing the amount of stress hormones produced by the body. These compounds help the immune system function at full strength. Garlic also just plain tastes awesome, and enhances too many foods to mention. Probiotics cannot be overlooked. Gut health often determines one's health. The microbiome (good bacteria) in the digestive system are believed to help stimulate the immune system to fight off disease. The good bacteria help break down the nutrients you consume, and also helps fight off fungi and harmful bacteria.

Keeping B-6 levels up is important to help produce new and healthy red blood cells, and aid in maintaining the lymphatic system. Bananas, garbanzo beans and nutritional yeast are good sources of this vitamin.

High water content foods are very important for keeping immunity strong. Hydration is essential for helping produce lymph which carries immune system cells including white blood cells throughout the body.

Some of these foods include cucumbers, watermelon and celery. Pure filtered water is delicious for some, but for those who don't like it, a few berries in water, or sliced cucumber, fresh mint, lemon, lime or orange can lift the water and make it very palatable. Good hydration makes it easier for the immune-boosting essential nutrients to reach all the cells in your body. Sunshine and mushrooms provide the absolutely necessary vitamin D that is essential to immune function and regulating the body's immune response. All the supplements in the world won't do you much good if you don't manage to keep a positive and uplifting attitude filled with love toward the world and especially yourself during this trying time. Love heals so many ills. Radiate love and you will feel better, no matter what.

Unfortunately, when we exist in fear constantly, such as has happened with so many people who are terrified they might contract Covid, our nutrients are easily depleted, leaving the immune system exposed and unable to defend the body. Rather than focus on the fears of "what if," do your best to live in the moment, since this very moment is the only moment that actually exists at this time. What is the saying...? Yesterday is history, tomorrow is a mystery, and this moment is the present, which is why it is to be considered the gift of 'now.' Do whatever you can to avoid falling into depression by keeping busy with things that might calm you. Brew a lovely herbal cup of tea, and sit down to meditate, doing deep breathing and giving thanks for anything you can possibly give thanks for. You woke up this morning. The sun came up. You have enough food for a current meal. You have ideas that might spark inspiration. Love your body by treating it with respect and feeding it good organic foods, drinking plenty of hydrating liquids, taking the appropriate supplements for your body, getting enough sleep and being kind to yourself and every living being you meet each day. Don't give up hope and make sure you give hope to others who need it.

Here's to a fulfilling, healthful, joyful 2022 for the entire world. May we all contribute to it with love. 3

## 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](http://drberatl.com) or [bastis.org](http://bastis.org), or call (505) 783-9001.



# Higher olive oil consumption linked with lower risk of premature death

Credit to “Amy Roeder/Harvard T.H. Chan School of Public Health”.

Boston, MA – People who consume higher amounts of [olive oil](#) may lower their risk of premature death overall and from specific causes including [cardiovascular disease](#), [cancer](#), and neurodegenerative disease, compared to people who never or almost never consume olive oil, according to a new study led by researchers from Harvard T.H. Chan School of Public Health. The researchers also found that people who consumed olive oil instead of animal fat had a lower risk of total and cause-specific mortality.



The study was published online January 10, 2022 in the Journal of the American College of Cardiology. This is the first long-term observational study on olive oil consumption and mortality in the U.S. Most previous research on olive oil and health has focused on populations from Europe and the Mediterranean, where olive oil consumption is higher.

“Olive oil consumption has been linked to lower cardiovascular disease risk, but its association with premature death was unclear,” said [Marta Guasch-Ferré](#), a senior research scientist in the [Department of Nutrition](#) at Harvard Chan School. “Our findings confirm current dietary recommendations to replace animal fats with plant oils for the prevention of chronic diseases and premature death.”

The researchers used health data collected between 1990 and 2018 for 60,582 women participating in the Nurses’ Health Study and 31,801 men in the Health Professionals Follow-up Study. All participants were free of cardiovascular disease or cancer at the beginning of the study and completed dietary questionnaires every four years. During the study period, 36,856 people died.

Participants were asked how often they used olive oil in salad dressings, added to food or bread, or in baking or frying. According to the findings, people in the highest category of olive oil consumption (more than seven grams per day) had 19% lower risk of total and cardiovascular disease mortality, 17% lower risk of cancer mortality, 29% lower risk of neurodegenerative mortality, and 18% lower risk of respiratory mortality, compared with those who never or rarely consumed olive oil. Compared to margarine, butter, mayonnaise, or dairy fat, the use of olive oil was associated with lower risk of total and cause-specific mortality, although no significant risk reduction was observed when use of olive oil was compared to use of other vegetable oils.

“Clinicians should be counseling patients to replace certain fats, such as margarine and butter, with olive oil to improve their health,” Guasch-Ferré said. “Our study helps make specific recommendations that will be easy for patients to understand and hopefully implement into their diets.”

Other Harvard Chan School co-authors of the study included [Yanping Li](#), [Walter Willett](#), [Qi Sun](#), [Laura Sampson](#), [Miguel Martínez-González](#), [Meir Stampfer](#), and [Frank Hu](#).

Funding for the study came from National Institutes of Health research grants UM1 CA186107, P01 CA87969, U01 CA167552, P30 DK046200, HL034594, HL088521, HL35464, and HL60712. Guasch-Ferré is supported by American Diabetes Association grant #1-18-PMF-029. Salas-Salvadó is partially supported by the Catalan Institution for Research and Advanced Studies (ICREA) under the ICREA Academia program.

“Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults,” Marta Guasch-Ferré, Yanping Li, Walter Willett, Qi Sun, Laura Sampson, Jordi Salas-Salvadó, Miguel Martínez-González, Meir Stampfer, Frank Hu, *Journal of the American College of Cardiology*, online January 10, 2022, doi: 10.1016/j.jacc.2021.10.041.

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# **2<sup>nd</sup> BioNatural Healing Conference (Virtual) 2022**

**SAVE THE DATE: May 23-24, 2022- Online**

**Registration Opens May 1<sup>st</sup>**

**Abstract Submission Opens January 2<sup>nd</sup>**

**For more information, please contact Mr. Wais  
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and Implement the knowledge to benefit of  
humanity! BNHC***



**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).

