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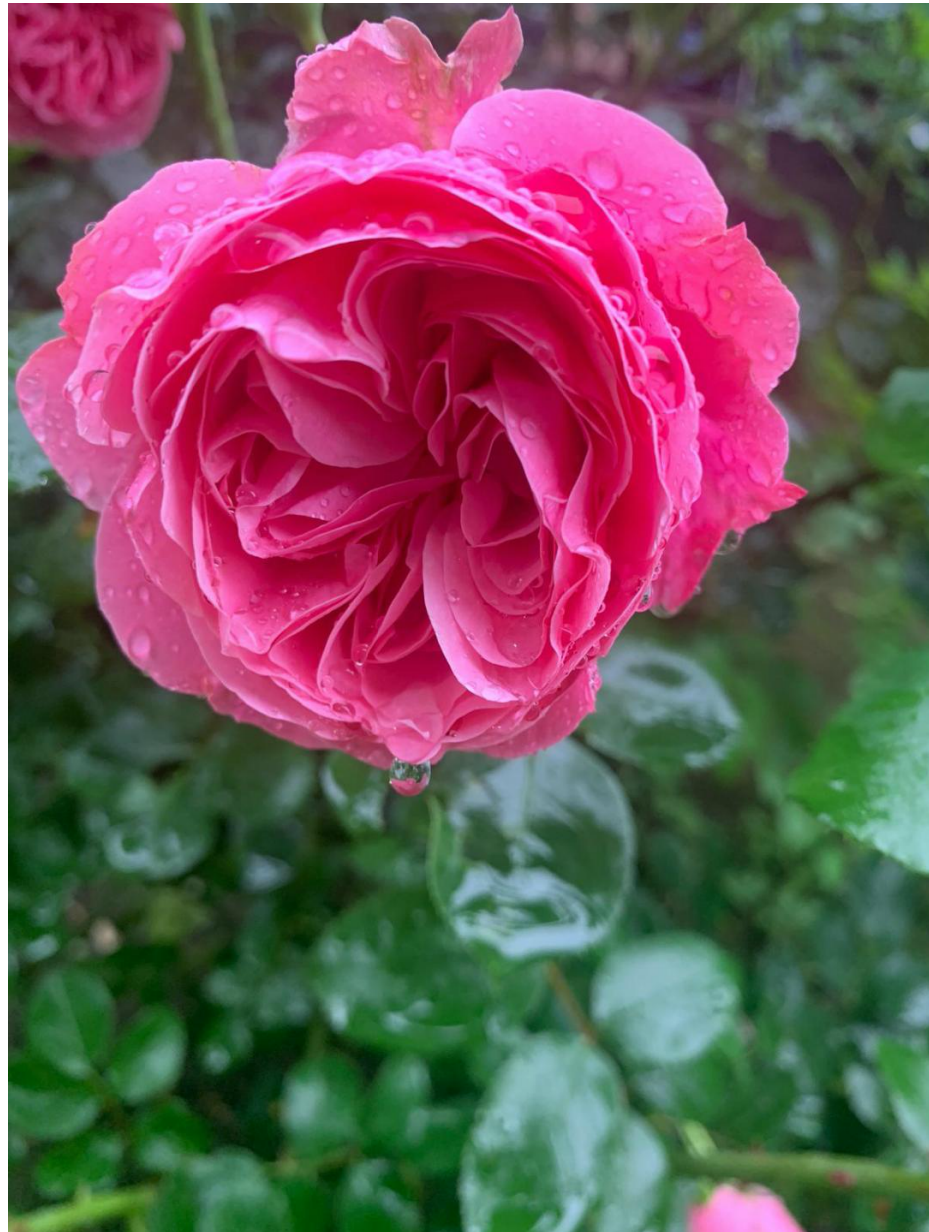


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# Message: from the President of BioNatural Healing College (BNHC)



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 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:

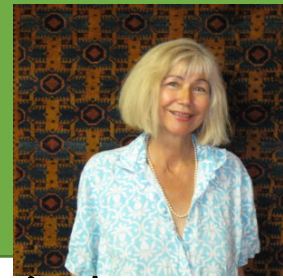
1. Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer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



# Health-Promoting Baby Food

## By Prof. Rosalie Stafford



In the last three issues of Bio-Natural Healing College's internet magazine, we looked at some readily-accessible and completely free health-giving phenomena: *deep sleep* and *dreams* and *laughter*. This month, June of 2021, we will look at another phenomenon which promotes good health: *good, homemade baby food*.

### Not Good for Babies: Commercial Baby Food

In June of 2021, the respected baby food manufacturer Beech-Nut announced that it would no longer be selling rice cereals for babies because the company was unable to source rice which was not contaminated with arsenic (FDA; Tyko). In early 2021, the US House of Representatives reported that many brands of baby food, including Walmart-brand baby food *Parent's Choice*, are heavily contaminated with heavy metals such as lead, arsenic, cadmium, and mercury. Moreover, the word *organic* on a jar of baby food is no guarantee of wholesomeness!

### Not Good for Babies: "Organic" Commercial Baby Food

*Parent's Choice Organic* (Walmart brand), *Earth's Best Organics* (Hain's Celestial brand), *Happy Family Organics* (Nurture brand), *Plum Organics* (Campbell's Soup brand), *Sprout Organic Foods* (Sprouts brand) are all heavily contaminated. The iconic American baby food company Gerber's, which makes *Organic 2nd Foods Pouches* and the major Canadian company Loblaw's, which makes *PC Organics*, are others which have been fingered by the FDA as manufacturers which sell toxic baby food (Corley; Pearson).

Among the various reasons so-called “organic” baby food is toxic is the sweetening ingredient *brown rice syrup*: this sweetener introduces arsenic at six times the over the level mandated by the government as “safe.” But arsenic is not the only problem.

## **Toxic Baby Food: A Well-Known Problem**

For at least ten years, concerned individuals and even the Food and Drug Administration (FDA) have been well-aware of the problem of toxic baby food. The FDA has encountered baby food which are highly contaminated with heavy metals “as high as hundreds of parts per billion (*ppb*) of heavy metals—well above the acceptable levels of up to 9 *ppb*” (Caroline Delbert). Writing in the autumn of 2019, Sandee Lamotte warned:

Tests of 168 baby foods from major manufacturers in the US found 95% contained lead, 73% contained arsenic, 75% contained cadmium and 32% contained mercury. One fourth of the foods contained all four heavy metals.... The results mimicked a previous study by the FDA that found one or more of the same metals in 33 of 39 types of baby food tested. The “safe” level is considered by many health-conscious people as much too high!

“No amount of arsenic, lead, or other toxic heavy metal is safe for babies,” says Charlotte Brody, National Director of the watchdog group Healthy Babies Bright Futures says: (Lamotte, 2020). In 2017, Brody’s organization released a report which stated: “Even in the trace amounts found in food, these contaminants can alter the developing brain and erode a child’s IQ. The impacts add up with each meal or snack a baby eats.” Unsafe at any Concentration

“No level of exposure to these metals has been shown to be safe in vulnerable infants,” said Linda McCauley, Dean of the Nell Hodgson Woodruff School of Nursing at Emory University, who studies environmental health effects. Exposure from several sources can lead to cumulative effects that are dangerous to infants, she added (Rabin).

As we have seen in earlier issues of Bio-Natural Health College's internet magazine, heavy metals (including lead, arsenic, cadmium, and mercury) are toxins which affect the neurological system. Heavy metals and halogens (fluorine, bromine, chlorine) are harmful to rapidly-growing infants' brains, causing significant reductions in IQ as well as general neurological damage (Genchi; Grandjean; Kilburn; Koller; Suwanlaong; Tchounwou; Wasserman). All this information is readily-available and should be well-known. The just-released Congressional report recognizes this when they call for increased "parental vigilance," stating that "parents should avoid baby foods that contain ingredients testing high in toxic heavy metals, such as rice product."

### **The Solution: Make your Own Baby Food**

It makes no sense at all to deliberately feed babies this toxic puree, commercial baby food. In the past, before food factories and supermarkets existed, what were babies fed? Obviously, caregivers made their own baby food!

There is no lack of books, podcast channels, and websites dedicated to teaching people how to make delicious, nutritious baby food. For an introduction to this DIY topic, I suggest seeking out Michele Olivier's website, *Baby Foode*. She provides step-by-step instructions and even meal plans keyed to babies' precise ages.

Note: personally, I would never use a microwave oven or a teflon pan, nor would I store anything in plastic! I use my old cast iron or stainless steel on the stovetop and I always store food (and as water) in glass containers... those are subjects for future columns. In the meantime — happy cooking for happy bio-natural babies!

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# Go for the Real Deal and You Can't Go Wrong

By Dr. Bera Dordoni, N.D.



You decided to go plant-based, but why? Let's see – cruelty free for animals and planet. Easy call. But what about your health? Your body? Ah, good call. That is... unless you decided to replace all the meat and dairy you used to eat with modern processed vegan foods. Foodstuffs, that is. Some are, indeed, good substitutes, but others are still junk foods with enticing chemicals designed to 'hook' you just like many junk foods. Just because the label says 'vegan' doesn't mean healthy – and can even cause health problems and weight gain. Read your labels – if you can't pronounce the words maybe it's best to put it back on the shelf.

As a naturopath always advocating a whole-foods plant-based diet to my clients with anything from cancer, exhaustion, depression, diabetes, fibromyalgia to any other debilitating condition, I am always asked, "Where will I get my protein if I don't eat meat?"

If you're used to consuming a lot of meat and dairy foods and wish to find a vegan replacement for these, some very tasty meat and cheese substitutes are found in many markets today. However, they're still processed and aren't actually as beneficial for your health as whole foods are. Processed foods, no matter whether gluten-free, vegan, vegetarian or conventional standard American junk food, generally contain very little nutrition compared to whole foods.

You just can't go wrong with whole foods – they have everything they need inside them without having to be altered. They're the real deal.

## What's the Difference?

Processed foods generally contain chemicals purposely set out to tempt your taste buds and even possibly addict you with these chemicals. As long as you're used to eating processed foods and haven't indulged heavily into whole foods, these chemicals might actually taste good to you.

But... allow yourself to consume whole foods as they're found in nature, and your eyes will light up, your mouth will water from the tastes and textures, and your energy level will soar.

Real food – whole food – deserves to be appreciated for itself as it is. It is colorful and beautiful just as it is. Relax a moment and imagine sitting down to eat an apple, a tomato or a strawberry. The apple is tart and crunchy when you chew it – you can feel it cleaning your teeth. The tomato is ripe and delicious. The strawberry, as you bite into it, bursts with sweet juices. They all make you smile as you take a deep breath enjoying their flavors. Perfect-tasting all by themselves, they need no added sugar or other processed ingredients to make them taste good.

Steam some broccoli or okra and sauté some onions and garlic – your kitchen aromas will be heavenly, and you might become enchanted by your vegetables. The cleansing green building blocks have more protein in them than you might think, answering the oft-asked question, “Where will I get my protein if I don't eat animals and dairy foods?” All my senses are heightened when I eat fresh, raw or very lightly cooked vegetables – taste, smell, texture, sight – even the sounds they make as they meet my tongue. Then there are raw nuts and seeds – or even lightly toasted to enhance their already wonderful flavors – munch ‘em, crunch ‘em, and again, enjoy the high-protein benefits.

Salads filled with raw leafy greens and a variety of complementary additions including berries, garlic, onions, finely ground carrots and beets, raw seeds and/or nuts, with a bit of lemon squeezed over the top provides fiber bursting with life, energy and flavor.

Soups, my favorites, glide along my tongue with their spicy essences of that particular soup – cumin, paprika, garlic, peppers, onion, seaweed, cilantro, rosemary or basil, for example, added to a variety of vegetables. No chemicals added, just the herbs and possibly some mineral salt. Comforting and nourishing, they can hydrate you all day long.

I could go on and on about whole foods vs. processed foods, but I'd much rather concentrate on the joy I feel when I consume plant-based organic whole foods. After all, I'm an organic body, so my body recognizes and appreciates organic whole foods and avoids the harm that could come to it from animal foods or synthetic processed foods. Not only do the animals and planet appreciate this action, but my body especially does so.

I'm so glad it's summertime, when we love to eat lighter foods that help keep us cool. And now I'm off to water and nurture the garden that nurtures me. **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.



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and Implement the knowledge to benefit of  
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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).



