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Contents

- **Message:** from the President of BNHC
- **BNHC Directory: Board of Directors:** Dr. Nadir Sidiqi Ph.D., Mrs. Aziza Sidiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus Siddiqi, Mr. Naveed Siddiqi
- **Staff & Faculty:** Mr. Wais Siddiqi, Prof. Rosalie Stafford, Dr. Nadir Sidiqi Ph.D., Dr. Tanveer Alam, and Dr. Vivek Sharma.
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- **BioNatural Healing**
- Medicinal plants, Nutrition, Health, Diet, Body, Mind, Spirit, Sleep, Exercise and related issues.
- **Science Research:**
- Agriculture, Environment, Public Health, Technology
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- **BNHC News & Advertisements:**
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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.

Wellness Warriors Unite!

By Dr. Bera Dordoni, N.D.



It's been a great year working with the **Wellness Warriors Project**, seeing the 'proof is in the pudding' – pudding without white sugar or other toxic sweeteners. When BASTIS Foundation invited candidates to join the project to help eradicate the diabetes epidemic plaguing not only McKinley County in New Mexico, where I live, but most of the United States now, our hope was to see people reduce their insulin intake or oral medications they relied on by altering their diets. Our goal was to show diabetics how healthful, organic plant-based foods can be delicious and satisfying, and no more expensive than conventionally grown and prepared foods. We've met our goal and continue to expand our classes because people are seeing **IT WORKS!** Those who have made the commitments to themselves have not only gotten rid of the need for medication, but they've also gotten new wardrobes to accommodate weight reduction, they claim they feel fantastic physically, and they're mentally sharper. They feel good about themselves, inside and out. The most exciting part – they never feel deprived when they eat. **What's So Different?**

Where a person might have gone shopping for prepackaged foods that are convenient and easy to microwave, or buying mostly items that are found in the middle aisles of grocery stores, a Wellness Warrior makes the choice to go shopping for organic items that usually reside in outer aisles in grocery stores and health-food stores, such as produce.

Better yet, Wellness Warriors are encouraged to plant their own gardens so they KNOW the quality of the food they're consuming.

Non-Foods – the Real Culprit Behind Diabetes

Let's be honest. When any of us is in a rush to get somewhere and we're hungry, what can be more appealing than something instant to satisfy a craving? However, if we give in to this craving often, and choose fast, processed foods to fill the gap, we're consuming the non-foods that predominate Americans' lives and lead us down the path of illness. Sadly, many of the people who originally enter the Wellness Warriors Project have told me their doctors insisted, "There's nothing you can do about your diabetes except manage it with the proper medications. You'll be diabetic for the rest of your life."

Well, don't you believe that nonsense. People eradicate diabetes every day. Eradicate—not manage. They get rid of it. With the proper attitude and daily habits, the human body will repair itself.

Why Manage Instead of Eradicate?

Programs all over this country are aimed toward eliminating cancer, not managing it. Doctors offer chemotherapy or radiation not for cancer management; their hope is to eliminate this horrific threat to life. Diabetes holds just as much threat to life and body parts (loss of limbs, blindness, etc.). So why would you simply want to manage it?

Ok, I admit I'm probably older than most of you when I claim I've been working for over 35 years with people who made a commitment to themselves, loved themselves enough to make the changes that could alter their life course, and eradicated—not managed—not only diabetes, but multiple sclerosis, fibromyalgia, crippling arthritis, cancer, and other life-challenging conditions.

If you want to get well, you can. Yes, it takes work—a lot more work than merely refilling your prescriptions and remembering when to take what pill. Eradication requires you to make life changes, and consider them permanent; accept responsibility for your actions and what you consume; learn how various foods, drinks and medications impact the body; commit to loving yourself enough to improve the quality of your life; and promise to start over daily without beating yourself up over lapses. It may seem like a lot to learn and change, but **YOU** are worth it.

But What If I Don't Like the Food Changes?

There's Always a Healthful Substitute for Your Favorite Food or Snack. I'm lucky. My mom was a creative cook who inspired me to come up with some interesting food combinations. I, myself, have suffered junk-food-junkie syndrome throughout much of my life, and when I indulge in the bad stuff I pay for it. So I attempt to stick with healthful food substitutes for those comfort foods that I would tend to seek out otherwise. Since I LOVE LOVE LOVE chocolate, I discovered dark, raw chocolate, which is actually beneficial for diabetics when consumed in reasonable amounts. It replaced the milk chocolate I always loved, but didn't love me. Potato chips? I certainly couldn't eat just one. More like a bagful at a time. So rather than give up chips, I learned how to make raw kale chips – and you can make them in many flavors – hot & spicy, cheesy, even chocolate-covered. Because they're raw, they still maintain their nutritional value. Since we have an organic garden with plenty of kale, I started teaching my clients to make them, and voila, some have already said they can easily replace their commercial potato chip habits with organic raw kale chips that are actually GOOD for them.

I still love commercial potato chips, I really do. However, as much as I enjoy the crunchy saltiness of commercial chips, I recognize they are one of the dietary components that contribute to today's modern plagues: cancer, obesity, diabetes, and heart disease. I know they can cause weight gain, bloating, and toxic buildup, partially due to the chemicals added to their manufacturing process. I also know the process of cooking carbohydrate-rich foods at high temperatures, whether baking, roasting, toasting, or frying, produces acrylamide, a potentially neurotoxic and cancer-causing chemical that negatively influences insulin levels. Since all of us are fighting to lower the instance of diabetes in McKinley County, decreasing or eliminating high-temperature cooked carbohydrate-rich foods is just a smart step. Ideally, we should all eat our foods either raw or minimally processed to avoid these types of toxic byproducts. It's not difficult – it's simply a new way of thinking and eating that enriches our lives and satisfies our crunchy cravings.

You might have been fighting a disease for a long time and feel that it is hopeless to beat it. As I said above, don't believe it. You might just need to make a change. But you have to believe you have the power within you. Repeating Henry Ford, "*Whether you think you can or whether you think you can't, you're right.*" Keep an open mind. There is more than one way to conquer illness. Sometimes your way will be different from someone else's. If up until now you have failed to control your blood sugar numbers without making some changes, let's recall Albert Einstein's words: "*Insanity is doing the same thing, over and over again, but expecting different results.*"

Applied Knowledge is Power

We are always accepting new qualified candidates to the Wellness Warriors Program. This is simply hands-on education to help you eradicate your dis-ease, or that of a loved one. We want to help you change your life, not simply organize your meds. If you want to do more than manage diabetes in your life and you feel you are a qualified candidate for a Wellness Warriors program, call us at (505) 783-9001, and we'll talk. At this point in time we're seeing many clients via Zoom if you don't want to or can't travel currently due to lockdowns. When you join our program you'll learn techniques for reducing stress in your life, you'll sample all sorts of healthful, delicious foods using organic produce directly from our greenhouse if you visit us in person if you visit us in person (whole meals, snacks, etc.), do fresh juicing, and learn about proper food combining for good digestion and how incorporating these can boost your immune system dramatically.

You Have a Choice!

Never believe there's only one choice when it comes to your life. If you're tired of your body betraying you, give us a call and we'll give you a different direction to consider. But only if you're ready to commit to yourself. Remember, **you are worth it.**

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.

NATURAL IMMUNITY

By Prof. Rosalie Stafford



What is Natural Immunity?

Exposure to the disease organism through infection with the actual disease causes the body to develop natural immunity. Exposure to the disease organism triggers an infection in the body, resulting in an immune response against the virus: the body creates antibodies to attack the virus and T cells to remember how to fight it off, ensuring that the infection cannot occur again in later life.

Why is Natural Immunity in the News?

Israel is one of the most highly-vaccinated countries in the world. But between early May 2021 and mid-July, 40% of the 7,700 new covid cases in Israel were among those who were fully vaccinated — catching covid after being injected with the experimental vaccine is called a “breakthrough” — and Israelis who were vaccinated were 6.72 times more likely to experience “breakthroughs” after the shot¹. Since covid cases in Israel are skyrocketing, a group of Pfizer scientists have stated their consensus that natural immunity is superior to the immunity obtained through vaccination².

By now, virtually everyone has been exposed to covid. But not everyone has come down with covid or has gotten terribly sick. Natural immunity is part of the reason why. Various studies have demonstrated that people who have already had covid (even an asymptomatic case) afterwards have covid-resistant antibodies and will not benefit from the experimental injections³.

Almost a year ago, researchers at the National Institute of Health published their conclusion that getting and recovering from covid offers long-lasting natural immunity: “Immune cells and proteins that circulate in the body can recognize and kill the pathogen if it’s encountered again, protecting against disease and reducing illness severity.”⁴

Over the past year and a half, there have been nearly 100 studies which have analyzed natural immunity to covid. Just last week, the Brownstone Institute published a list of 91 different clinical research studies which all conclude that natural immunity provides more complete and longer-lasting immunity than lab-created vaccines.⁵

In just one study that looked at 52,238 employees in an American healthcare system, researchers found that the reinfection rate among individuals who had recovered from Covid-19 was “almost zero.”⁶

There is plenty of evidence that people who have recovered from covid have natural immunity which protects them from reinfection.⁷

Natural immunity is equal to — in many cases vastly superior to — the “protection” offered by experimental mRNA injections.⁸ Indeed, Moderna acknowledges the fact that their experimental mRNA injections offer no immunity to covid and, at best, inadequate protection, as they state: “The Moderna COVID19 Vaccine may not protect everyone.”⁹

How Does Natural Immunity Work?

Dr. Ryan Cole, a Mayo Clinic-trained pathologist and independent researcher, merits being quoted at length: A natural infection induces hundreds upon hundreds of antibodies against all proteins of the virus, including the envelope, the membrane, the nucleocapsid, and the spike.

Dozens upon dozens of these antibodies neutralize the virus when encountered again. Additionally, because of the immune system exposure to these numerous proteins (epitomes), our T cells mount a robust memory, as well. Our T cells are the ‘marines’ of the immune system and the first line of defense against pathogens. However, in vaccine-induced immunity, we mount an antibody response to only the spike and its constituent proteins. This produces much fewer neutralizing antibodies and, as the virus preferentially mutates at the spike, these proteins are shaped differently and antibodies can no longer ‘lock and key’ bind to these new shapes.¹⁰

You could look at it this way: natural immunity is like locking all your doors and windows, and having motion-sensor lights all around the house, keeping a mean guard dog in the yard as well. Vaccine immunity is like having only a “No Trespassing” sign by the gate. Which method of home security is more effective?

Rep. Diana Harshbarger (R-Tenn.), who has been a licensed pharmacist since 1986, has put forth a bill, the “Natural Immunity Is Real Act,” which would make natural immunity legally recognized. She stated: There’s ample scientific studies that show that natural immunity is absolutely one of the best things you could have ... that it’s more effective than vaccination.¹¹

So why get injected with experimental gene-altering substances? Why are these experimental injections being mandated for everybody anyway?

A clue: a senior scientist at Pfizer recently lamented: “I feel like I work for an evil corporation, because it comes down to profits in the end.”¹²

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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.

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

