

BNHC E-MAGAZINE

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- **Staff & Faculty:** Mr. Wais Siddiqi, Prof. Rosalie Stafford, Dr. Nadir Sidiqi Ph.D., Dr. Tanveer Alam, and Dr. Vivek Sharma.
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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

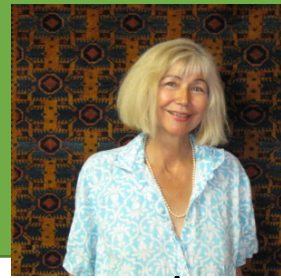
BioNatural Healing College Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

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.

What the Butterflies Tell Us

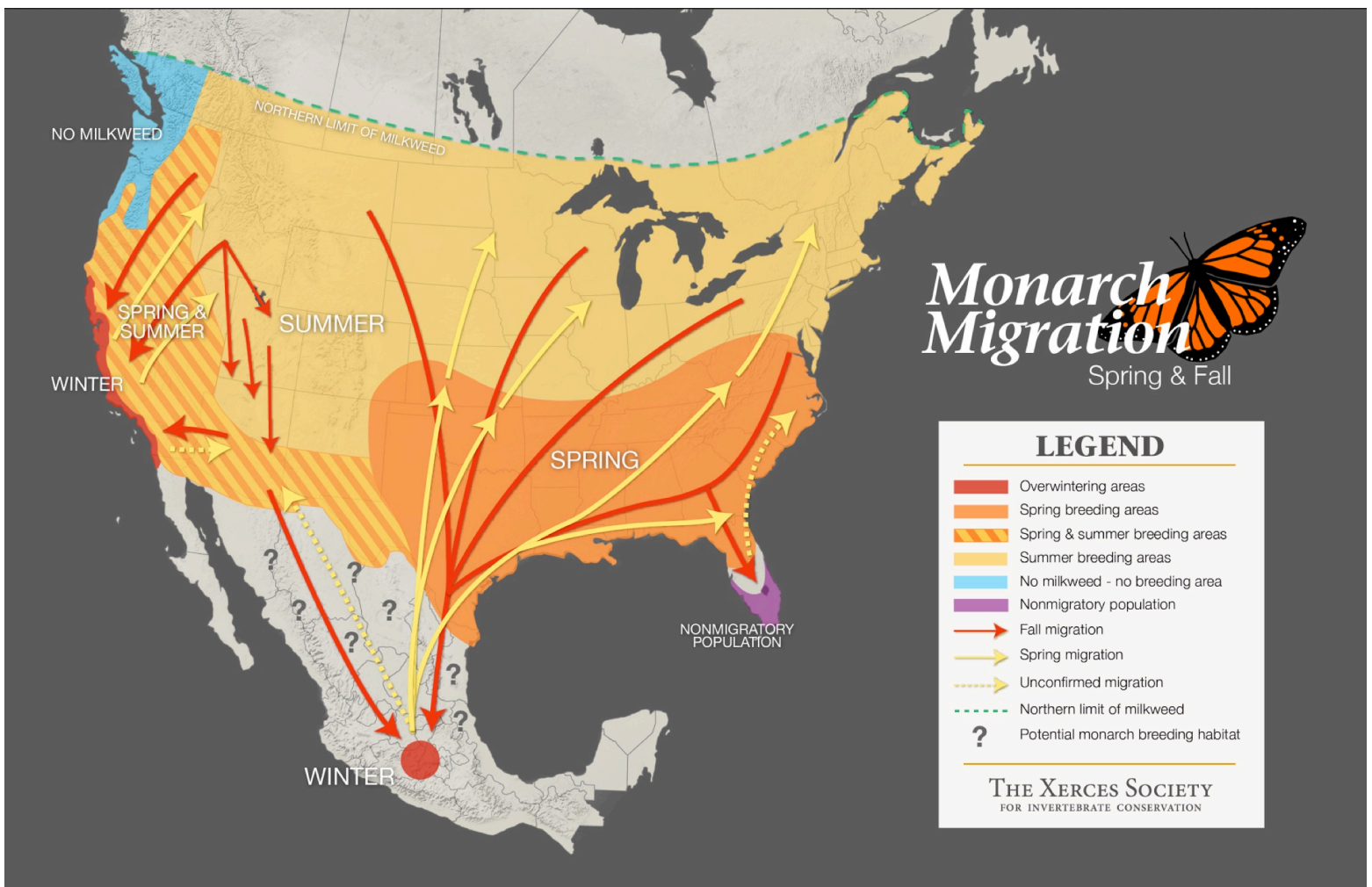
By Prof. Rosalie Stafford



A few months ago, in BioNatural Healing College's internet magazine, we looked at the extremely important role bees play in agriculture. This month, we will look at the overall decline of insects on Planet Earth, and the disappearance of the Western Monarch Butterfly in particular.

Where are the Butterflies?

The subject of the disappearance of insects has been discussed by a number of researchers and writers, among them Marlowe Hood, Gretchen Vogel, and the *Sydney Morning Herald*. The Associated Press (AP) reports that 89-year-old Harvard biologist E. O. Wilson recalled that he once frolicked in a land alive with insects, especially butterflies. Now they are virtually gone: last year when Prof. Wilson drove from Massachusetts to Vermont, he counted how many bugs hit his windshield. The result: just one, a single solitary moth. Fifty years ago, when I was a youngster, vast clouds of monarch butterflies filled the sky during certain times of the year when the butterflies were making their long journey between their breeding grounds in American and their over-wintering habitat in Mexico. There were so many monarch butterflies everywhere that cars were at times completely plastered with the beautiful doomed butterflies, making it impossible to see through the windshield, forcing drivers to frequently stop and clean their car's glass. This made me sad: it seemed to me tragic that such lovely creatures going about their innocent business should end up as bright tattered rags and scraps of golden wings on windshields.



Journey North

Now, in 2021, to spot even a single monarch butterfly fluttering on the Arizona breeze is rare. And that makes me even sadder...

Or is my memory playing tricks on me? I admit: I remember Summers as cooler and rainier when I was a kid, and I distinctly recall that the skies were a richer, deeper blue, the color of lapis lazuli or turquoise — as opposed to the heat and drought of the twenty-first century, and the sickly fish-belly hue — the silvery-yellowish color — of the sky nowadays. Maybe I am mistaken about my memories of the Springtime smelling sweeter than I was a youngster, the scent of countless wildflowers wafting in the air?

No, it turns out I am certainly not mistaken about the present-day dearth of monarch butterflies. In 2019, Justin Fritscher quoted Mace Vaughan of the Xerces Society, the group who spearheads annual counts of monarchs wintering in coastal California: “The western monarch population is now less than one percent of what it was in the 1980s.” In less than 35 years, the Monarch butterfly population has declined by 99%? That is shocking!

What is behind this existential throat to the monarch?

What is Wiping Out the Monarch Butterflies?

Worldwide, insects are under attack by — among other things — pesticides, a term that “covers a wide range of compounds including insecticides, fungicides, herbicides, rodenticides, molluscicides, nematocides, plant growth regulators, and others” (Wasim Aktar). Pesticides are a two-edged sword: they enable farmers to realize an increase in crop production, while, at the same time, they kill helpful insects like bees and harmless insects like butterflies. Worldwide, incredibly huge amounts of pesticides are used every year. David Wallace-Wells summarizes: “We’re now up to, roughly estimated, three million tons of pesticides being used every year by the world’s farmers.” Three million tons is six billion pounds. More than one billion pounds of pesticides are used in the United States each year and more than five billion pounds are used worldwide (Donaldson, cited by Alavanja). Actually, those statistics are more than 20 years out of date: current quantities would be much larger. Obviously, one of the existential threats confronting monarch butterflies (and beneficial insects in general) is pesticides. Another threat comes in the form of habitat loss. Habitat Loss: David Wallace-Wells talked with biologist David Goulson, author of the 2021 book *Silent Earth: Averting the Insect Apocalypse*, who stated:

It's quite hard to disentangle habitat loss from the effects of pesticides, because a lot of habitat loss is intimately interwoven with increasing use of pesticide — the habitat loss is due to intensive farming.

Of course, in addition to agriculture, the rezoning of farmland for residential and commercial use (houses and office buildings) also contributes to habitat loss, as every acre of farmland, meadow, or woodland turned over to building means less habitat for wildlife.

Another threat comes in the form of *nocturnal light pollution* (Eilidh Ramsay). You might recall that, a few months ago, we discussed the importance of light in reference to circadian rhythms: what applies to you, a human being, likewise applies to all of creation. Every living creature requires a certain pattern of daylight and dark — and to disrupt that pattern suppresses the immune response, leading to illness, disease, disability, and often-times premature death.

5G: The Silent & Invisible Killer

There is another, more sinister, player in this tragedy of the disappearance of the butterfly: *5G radiation*. In the next issue of BioNatural Healing College's internet magazine, we will look at the effects of 5G radiation. Until then, remember to, every day, eat a colorful array of fresh fruits and vegetables, drink lots of clean water, and continually give thanks to the Creator Who so generously bestowed on us, His beloved children, this big beautiful world.

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About Vitamins

By Habib Mohammadi



Whenever we talk about any aspects of human life, wellbeing, health, and maintaining and related subject about human, this reminds us once again that human is an amazing masterpiece of Almighty God our Creator and its body is an undiscovered ocean of wonders perfection.

The science we all these discoveries and advancements still hasn't been able to answer all the unknown about the work of our creator. Most of the thoughtful scientists have reached the point and they admitted that the discovery and inventions must go long way to at least find answers to some of the questions and concerns about the human's mind, body, and soul and their relations and coordination with each other and their functionality of this phenomena.

The human body is a magnificent machine, and to function well, the body needs certain supplements. There far beside other nutrients and essential, vitamins consider one of the most essential and important elements for the body. There are nutrients that the body can make on its own, and there are others that the body is not able to make. Vitamins are one of the nutrients that the body is unusable to make, so they must be consumed from aliments. Vitamins are organic molecules, which is an essential micronutrient that an organism needs for its metabolism to function. **INTRODUCTION TO VITAMINS**

Vitamins are organic compounds required by the body in small amounts for metabolism, protection, maintenance of health, and proper growth. They cannot be synthesized by the body. Must be obtained by outside sources like diet, the rumen of bacteria & sun. Vitamins also assist in the formation of hormones, blood vessels, nervous system chemicals and genetic materials.

They generally act as catalysts, combining with proteins to create metabolically active enzymes that are essential for life reactions. Without enzymes, many of the reactions essential to life would slow down or cease. **COMPOSITION OF VITAMINS.** Vitamins are of different chemical nature. These are alcohols, aldehydes, organic acids, their derivatives, and nucleotide derivatives. The vitamins are a disparate group of compounds; they have little in common either chemically or in their metabolic functions. Nutritionally, they form a cohesive group of organic compounds that are required in the diet in small amounts (micrograms or milligrams per day) for the maintenance of normal health and metabolic integrity. They are thus differentiated from the essential minerals and trace elements (which are inorganic) and from essential amino and fatty acids, which are required in larger amounts.

The discovery of the vitamins began with experiments performed by Hopkins at the beginning of the twentieth century; he fed rats on a defined diet providing the then known nutrients: fats, proteins, carbohydrates, and mineral salts. The animals failed to grow, but the addition of a small amount of milk to the diet both permitted the animals to maintain normal growth and restored growth to the animals that had previously been fed the defined diet. He suggested that milk contained one or more “accessory growth factors” – essential nutrients present in small amounts, because the addition of only a small amount of milk to the diet was sufficient to maintain normal growth and development. The first of the accessory food factors to be isolated and identified was found to be chemically an amine; therefore, in 1912, Funk coined the term *vitamine*, from the Latin *vita* for “life” and *amine*, for the prominent chemical reactive group.

Although subsequent accessory growth factors were not found to be amines, the name has been retained –with the loss of the final “-e” to avoid chemical confusion. The decision as to whether the word should correctly be pronounced “vitamin” or “veitamin” depends in large part on which system of Latin pronunciation one learned – the Oxford English Dictionary permits both. 1 2 The Vitamins During the first half of the twentieth century, vitamin deficiency diseases were common in developed and developing countries.

At the beginning of the twenty-first century, they are generally rare, although vitamin A deficiency (Section 2.4) is a major public health problem throughout the developing world, and there is evidence of widespread subclinical deficiencies of vitamins B2 (Section 7.4) and B6 (Section 9.4). In addition, refugee, and displaced populations (some 20 million people according to United Nations estimates in 2001) are at risk of multiple B vitamin deficiencies, because the cereal foods used in emergency rations are not usually fortified with micronutrients [Food and Agriculture Organization/World Health Organization (FAO/WHO, 2001)].

History of Vitamin discovery:

Diseases like rickets and scurvy are very likely caused by a lack in the diet of very tiny, even trace amounts, of "accessory food factors." The above statement was made by English biochemist and nutrition pioneer Frederick Hopkins in a lecture in London in 1906. It was the very first proposal of the basic concept of vitamins. Six years later, Casimir Funk, a Polish biochemist working in England, suggested the name "vitamin" for all such accessory food factors.

Funk had noted that crude extracts of rice hulls that cured the disease beriberi contain a chemical grouping chemists call an "amine." His term was derived by combining the Latin vita- ("necessary for life") with the word "amin." Later, when it was found that some vitamins were not amines, the "e" was dropped to make "vitamin." By 1912, none of the vitamins had yet been chemically isolated in pure form. But their presence was increasingly suspected from the evidence that lack of "accessory food factors" was responsible for the dreaded disorders, scurvy, rickets, and beriberi. Between 1912 and 1937, a span of only 25 years, painstaking research into such deficiency diseases uncovered all but one of the vitamins now known. (B1~ was found in 1948.) Later in this book we describe the discovery of each vitamin and the diseases caused by its lack.

Key Definitions A vitamin is an organic (carbon-containing) substance required in tiny amounts to promote one or more specific and essential biochemical reactions within the living cell.

For the definition to fit, lack of the substance for a prolonged period of time must cause a specific deficiency disease which is quickly cured when the substance is resupplied. 27 28 A catalyst is a substance that initiates or speeds up a chemical reaction but remains unchanged while performing its task many times. An enzyme is a protein substance that acts as a catalyst for one or more specific biochemical reactions essential for life and health. An apoenzyme is a protein that is almost an enzyme but has a missing part. A coenzyme is the "missing" non-protein part that combines with the apoenzyme to form a complete enzyme. A good way to visualize this is to think of the enzyme's protein part (apoenzyme) as a key that cannot turn a lock or a power switch because one of its teeth (the coenzyme) is missing. Most vitamins and minerals act as coenzymes. **Important Vitamin Facts** :There are 13 known vitamins for humans. Four are fat-soluble (A, D, E and K) and nine are water-soluble (C and the eight "B-complex" vitamins: thiamin, riboflavin, niacin, B6, pantothenic acid, B7 biotin, and folic acid). All vitamins are catalysts, and in normal dosage, most of them act as coenzymes. This means that they usually do not get used up by the reactions they promote-which explains why they are required in only tiny amounts. Vitamins, unlike fats, proteins or carbohydrates (and alcohol), have no caloric value and supply no energy to the body. Most vitamins must be obtained from food because the human body cannot manufacture them. A few vitamins, however, are made by the body, but not in adequate amounts. Vitamin D is supplied in part by the action of sunlight on a cholesterol derivative in the skin. Humans can obtain a small fraction of their niacin needs by the body's conversion of the amino acid, tryptophan. Most humans get most or nearly all of their needed vitamin K from that made in their intestinal tract by beneficial bacteria which also usually make part of the biotin and pantothenic acid that we need. **What Happens to Vitamins in Your Body?** After absorption, each vitamin is distributed to its target tissues and enters cells which need it.

Any surplus is first used to maintain the optimum (ideal) level in the circulating blood serum, and the rest is either excreted or stored. The B-vitamins have no large storage sites, and vitamin C is stored in modest amounts in the white blood cells and blood platelets. Only the fat-soluble vitamins are stored in substantial amounts. Excess vitamin A is stored in the liver to a maximum reserve of 500,000 IU; excess vitamin D is stored in the liver; vitamin E is stored in the fatty tissues with a normal body pool of about 5,000 IU; and vitamin K has limited storage in the liver.

Excess water-soluble vitamins are excreted in the urine along with their chemical breakdown products, but none of the fat-soluble ones is excreted intact. These must be broken down by complex chemical reactions before their end products are excreted in urine or bile. Can you tell if you are vitamin deficient? Not likely! Some vitamin deficiency states may be a diagnostic challenge even for experienced physicians. Most symptoms found in vitamin deficiency are also found in other disorders. For example, tender and bleeding gums, which are a sign of scurvy, are also found in gum disease (periodontal disease) due to chronic infection. It certainly would be unfortunate if you let a friend or health food store clerk persuade you to load up on vitamin C instead of getting professional help to prevent loss of your teeth from continued infection. What Quantities of Vitamins Do Experts Recommend? The main guidelines used by nutritionists are called "Recommended Dietary Allowances (RDAs)." These are the recommendations of a panel of scientific experts called Food and Nutrition. **Vitamins from a different aspect**

the human body is a magnificent machine, and to function well, the body needs certain supplements. There far beside other nutrients and essential, vitamins consider one of the most essential and important elements for the body.

There far beside other nutrients and essential, vitamins consider one of the most essential and important elements for the body. There are nutrients that the body can make on its own, and there are others that the body is not able to make. Vitamins are one of the nutrients that the body is unusable to make, so they must be consumed from aliments. Vitamins are organic molecule, which is an essential micronutrient that an organism needs for its metabolism to function.

Vitamins are organic nutrients that are essential for life. Our bodies need vitamins to function properly. We cannot produce most vitamins ourselves, at least not in sufficient quantities to meet our needs. Therefore, they have to be obtained through the food we eat. A mineral is an element that originates in the Earth and always retains its chemical identity. Minerals occur as inorganic crystalline salts. Once minerals enter the body, they remain there until excreted. They cannot be changed into anything else. Minerals cannot be destroyed by heat, air, acid, or mixing. Compared to other nutrients such as protein, carbohydrates and fat, vitamins and minerals are present in food in tiny quantities. This is why vitamins and minerals are called micronutrients, because we consume them only in small amounts. Each of the vitamins and minerals known today has specific functions in the body, which makes them unique and irreplaceable. No single food contains the full range of vitamins and minerals, and inadequate nutrient intake results in deficiencies. A variety of foods is therefore vital to meet the body's vitamin and mineral requirements. There are divided in two groups fat-soluble and water-soluble vitamins. Of the known vitamins, four are fat-soluble. This means that fat or oil must be consumed for the vitamins to be absorbed by the body. These fat-soluble vitamins are A, D, E and K.

The others are water-soluble: these are vitamin C and the B-complex, consisting of vitamins B1, B2, B6, B12, niacin, folic acid, biotin, pantothenic acid and choline. Minerals are divided into two categories: microminerals and trace minerals/trace elements. As implied by their name, microminerals are required by the body in larger quantities (more than 100 mg daily) than trace elements.

To meet our requirements for some microminerals we need to consume sufficient and varied food. The trace minerals are so named because they are present in relatively small amounts in the body. If we were to pool the requirements for trace minerals, they would produce only a bit of dust, hardly enough to fill a teaspoon. Yet they are no less important than the microminerals or any of the other nutrients. The trace mineral contents of foods depend on soil and water composition and on how foods are processed. There are over two dozen minerals that are used by the body in various roles. In this booklet, we highlight only the minerals whose intake might become inadequate if access to a diverse diet is restricted. A century ago, a Polish-American scientist attempted to isolate the first vitamin (B1) from rice bran. Casimir (born Kazimierz) Funk named his discovery “vitamin”, believing that this was an amine (nitrogen compound) vital for life. This coinage has come down to us in the slightly altered form of “vitamin” - even though most vitamins were later shown not to be amines. Funk’s breakthrough discovery played a decisive role in the development of nutrition, which the world now takes for granted. Funk (1884 –1967) was the first scientist to suggest the existence of an entire family of organic substances essential for life, and the first to give these substances a name that made their function clear. In a distinguished scientific career spanning two world wars, Funk studied and worked in Europe and the United States. He had roles in academia and industry, and improved manufacturing methods for commercial drugs. Although he never received a Nobel Prize for his work, the Polish Institute of Arts and Sciences of America presents the Casimir Funk Natural Sciences Award annually to a Polish-American scientist. In 1921, the British biochemist Sir Jack Cecil Drummond suggested combining the use of letters of the alphabet with the term “vitamin” to denote a range of related organic micronutrients. These nutrients consequently became known as vitamins A, B, C and so on.

Vitamins and minerals in human nutrition While plants and micro-organisms can themselves produce the vitamins necessary for the metabolism, humans and animals lost this ability during the course of evolution. Because they lack the enzymes necessary to make vitamins in the body, humans and animals have to ingest them via the diet (with the exception of vitamin D, which is synthesized via the action of sunlight). Choline is the most recent addition to the group of essential nutrients. It was recognized more than 3,500 years ago that foods containing vitamins are essential for health and well-being. The earliest records to have come down to us on this subject relate to the use of specific foods like liver – which contains vitamin A – to prevent diseases such as night blindness. Nevertheless, the concept of vitamins per se was quite unknown until very recently. Since the beginning of the 20th century, our knowledge of the function of vitamins and minerals in our bodies has increased significantly.

This understanding is reflected in the award of 20 Nobel Prizes in the vitamin field between 1928 and 1967. Only five percent of the weight of a human being is mineral matter. Yet minerals are vital for many bodily functions such as building bones, making hormones and regulating heartbeat. Minerals are indispensable for healthy growth and development. Most of the minerals in our diets come from plant or animal sources. Plants obtain minerals from the soil. Because soil mineral content varies geographically, the mineral content of plants will depend on where the plant grew and how much fertilizer it received. Minerals may also be present in the water we drink, and this also varies with geographic location.

Vitamin	Chemical name	Year of discovery	Who	Country
<i>Fat-soluble</i>				
Vitamin A	Retinol	1913	Elmer McCollum and Marguerite Davis	United States
Vitamin D	Calciferol	1922	Elmer McCollum	United States
Vitamin E	Tocopherol	1922	Herbert M Evans	United States
Vitamin K	Phylloquinone	1929	Henrik Carl Peter Dam	Denmark
<i>Water-soluble</i>				
Vitamin B₁	Thiamin	1897	Christiaan Eijkman	Netherlands
Vitamin B₂	Riboflavin	1922	Unknown	Unknown
Vitamin B₃	Niacin	1936	Conrad Elvehjem	United States
Vitamin B₅	Pantothenic acid	1931	Roger J Williams and R W Truesdail	United States
Vitamin B₆	Pyridoxine	1934	Paul György	United States
Vitamin B₇	Biotin	1931	Paul György	Germany
Vitamin B₉	Folic acid	1941	Henry Mitchell	United States
Vitamin B₁₂	Cobalamin	1926	George Whipple, George Richards Minot and William Murphy	United States
Vitamin C	Ascorbic acid	1928	Albert Szent-Györgyi	England
Choline	–	1862	Adolph Strecker	Germany

Vitamins and Healthy Living: Not as Easy as A, B, C, and D

Maintaining a balance of the vitamins we need is important yet tricky. While vitamins work together in the body to ensure our health — the most obvious being the way [vitamin D](#) aids in absorbing calcium — the interaction between vitamin supplements and prescribed medications can cause health problems.

For example, calcium can interact with some pharmaceuticals, limiting the body's ability to absorb the prescribed medication. So, whenever your doctor gives you a new prescription or changes one, it's important to discuss all the vitamin and mineral supplements you're taking to avoid any potential problems.

Vitamins and Healthy Living: Is Taking More Better?

For people who have a healthy diet, taking a multivitamin according to package directions won't trigger a vitamin overdose. But Thomas warns, "You run into trouble if you take vitamins and supplements where the dose is very large."

Some people take large amounts of supplements — hundreds or thousands of times more than the recommended amount — to treat or prevent illnesses or diseases, in effect treating vitamin supplements like drugs. "That's different from taking them to get the recommended amount," Thomas cautions.

Using supplements as therapy should be done only with a doctor's guidance, as side effects and complications can and do occur. As an example, Thomas points to [niacin](#), or B3, which in very high doses can harm the liver. However, in many cases niacin is a good drug for reducing [statin](#) levels, he adds.

Even some very familiar advice isn't yet proven medical theory, Thomas notes: "When you look at the use of large doses of [vitamin C](#) (to combat colds), the evidence to date is kind of murky." To evaluate any supplement as a medical treatment, consider the body of evidence supporting any health claims and seek information from a pharmacist, dietitian, or your family doctor. "The folks who sell supplements probably aren't the best sources of information," Thomas says:

Vitamins and COVID-19

Regular use of certain vitamins and supplements may correlate with a lower risk of COVID-19 in women, according to a new study.

The recent data found a lower rate of infection with COVID-19 among women who used multivitamins, [probiotics](#), omega-3 fatty acids, and [vitamin D supplements](#). On the other hand, use of [vitamin C](#), zinc, and garlic supplements showed no effect in lessening COVID-19 risk. None of the supplements were linked to a protective effect against COVID-19 in men. The data set included thousands of people who answered questions about supplement use and COVID-19 infection on the [COVID Symptom Study app](#), which was available in the United Kingdom, United States, and Sweden. While the findings are intriguing and constitute some of the first data on supplement use and risk of COVID-19, the researchers at King's College London in the United Kingdom are quick to warn that their work is preliminary, given that it's based on self-reported data, and certain factors may not have been adequately controlled for.

Conclusion:

In brief after learning about the importance of vitamins and their role in our lives, we should have in mind that vitamins are the only essential supplements and nutrients to take and include. In our diets, there are other factors and conditions involved with it as a whole package as well. That is why for the best result you must consult with your healthcare provider and other experts in the field before start taking especially as a supplement to experience and get benefits by using them.

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Ref 5: Nutritional Biochemistry of the Vitamins SECOND EDITION
DAVID A. BENDER University College London



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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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).

