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Beautiful Fruit Table Photos (back page cover): Courtesy Dr. M. Ismail Siddiqui, his wife, and his son Abdul Siddiqui. Thanks

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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.**

# Biting Flies

## By Prof. Rosalie Stafford



In the last issue (August 2021) of Bio-Natural Healing College’s internet magazine, we looked at the *dandelion*, the homely weed which promotes good health. This month, the subject is not so pleasant — we will look at one particular type of “filth fly,” the *stable fly* and, in particular, one filthy source of these biting pests: *biosludge*.

### **Stable Flies Bite!**

Stable flies (*Stomoxys calcitrans*) are often found around horses and cows. Attracted to human and animal waste and garbage, they are sometimes called “filth flies” (Regents) and are easily identified because they are slightly smaller in size than ordinary houseflies — and they bite!

Ordinary houseflies do not bite, but stable flies pierce the skin of humans or the hide of animals in order to feed on blood. On helpless animals, over time, these bites result in large and horrific open sores. While that does not usually happen to humans, the bites humans experience are painful – like being stabbed with a pin. Unlike bees, which attack people’s heads, stable flies attack people’s legs. Because stable flies can pierce the tough hide of a horse or cow, it should not be surprising that they can bite right through clothing. Batting at them does no good: when seeking a blood meal, they do not take “no” for an answer. They do not give up and go away. Instead they persistently alight and bite, until the besieged human goes and hides inside a house or under a blanket. Animals besieged by stable flies spend all their time and energy trying to evade the painful bites: they do not spend any time eating. Hence, animals swarmed by stable flies become weak, stunted, and sickly.

Animals which are swarmed by stable flies try to protect themselves by constantly stamping their hooves, by swishing their tails, or by seeking out a deep body of water in which to stand. Entomologists Kaufman and Weeks note that stable flies spread blood-borne zoonotic diseases such as anthrax, infectious anemia, and anaplasmosis in horses, while Sprygin *et al* note that stable flies can spread “lumpy skin virus” in cattle. Wallace notes that stable flies can spread a whole range of pathogens: external and internal parasites, and harmful bacteria, viruses, and fungi. These pathogens can also be spread to humans bitten by these filth flies.

### **Where Do Stable Flies Come From?**

It is no secret that stable flies originate in egg-clutches deposited in manure and other forms of decaying organic matter (Machinger). After hatching, they can travel for miles (by wing or by wind) in search of a bloodfeast. Therein lies the problem...

I live out in the desert. There are no feedlots or dairies close to my place. Stable flies have never been a problem — until recently. My farm is swarming with stable flies. These blood-hungry pests are swarming not only myself, but for miles around, causing grief to people and animals alike. The consensus is that these filth flies (which hatch out of decaying organic matter) were imported by selfish farmers who spread on their crops biosludge trucked in from the West Coast.



Stable fly, *Stomoxys calcitrans* (L.). Note the mouthparts projecting forward.

Photograph by [Lyle Buss](#), University of Florida.

## **Stench of Biosludge**

The first thing you notice about biosludge is the stench. Farmland which has been covered with biosludge stinks like dry sewage. That exactly what it is: dehydrated sewage trucked in to rural areas from urban areas. Biosludge is biohazard waste which is dried and sold as “fertilizer” to farmers and gardeners. This biohazard waste is large from people’s toilets, and it contains all the toxins people dispose of at home: biological, chemical, and pharmaceutical (Adams). Writing in 2018, Ethan Huff pointed out: “EPA has identified some 352 pollutants commonly found in biosolids ... [and] there are potentially thousands of others that the agency is unable to identify.”

Moreover, a number of States have decided that dead human bodies are also eligible to be turned into biosludge. For instance: “The Wisconsin Senate has approved a new bill that allows for dead bodies to be dissolved in a chemical bath, disposed of like sewage, and spread all over food crops as biosludge” (Huff, 2021). To effect this, human cadavers are boiled in lye heated to over 300 degrees Fahrenheit, rendered into a kind of human soup, and poured down drains like regular sewage (Wolfe).

After dehydrating, the solid waste is either packed into bags and sold at garden centers or heaped into open trucks and taken to be spread on farmland. That explains the stench. And the stable flies.

### **Is This a Problem?**

I think it’s a problem. Very likely, you do to. The first step in addressing this problem is educating yourself. The next step is educating others — including local governmental officials and policy-makers — and insisting that biosludge has no business on farmland.

Until that is done, the stench and the stable flies are here to stay.

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# Juice it Up!

By Dr. Bera Dordoni, N.D.



## **Quick Quiz Q: What common product:**

- Removes blood from the pavement after a car accident.
- Dissolves a T-bone steak in two days.
- Dissolves a nail in four days.
- Removes stains from porcelain toilets in an hour.
- Removes rust spots from chrome car bumpers.
- Bubbles away corrosion from car battery terminals.
- Cleans truck engines.
- Loosens rusted bolts.
- Loosens laundry grease stains.
- Cleans windshield road haze.

**A: Coca-Cola.**

**Q: What does that do to our digestive system?**

**A: Uh, seriously? What do you think?**

The active ingredient in Coke is phosphoric acid. Its pH is 2.8. Pepsi's pH is 2.4—roughly the same as distilled vinegar. The next time you want a soda, think about drinking a nice 16-ounce glass of distilled vinegar with a cup of sugar. Yum!

“What am I gonna do with the 40 pounds of carrots I just harvested?” asked one of my clients earlier this week. “Have a juicing party,” I told her. Raw food juicing is one of the easiest, most effective, and delicious ways to do good things for your body. Ideally, man would receive the nutrition he needs to maintain a healthy, vital body from a raw fruit and vegetable diet. He would have a piece or two of fruit for breakfast, a heaping greens-and-tempeh salad (no dressing or simple fresh-squeezed lemon juice) for lunch, and a plateful of raw veggies for dinner followed by coconut or almond yogurt for dessert. He’d throw in some cooked beans every now and then for added protein and fiber, and occasionally enjoy some raw nuts or sprouts.

But man does not live by raw food alone. Man — and woman — also lives by meat, potatoes, French fries, ice cream, candy, chocolate-chip cookies, and Honey Nut Cheerios®. Man likes apple pie with a sugared lattice-top crust and pork sausage with his eggs and pancakes. Man likes to drizzle (or drench) his salad with creamy dressings and bacon bits and croutons. Man especially likes to eat his super-sized hamburgers on soft, super-sized white-bread buns with extra cheese (or cheese product), a creamy mayonnaise-based dressing, ketchup, mustard, and sweet-pickle relish.

Which means that, eventually man is going to develop indigestion, gastro-esophageal reflux syndrome, diverticulitis, irritable bowel syndrome, or colon cancer. Man may also find himself fighting chronic-fatigue syndrome, fibromyalgia, lupus, or congestive heart failure. And with today’s pandemic still taking over the world, it makes sense to have a strong immune system to avoid becoming a statistic like so many who have succumbed to Covid-19 because of co-morbid diseases. Man is going to need some help—help in the form of cleansing, rebuilding, and refreshing **juicing**.

**Cleanse and Rebuild** Fresh, raw, un-preserved juices contain all the amino acids, minerals, enzymes and vitamins a normal body needs to nourish and regenerate cells, tissues, glands, and organs—all with minimal digestive effort. Fruit juices cleanse; vegetable juices build and regenerate. Four to 8 ounces of raw fruit or vegetable juice not only provides all the healing nutrients that have been isolated so far, but all the ones man has yet to discover. Plus, it provides them in their living, organic, alkaline, whole, complete, balanced form. Why not just eat the vegetables and fruit? You'll understand that the first time you juice. It takes over a pound of carrots to generate a single glass of carrot juice! Could you eat that much in one sitting? But that single glass is full of easily digested, rapidly assimilated, densely concentrated nutrients that immediately start healing the body. Even fruits and vegetables can be difficult to digest when a body is in a weakened state, but juicing is like predigesting, so the nutrients are assimilated into the bloodstream.

The overtaxed digestive system gets a rest while the body gets the nutrients. The best juice is fresh. Dilute fruit juices 50/50 with purified water or the sugar content can be too high. Fresh, full-strength vegetable juice is so concentrated it's a meal! Don't be fooled by commercially produced juices — they just don't measure up. If they have been pasteurized instead of cold pressed, the vegetables or fruits have been heated above 120o F. While this partially breaks down the fiber and makes them more easily assimilated, it also destroys all the enzymes and oxygen. Read your labels! Most commercial juices also contain food colorings, preservatives, synthetic (chemical) vitamins, salt, other additives, and sugar in the form of dextrose, fructose, or corn syrup.

Even health-food store juices may be pasteurized.

## **Juicer Shopping**

You don't have to spend a lot of money on juicing. A medium-priced juicer can be just as effective as the higher-priced ones. The **Breville** juicer is the best reasonably priced juicer I've ever found, bar none, in terms of motor and ease of use. It's also easy to clean and has an entry hole big enough to take huge carrots or an entire, uncut apple. I've also seen juicers at WalMart that appear to have good motors. I sent a wide-mouthed GE juicer to my sister that was under \$50 that I purchased online. Many manufacturers have them now.

## **Juicing Basics**

The secret to effective cleanse/rebuild juicing is good combinations. Start with carrot juice, the basis of most combinations. Carrot juice is a powerful blood cleaner/ muscle builder. Never try to use equal combinations of carrot to any other vegetable, though, because while carrots are easy to drink straight, most others are not. Beets are another powerful blood cleanser. Be careful of this juice though; it's very potent. Most people cannot drink more than an ounce or so of straight beet juice without getting dizzy, because it is extremely concentrated, and its purifying abilities go to work in the bloodstream so fast. Some wonderful carrot/beet combinations also include:

- Carrot, beet, ginger, garlic
- Carrot, beet, cucumber
- Carrot, beet, parsley, cucumber
- Carrot, spinach, beet
- Carrot, celery, parsley, beet
- Carrot, beet, cucumber, parsley, garlic

Celery – contains a high amount of vital organic sodium. It's also good in combination with cucumber. Cucumber – contains silica, potassium and magnesium, and improves the complexion and health of the skin. Garlic – a wonderful heart strengthener and toner. It's very mellow when combined with carrot and beet juice. Ginger – helps soothe and improve digestion. Lettuce –Romaine especially is nutritionally packed, and an excellent source of vitamin A (in the form of beta-carotene), folate, vitamin C, vitamin B1, vitamin B2, manganese, chromium and folic acid. Parsley – a rich source of antioxidant and cardio-protective nutrients. Its volatile oils – particularly myristicin – have been shown to inhibit tumor formation, especially in the lungs. Parsley is great for increasing oxygen to the brain, which can help improve memory. Potato – a nutrient-dense food, especially high in potassium when consumed raw. Combine potato juice with carrot, parsley, and lettuce juices for a powerfully nutritious drink. Spinach – another powerful blood cleanser. Carrot and spinach make a wonderful combination. **Juicing Tips**

Sip or drink your juice slowly.

This allows for better assimilation. Drink the juice alone, not with solid food, so it can be assimilated into the bloodstream. Raw juice is a concentrated food, a meal in itself. Adding it to solid food will make it enter the digestive system along with the food, thereby defeating the purpose of drinking it. Allow at least one hour after drinking a glass of juice before eating any solid food; wait until you are hungry. Do not drink juice until your stomach is empty after eating a meal or snack. Do not combine fruits and vegetables when juicing as they require different digestive processes. Exceptions:

- Lettuce and celery can be combined with either fruit or vegetable juice.
- Apples will mix with vegetable juices, and can be used in place of carrots to sweeten the mixture. Make vegetable juice predominately (80+%) either carrot juice or apple juice, mixing other vegetables as desired. Most fruits mix well together, except:
  - Eat citrus only with other citrus fruits.
  - Eat melons only with other melons

### **Challenge to BioNatural Healing College Readers:**

Unless you plan on getting transplanted organs during your life, you might just be stuck with the ones you've already got. How about treating them with a bit of respect before the journey is over, so you can enjoy your life without pain and discomfort, and/or illness?

Ready for a healthy challenge? **Replace all your carbonated drinks, energy drinks, juice boxes, and other commercially made drinks with fresh, raw vegetable juices for one month.** Of course, don't forget to drink enough fresh spring water, as well! See if you don't have every bit as much energy (much more, actually!) as the rush you used to get from those so-called commercial energizers. You'll also find that the juice sustains your blood-sugar levels much longer, and won't cause the 'crash' that comes when your blood sugar plummets. The side effects that usually accompany this replacement exercise: less aches and pains, clearer thinking, less hyperactivity in children (less ADHD and ADD), and an overall feeling of wellness. I drink to your health! May you do the same.

### **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.



# BioNatural Healing College

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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).

