

# BNHC E-MAGAZINE

**Introducing a convenient way!** *Earn your diploma online with one of the most comprehensive study programs available in social network*



**BioNatural Healing  
College**

## **Online 5 Diplomas**

*Offers a dynamic quality education to change and improve your quality of life by offering online education In convenient way.*

***FIND YOUR KEY  
TO SUCCESS!***



# 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. Christine F. Irene, Dr. Augustine A. Okukpe, Dr. Tanveer Alam , Dr. Amna Parveen and Dr. Vivek Sharma.
- **Learning:**
- **BioNatural Healing**
- Medicinal plants, Nutrition, Health, Diet, Body, Mind, Spirit, Sleep, Exercise and related issues.
- **Science Research:**
- Agriculture, Environment, Public Health, Technology
- **Innovation, Educational Announcement (Conference, Workshop):**
- **BNHC News & Advertisements:**
- **About US:** Mission, Vision
- **Contact US:**
- **Email:** [info@bionaturalhealingcollege.org](mailto:info@bionaturalhealingcollege.org)
- **Phone:** (909) 242-6342 P.O. Box 218 La Verne, California 91750 USA.
- [BioNatural Healing College.org](http://BioNaturalHealingCollege.org)

# 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.**

# Sleep Deprivation

## By Prof. Rosalie Stafford



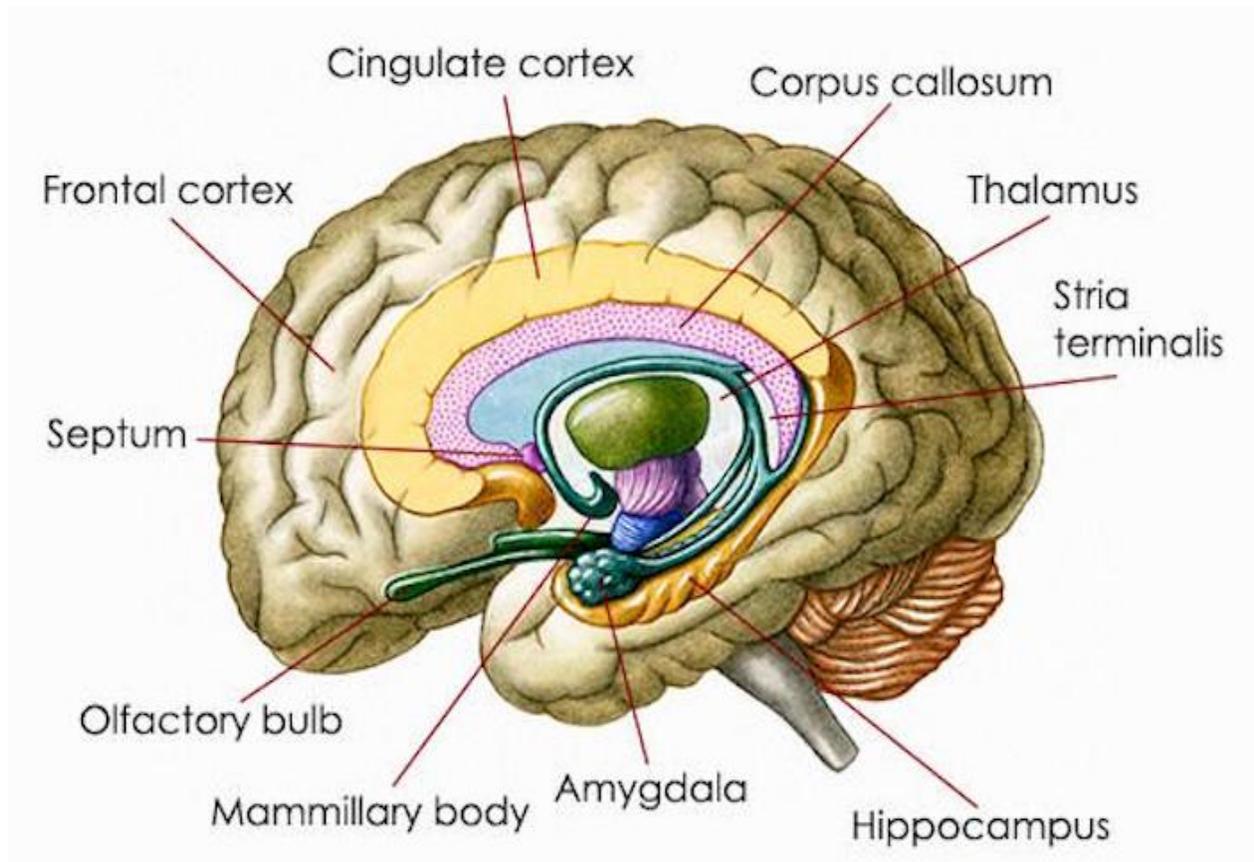
In the last issue of Bio-Natural Healing College’s internet magazine, we looked at some of the large and small natural rhythms (“cycles within cycles”) which inform our lives and the role that these natural rhythms play in our health. This month, April of 2021, we will look at one particular aspect of the sleep cycle. While the National Institute of Neurological Disorders and Stroke provides a good overview of the subject of sleep, in this column, we will be concentrating on the deleterious effects of *sleep deprivation*, a condition which we all suffer from to one degree or another.

### **The Vital Importance of Sleep**

Have you ever woken up from a fitful or too-short sleep and felt groggy, brain-foggy, or even rather sick ... and wondered how you would be able to function at work or school? Of course, you have — it’s very common! Unfortunately, in this high-pressure era, getting a good night’s restful sleep can be rather rare: too many activities (for example, watching videos) or interruptions (such as noisy neighbors) keep us from experiencing the solid, healing span of sleep our bodies need. Every body absolutely needs a good night’s sleep. Sleep is when your body “cleans house,” flushing out the toxins and metabolic waste which have accumulated throughout the entire body —including your brain — during the day: “Researchers at Boston University in Massachusetts have found that, during sleep, the fluid present in the brain and spinal chord — called the *cerebrospinal fluid* — washes in and out like waves, helping the brain get rid of accumulated metabolic ‘trash.’”(Cohut).

Not enough good-quality sleep, and the “garbage” piles up. That is why you feel groggy —have *brainfog* —when you are sleep-deprived. Brainfog particularly affects your higher-level thought processes. When sleep-deprived, you literally cannot think creatively — although you might be able to effectively perform rote, rule-based tasks: “Whereas many convergent and rule-based reasoning, decision making, and planning tasks are relatively unaffected by sleep loss, more creative, divergent, and innovative aspects of cognition do appear to be degraded by lack of sleep” (Killgore).

Moreover, chronic sleep-deprivation affects the proper functioning of the hippocampus, leading to the inability to effectively store and retrieve memories. Much scientific research has been directed to studying the relationship between sleep-deprivation and the function of the hippocampus: see Harrison (2000); Durmer (2005); Guzman-Marín (2007); Walker (2008) ; Meerlo (2009); Vecsey (2009); Mander (2011); Osorio (2011); Lo (2014).



Malfunction of the hippocampus has also been linked to anxiety (Health) and depression (Finkelmayr).

Not just your brain is cleaned up as you sleep. Your muscles also benefit: “When we sleep, our bodies are flooded with muscle-building, or *anabolic*, hormones including insulin-like growth factor (IGF) and testosterone, which help build and repair” (Glass). Chronic lack of sleep can even lead to the development of chronic pain (Hoffman; Finan). How Much Sleep Do You Need?

Traditionally, eight hours sleep has been regarded as optimal. Modern research has found scientific validity in that belief. In fact, habitually sleeping six hours per night is not enough to prevent the effects of chronic sleep deprivation! And the effect is cumulative. Van Dongen’s study found:

Since chronic restriction of sleep to six hours or less per night produced cognitive performance deficits equivalent to up to two nights of total sleep deprivation, it appears that even relatively moderate sleep restriction can seriously impair waking neurobehavioral functions in healthy adults. Sleepiness ratings suggest that subjects were largely unaware of these increasing cognitive deficits, which may explain why the impact of chronic sleep restriction on waking cognitive functions is often assumed to be benign. Physiological sleep responses to chronic restriction did not mirror waking neurobehavioral responses, but cumulative wakefulness in excess of 15.84 hours predicted performance lapses across all four experimental conditions. This suggests that sleep debt is perhaps best understood as resulting in additional wakefulness that has a neurobiological “cost” which accumulates over time. Van Dongen’s conclusions merit serious attention. Note that he states that habitual under-sleeping renders the same cognitive effect as total sleep deprivation for several days. In other words, the *sleep debt* is cumulative. And — this is very troubling — the subject does not realize that his sleep debt is preventing him from optimal cognition.

The “sleep debtor” (a phrase I just minted) can perform rote work such as stocking grocery shelves or sorting papers but not creative work such as analyzing data or writing programs.

## You Need Your Sleep!

Clearly, if you want to make the most of your potential, you must not run a sleep debt! Just as you need to drink plenty of pure water and eat colorful (preferably organic) foods everyday, you need your shut-eye. Our Creator designed this marvelous miracle, the human body, and established certain rules for its optimal functioning. In a very real sense, sleep is an essential nutrient, just as much as vitamins and minerals are essential nutrients. Honoring your body’s need for restful, restorative sleep is vitally important, physiologically and spiritually.

## Works Cited

Cohut, Maria. "How waste gets 'washed out' of our brains during sleep." *Medical News Today*. 02 Nov 2019. <https://www.medicalnewstoday.com/articles/326896>

Durmer, Jeffrey S. and David F. Dinges. “Neurocognitive consequences of sleep deprivation.” *Seminars in Neurology*. Mar 2005.  
<https://pubmed.ncbi.nlm.nih.gov/15798944/>

Finan, Patrick H., *et al.* “The association of sleep and pain: an update and a path forward.” *The Journal of Pain*. Dec 2013.  
<https://pubmed.ncbi.nlm.nih.gov/24290442/>

Finkelmeyer, A., *et al.* “Altered hippocampal function in major depression despite intact structure and resting perfusion.” *Psychological Medicine*. 2016.  
doi:10.1017/S0033291716000702/  
<https://www.cambridge.org/core/journals/psychological-medicine/article/abs/altered-hippocampal-function-in-major-depression-despite-intact-structure-and-resting-perfusion/D8C8201D3B4F796566CB2EDDFB937B7A>

Glass, Kelly. "The Major Key to Building Muscle You're Probably Overlooking." *Livestrong*. 28 Jan 2020. <https://www.livestrong.com/article/13723944-sleep-and-muscle-growth/>

Guzman-Marin, R., *et al.* "Hippocampal neurogenesis is reduced by sleep fragmentation in the adult rat." *Neuroscience*. 10 Aug 2007. <https://www.sciencedirect.com/science/article/abs/pii/S0306452207006434>

Harrison, Y., *et al.* "Prefrontal neuropsychological effects of sleep deprivation in young adults — a model for healthy aging?" *Sleep*. Dec 2000. [https://www.researchgate.net/publication/299093771\\_Prefrontal\\_Neuropsychological\\_Effects\\_of\\_Sleep\\_Deprivation\\_in\\_Young\\_Adults-a\\_Model\\_for\\_Healthy\\_Aging](https://www.researchgate.net/publication/299093771_Prefrontal_Neuropsychological_Effects_of_Sleep_Deprivation_in_Young_Adults-a_Model_for_Healthy_Aging)

Health Guide Info. "Hippocampus and Generalized Anxiety Disorder." 14 Oct 2010. <https://www.healthguideinfo.com/generalized-anxiety-disorder/p91091/>

Hoffman, Allyson. "Why Sleep is an Essential Component to Muscle Growth and Recovery." *Sleep*. 11 Mar 2021. <https://www.sleep.org/how-sleep-adds-muscle/>

Killgore, William D. S. "Effects of sleep deprivation on cognition." *Progress in Brain Research*. 2010. <https://pubmed.ncbi.nlm.nih.gov/21075236/>

Lo, J. C., *et al.* "Sleep reduces false memory in healthy older adults." *Sleep*. Apr 2014. <https://pubmed.ncbi.nlm.nih.gov/24744453/>

Mander, Bryce A., *et al.* "Wake deterioration and sleep restoration of human learning." *Current Biology*. 08 Mar 2011. [https://www.ocf.berkeley.edu/~sanl/reprints/Mander-Walker\\_CB\\_2011.pdf](https://www.ocf.berkeley.edu/~sanl/reprints/Mander-Walker_CB_2011.pdf)

Meerlo, Peter, *et al.* "New neurons in the adult brain: the role of sleep and consequences of sleep loss." *Sleep Medicine Reviews*. Jun 2009. <https://pubmed.ncbi.nlm.nih.gov/18848476/>

National Institute of Neurological Disorders and Stroke. "Brain Basics: Understanding Sleep." <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

Osorio R. S., *et al.* "Greater risk of Alzheimer's disease in older adults with insomnia." *Journal of American Geriatric Society*. Mar 2011. <https://pubmed.ncbi.nlm.nih.gov/21391952/>

Van Dongen, Hans, *et al.* "The Cumulative Cost of Additional Wakefulness: Dose-Response Effects on Neurobehavioral Functions and Sleep Physiology From Chronic Sleep Restriction and Total Sleep Deprivation." *Sleep*. Apr 2003. <https://www.med.upenn.edu/uep/assets/user-content/documents/VanDongen2003CumulativeCost.pdf>

Vecsey, Christopher G., *et al.* "Sleep deprivation impairs cAMP signalling in the hippocampus." *Nature*. 22 Oct 2009. <https://pubmed.ncbi.nlm.nih.gov/19847264/>

Walker, Matthew P. "Cognitive consequences of sleep and sleep loss." *Sleep Medicine*. Sep 2008. <https://pubmed.ncbi.nlm.nih.gov/18929316/>

Yoo, S. S., *et al.* "A deficit in the ability to form new human memories without sleep." *Nature Neuroscience*. Mar 2007. <https://pubmed.ncbi.nlm.nih.gov/17293859/>

# Fermenting We Will Go.....

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



“Did you bring your Tagamet<sup>®</sup> with you?” DeeAnn asked.

“Of course. I came to eat lunch, silly,” Janet responded. “What do you take so you can digest your food, Prilosec<sup>®</sup>?”

“No, I use Pepcid AC<sup>®</sup>. It seems to work better for me now.” Laura kicked in her two cents: “Try Zantac<sup>®</sup>. My doctor put me on it last week.” How could this be? I haven’t seen my friends in over a year with most of the restaurants being closed during the worst of Covid, and this is how the conversation starts? Three out of four of us automatically taking a digestive aid in order to eat a meal without discomfort? Yikes. *What's wrong with this picture?*

Keeping the "big bloat" at bay is so much cheaper and safer with proper food combining than with drugs. Consider the pepperoni pizza, for example. The digestive process immediately slows down or stops altogether due to the combination of proteins and carbohydrates, each of which requires a different type of enzymes for digestion. The acid and alkaline enzymes produced to handle the separate food groups actually *neutralize* each other. Result: digestive shutdown, bloat, heartburn.

Ever wonder what our ancestors did about these problems? They didn't have pills or packaged foods, but that didn't stop them from getting indigestion! So how did they cope?

They ate some kind of fermented food with every meal.

*Fermented food?!* That's right. Humans have been fermenting foods to improve holding and storage properties for thousands of years, long before refrigeration was even conceived.

Along the way, almost every culture realized at one point or another that fermented foods also aid digestion. The ancient Greeks and Romans used vinegar to promote digestion and keep the liver and gallbladder healthy. Even today, cultures all over the world include fermented foods with their meals to aid digestion. Central and Northern European countries use sauerkraut (fermented cabbage, which has a high vitamin C content) and pickles, which date back to ancient Egypt. Salty sweet-and-sour pickles are commonly used in Korean, Chinese, Indian and Japanese cuisines. Cider, beer, or a small glass of red wine might be found on the table in Mediterranean countries. ***Why does it work?***

As we age, our stomach's hydrochloric acid production declines. Fermented food, such as Sauerkraut, yogurt, or pickled vegetables like those found in kimchi, make up for that lost stomach-acid production by increasing our gastric-juice acidity. Wait—it gets better! When we produce too much acid, fermented foods do just the opposite and help protect the stomach and intestinal lining! They're a win-win addition to any meal. ***How does it work?*** The bacteria, molds, or yeasts used in the fermentation process "predigest" food being fermented. In other words, they break down the carbohydrates, fats, and proteins into microflora, or lactobacilli, the friendly, life-giving bacteria that colonize in the intestines and work to keep unfriendly intestinal organisms—yeast, parasites, viruses, unfriendly bacteria--under control. Lactobacilli, a.k.a. lactic-acid bacteria, enhances digestion, increases vitamin levels, and produces enzymes as well as antibiotic and anti-carcinogenic substances. You've probably heard these bacteria referred to in yogurt commercials as intestinal flora or **probiotics**. They're actually "live" foods that directly supply the digestive tract with the living cultures responsible for breaking down food and assimilating nutrients. Probiotics are bursting with lactic-acid bacteria. Lactic-acid bacteria are what make vegetables ferment naturally and milk products go sour.

They are what transform the sugar in dairy products into the more digestible form of lactic acid, which is why lactose-intolerant people can nevertheless tolerate fermented forms of dairy. As a matter of fact, lactic acid-fermented cabbage—raw Sauerkraut—has been cited as one of the most beneficial healing agents in recorded history. German scientists are working with strains of lactic-acid bacteria to eliminate "super-bugs" currently resistant to most antibiotics.

Wouldn't you rather eat a forkful or two of Sauerkraut than take an antibiotic that can shut down your immune system and cause harmful bacteria to take over the body? I sure would!

Think of the applications! Most digestive problems, for example, are almost impossible to eliminate permanently unless you increase the amount of beneficial bacteria—probiotics—and reduce the disease-causing bacteria existing naturally in your digestive system. Easiest way to do that? Fermented foods!

And lacto-fermented foods are wonderful for diabetics. They not only improve pancreatic function, they relieve the pancreas of having to digest ordinary undigested carbohydrates. So, what's it going to be: A daily dose of fermented cabbage to keep your body vibrantly healthy? A delicious serving of raw homemade yogurt to soothe your tummy?

Count me in!

***Hold on—don't run to the store just yet!***

Taking a bite or two of pickle or Sauerkraut doesn't mean you can go ahead and consume your favorite burger, pizza, or ice-cream sundae without worry of indigestion or heartburn. The pickles and Sauerkraut you buy at the store have all been pasteurized. In fact, most traditional fermented foods have practically disappeared from the American diet over the past 100 years. Today, the only fermented food we eat with any regularity is pickles made from fermented cucumbers.

But commercial pickles are made with distilled vinegar instead of just sea salt and water, and then they're pasteurized.

"What's wrong with pasteurization?" you ask. "It kills the organisms that spoil food." True. But it also kills off all the lactic-acid bacteria... the good stuff that's there to protect you.

### ***Fermentation rocks!***

Out of all the preservation and preparation techniques, *fermentation is the only type that does not destroy some nutrients, creates more, and enhances others.* Fermentation preserves biotin, thiamin, riboflavin, folic acid, many B vitamins, omega-3 fatty acids, and many detoxifying agents. Add to the preservation benefit the creation of enzymes, which are vital not only for digestion, but for all chemical reactions in the body, *and* the proliferation of the protective probiotic organisms that help protect and build the immune system. You know that 'pro' means in favor of and 'anti' means against. Therefore, a 'probiotic' provides you with favorable bacteria to protect your body, and an 'antibiotic' is taken to kill bad bacteria that has invaded the body. Unfortunately, 'anti'-biotics are not discerning: they kill *all* bacteria, good and bad. At the end of a run of antibiotics, your body is left with no ability to fight new foreign invaders unless you replace the friendly bacteria that was wiped out with some new 'probiotic' bacteria.

Every course of antibiotics tends to wipe out the beneficial bacteria and that gives a window of opportunity for the pathogens to proliferate, to grow uncontrolled, and to occupy new niches in your gut. The beneficial flora recovers, but different species of it take between two weeks to two months to recover in the gut and that's a window of opportunity for various pathogens to overgrow.

~ Dr. Natasha Campbell-McBride, Russian neurologist.

Could it be that by abandoning the ancient practice of lacto-fermentation, and **insisting on a diet in which everything has been pasteurized**, we have **compromised the health of our intestinal flora** and made ourselves vulnerable to legions of pathogenic microorganisms?

Culture does not begin at the opera house; it begins in the kitchen.

~ Sally Fallon, fermented-foods expert

### ***Be Aware of Die-Off***

Before you start consuming cultured or fermented foods, be forewarned: if you have a lot of internal pathogenic growth, you will have a healing crisis—also known as a die-off—when the good guys come in and start crowding out those bad gut bugs. You might be tempted to run to the doctor for a pill to ‘suppress’ that reaction, but don’t—welcome it, because it’s evidence that the good guys are killing the bad guys. Just take it slowly so you don’t feel bloated and miserable. You might even have skin breakouts, as the toxins are released through every avenue possible. Don’t worry—it’s all good. It’s all part of the cleansing and healing process.

### ***Fermented Food Prescription***

Start with a quarter-cup serving with at least two meals a day. Have a little more if you don’t feel discomfort, a little less if you do. Use only raw, organic fermented foods. How can you get healthful, raw fermented foods? Make your own, of course! My favorite is Sauerkraut – a simple-to-make recipe: If you have a food processor, it will do all the work for you. Grind the cabbage in your food processor (or cut it into very small strips, if you haven’t a food processor), then press the ground cabbage tightly into a jar. Cover the cabbage completely with brine made from purified water and sea salt (approximately 1 tbsp. salt to 1 quart water). Place a top on the jar and leave it out on your kitchen counter to ferment. If the weather is warm, it will probably take only three days to ferment. In colder weather it might take more like a week or more to ferment fully.

Since I get bored with the flavor of the cabbage alone, I often add some caraway seeds, dill seeds and dill weed, or juniper berries (a great kidney cleanser) to my Sauerkraut.

If you’re eager to reincorporate good health into your life by bringing ancient traditions back into your home and community, learn more from Sandor Katz’ *Wild Fermentation* (Chelsea Green Publishing, 2003). Seeya later. For some reason after all this fermenting talk I’m craving my homemade Sauerkraut and have to have some *now!*

*Fermenting we will go, fermenting we will go, hi-ho-the-derrio, fermenting we will go!*

## 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

# **1<sup>st</sup> BioNatural Healing Conference (Virtual) 2021**

**SAVE THE DATE: May 24-25, 2021- Online**

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

**Abstract Submission Opens March 1<sup>st</sup>**

**For more information, please contact Mr. Wais  
Seddiqi [info@bionaturalhealingcollege.org](mailto:info@bionaturalhealingcollege.org) or call  
909-242-6342 Pomona, California**



BioNatural Healing  
College

## 1<sup>st</sup> BioNatural Healing Conference (Virtual)

### Topics:

- Health and Nutrition
- Phytonutrients
- Stress in Community
- Health and Diseases
- Mental Health and Happiness
- Public Health
- Malnutrition
- Food Security
- Soil Health and Plant Health
- Environmental Health
- Engineering, Technology, and other related topics

**Email:**

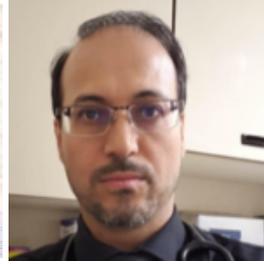
**[info@bionaturalhealingcollege.org](mailto:info@bionaturalhealingcollege.org)**

**Phone: 909-242-6342 Pomona, California**

# Conference Committee and Speakers

## 1<sup>st</sup> BioNatural Healing Conference Virtual May 24-25 2021

### Conference Committee



Dr. Sally Warren Ph.D., Build Green Now, American association of Hemp growers, US Hemp Builders Association.

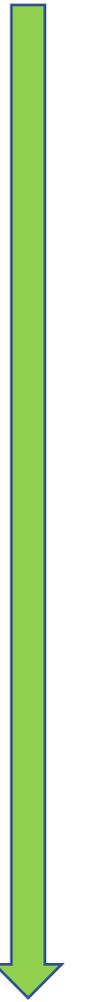
Prof. Dr. Aziz Kamali MD, FACP, FRCPE, Associate Professor of Clinical Medicine at University of California (U.C. Davis), School of Medicine California.

Dr, Nadir Sidiqi Ph.D. Conference Chair, President /Dean of Academics of BioNatural Healing College (BNHC), Agricultural Adviser State of California Department of Pesticide Regulation.

Muhammad Faisal Salim, MD. Diplomate the American Board of Clinical Neurophysiology, Inc (ABCN). The American Board of Psychiatry and Neurology (ABPN). Diplomate ABCN Critical EEG Monitoring.

Essa J. Sidiqi MD Director and President of Lake Havasu Primary Care, PLLC , Director of Institute for Men's Health, PLLC, Associate Clinical prof. Walden University (NP program).

Mr. Wais Seddiqi (B.S. University of California San Deigo, major Biology, minor Psychology) Conference Coordinator, Student Service Coordinator at BioNatural Healing College (BNHC).



# Keynote Speaker and Invited Speakers



**Honorable Prof. Dr. Mohammad Osman Babury,**  
**Title:** Natural Ingredients of Afghanistan and its Role in the Health Sector.  
**Affiliation:** Vice Chancellor of Kabul University of Afghanistan. (Professor of Pharmacognosy & Phytotherapy)



**Eng. Mr. Mirwais Sediqmal**  
**Title:** Coronavirus an Overview in Laghman province and its behavior or Laghman University.  
**Affiliation:** Vice-Chancellor Laghman University, Afghanistan.



**Dr. Abdur Rauf**  
**Title:** "Scope of Ibn Sina's (known as Avicenna) Cardiac Medicines in Healing Psychological and Cardiovascular Diseases"  
**Affiliation:** Department of Ilmul Advia Ajmal Khan Tibbiya College Aligarh Muslim University, Aligarh, India



**Dr. Rajan Gupta, MD**  
**Title:** Suffering & Its Solution  
**Affiliations:** CEO & Medical Director Pain New Jersey.



**Dr. Khalil Rahmany**  
**Title:** "Stress, Mental Health, and the Community"  
**Affiliation:** John Muir Hospital Walnut Creek, Board of Psychology, California USA



**Dr. Falak Zeb**  
**Title:** Effect of Ajwa Date Pits Powder (*Phoenix dactylifera L.*) on Body Composition, Lipid Profile and Blood Pressure of Patients with Hyperlipidemia  
**Affiliation:** Department Human Nutrition and Dietetics, National University of Medical Sciences, Rawalpindi-Pakistan.



**Prof. Josephine Kasolo Ph.D.**  
**Title:** Innovative way of developing drugs from plants in Low and Middle-income Countries.  
**Affiliation:** Makerere University College of Health Sciences, Kampala, Uganda.

# Invited Speakers



**Dr. Bera Dordoni ND**  
**Title:** Rewrite Your Life Story with Ho'oponopono  
**Affiliation:** The Wellness Whisperer



**Dr. Karin Buchart**  
**Title:** Resin Salve in the Traditional Biogenic Medicine in The Alps, Austria  
**Affiliation:** University of Salzburg, Austria Bioscience and Health



**Dr. Tanveer Alam Ph.D.**  
**Title:** Natural Food Colours: Stability, Formulations & Their Application.  
**Affiliation:** University of Nizwa, Oman. BioNatural Healing College (BNHC)



**Dr. Sally Warren**  
**Title:** Hemp in housing for health  
**Affiliation:** Build Green Now, American association of Hemp growers, US Hemp Builders Association



**Dr. Abdullah Mohammad Shohael**  
**Title:** Application of bioreactor system for the production of commercially viable medicinal plants.  
**Affiliation:** Jahangirnagar University, Bangladesh.



**Prof, Badiia Lyoussi**  
**Title:** Antioxidants as therapeutic targets for pathologies  
**Affiliation:** Director of Laboratory Snamopeq University Sidi Mohamed ben Abdullah Fez Morocco



# Invited Speakers



**Aicha Blama**  
**Ph.D.,**  
**Candidate**  
**Title:** Healthy Diet of Sahran Algeria Population.  
**Affiliation:** *D*  
*epartment*  
*of Agri-*  
*food*  
*Technologi*  
*es;*  
*National*  
*Institute of*  
*Agronomic*  
*Research*  
*of Algeria*  
*(INRAA)*



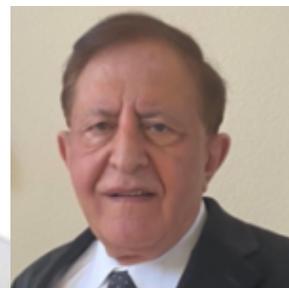
**Dr. Pratibha Gupta, Ph. D.**  
**Title:** Diabetes: The More You Know  
**Affiliation:** Rese arch Associate Prof. Extension Specialist Food Nutrition and Health, Nutritional Biochemistry /Nutrigenomics Research A.R.D. P, College of Engineering, Science, Technology and Agriculture Central State University, Ohio USA.



**Dr. Vivek Sharma**  
**Title:** Cytomor phological Evaluation, Phytochemical Characterizatio n, and Bioactivities of *Vernonia amygdalina* De lile from Himachal Pradesh  
**Affiliation:** As sociate Professor-Botany (Medicinal Plants), Department of Botany, Eternal University, Baru Sahib, District Sirmour, Himachal Pradesh-173101 (India). Also, BioNatural Healing College.



**Prof. Asmatullah Dorani**  
**Title:** Effect of Biochar Application in Soil Health's  
**Affiliation:** Ch ancellor Lagh man University, Afghanistan



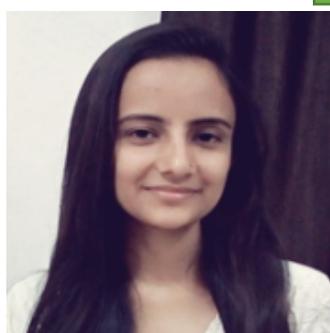
**Prof. Dr. Aziz Kamali MD**  
**Title:** Nutriti on and Aging  
**Affiliation:** FACP, FRCPE, Associate Clinical Professor of Medicine at University of California (U.C. Davis), School of Medicine California.



## Invited Speakers



**Shivani Sharma**  
Ph.D., Candidate  
**Title:** *BOTANICAL AND PHYTO-PHARMACOLOGICAL EXPLORATION OF BOERHAVIA DIFFUSA (L.) FROM SIRMOUR DISTRICT OF HIMACHAL PRADESH*  
**Affiliation:** Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



**Anjali Thakur**  
Ph.D., Candidate  
**Title:** *COMPARATIVE PRILIMINARY QUALITATIVE ANALYSIS OF LEAVES AND STEM OF CRUDE EXTRACT OF MURRAYA KOENIGII (L.) SPRENG*  
**Affiliation:** Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



**Shagun Sharma**  
**Title:** *Botanica l and Phyto-pharmacologic al Exploration of Genus Berberis (L.) from Himachal Pradesh*  
**Affiliation:** Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



**Pratibha Sharma Ph.D.,**  
Candidate  
**Title:** *MAIZE MORADO (PURPLE CORN) HEALTH BENEFITS*  
**Affiliation:** Department of Biotechnology, Eternal University, Baru Sahib-173101 (H.P.) India.



**Jasneet Kour**  
Ph.D., Candidate  
**Title:** *Investigations on the Herb species of genus Phyllanthus (L.)*  
**Affiliation:** Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.





**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).



**BioNatural Healing  
College**

## **Online Distance Learning Based In California, USA**

**BNHC** is a convenient way to earn your diploma. **BNHC** offers 5 diplomas under highly qualified professors. Time is a precious gift to every person, apply now!

### **DIPLOMA PROGRAM (30 CREDITS PER DIPLOMA):**

- 1. BioNatural Pest Management (Diploma)**
- 2. Herbal Science and Master Herbalist (Diploma)**
- 3. BioNatural Health Practitioner (Diploma)**
- 4. Holistic Health Practitioner (Diploma)**
- 5. Nutrition and Brain Function Consultant (Diploma)**

Learn more and register at <http://www.bionaturalhealingcollege.org>

Phone: (909) 242-6342

Email: [info@bionaturalhealing.org](mailto:info@bionaturalhealing.org)

***Learn the knowledge, share the knowledge,  
and Implement the knowledge to benefit of  
humanity! BNHC***

