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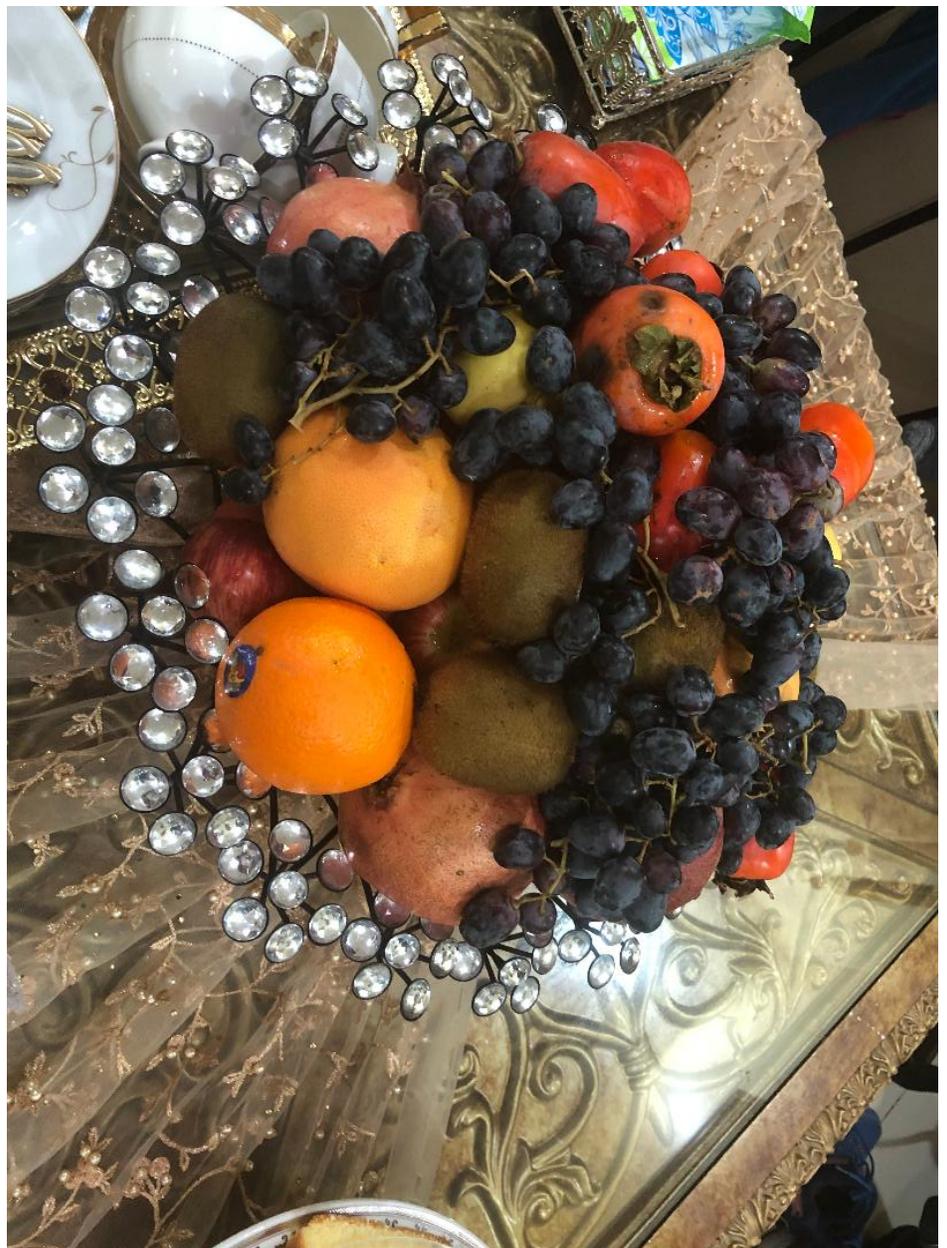


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Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College E- Magazine to our dear readers. Also, I would like to thank you all especially those that are our dear readers that send us their valuable feedback and support. The information provided is for educational purposes only.

We hope this BNHC- E Magazine will be useful to you based with the efforts and dedication of many other 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).
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 prevention of COVID-19.

By Prof. Rosalie Stafford

Mercury: A Highly Toxic Substance in Over-the-Counter Drugs & in Vaccines

This is the third article in a series investigating the health impacts of Mercury (Hg). In the last two issues of Bio-Natural Healing College's internet magazine, we learned that Mercury in every form whether chemical-elemental, inorganic, or organic — is a highly toxic heavy metal.



Mercury assaults every system comprising your body, attacking with particular ferocity your kidneys and your nervous system. Mercury causes grievous harm to your every part of your neurological circuitry: your skin, your brain, and the webwork of nerves which trace the signals from your brain to your skin and limbs and from your skin and limbs to your brain — and even your eyes. Mercury causes blindness (Davy), lesions on the brain (Harada), and major neurological impairment, including autism (Geier *passim*). Fetuses which survive mercury poisoning in utero are condemned to a lifetime of severe birth defects with symptoms including mental retardation (Trasande *et al*), seizures, and impaired motor development (Barrett), such as seen at Minamata.

Methylmercury and Ethylmercury

Methylmercury (CH_3Hg^+) and ethylmercury ($\text{C}_2\text{H}_5\text{Hg}^+$) are closely related organomercurials (Madhu).

In February 2020, we looked at the Minamata Bay environmental disaster, in which thousands of Japanese were killed or suffered a lifetime of chronic severe health afflictions after being accidentally exposed to *methylmercury*.

In March 2020, we looked at the history of dental Mercury and the ongoing health disaster caused by the deliberate insertion (into hundreds of millions of teeth) of Mercury amalgam which slow-releases highly-toxic Mercury vapor while simultaneously metabolizing into the organomercurial *ethylmercury*. Ethylmercury is a metabolite of thimerosal (ethyl(2-mercaptobenzoato-(2)-O,S). Ethyl mercury derivatives are virulent neurotoxins on either acute or chronic exposure. They are especially hazardous because of their volatility, their ability to penetrate epithelial and blood-brain barriers and their persistence in vivo. For ethylmercury, the exposure pathway of concern to children has been via vaccines. (Mehl-Madrona) In addition to dental Mercury, the preservative thimerosal is a major source of ethylmercury. This month (April 2020), we will continue with our investigation of the ongoing health disaster caused by the toxic heavy metal Mercury, in particular, the compound thimerosal which is an ingredient in OTC (over-the-counter) consumer products and in government-mandated vaccines.

OTC Mercury in the First Aid Kit

When I was a knobby-kneed kid here in Arizona, my sister and I got a new pair of shoes every September. We were poor, and shoes were only for school, church, and the exciting occasions when we went to town, sixty miles away. The rest of the time, *barefoot* was the rule. It's not surprising that stubbed toes and cut soles were very common occurrences. For years, my mother had a little bottle containing tincture of Iodine which we painted on our injuries. Eventually, the Iodine was all used up and was replaced with a little bottle of Mercurochrome ... which in turn was eventually replaced by a little bottle of Merthiolate. They all stung when painted on cuts and scrapes but, even way back then, I didn't like — and avoided using — Mercurochrome and Merthiolate.

Turns out my gut feeling was right...

Even though the three first-aid OTC meds I used in the bad old days looked almost identical, they were categorically different: one was Iodine-based, the other two were Mercury-based. A few months back (December 2019), we discussed Iodine, an essential nutrient which offers the bonus of having antiseptic qualities. As you know, the chemical-element Iodine is absolutely necessary for health and well-being, while heavy metal Mercury is toxic in any form and in any quantity. *Mercurochrome & Merthiolate, Part I*

Mercurochrome was a trade name for *merbromin*, a compound containing the chemical elements Mercury and Bromine, while *Merthiolate* is a trade name for *thimerosal*, a compound containing Mercury and Sodium. Merbromin was first synthesized a century ago by Dr. Dunning and was used in treating kidney patients (Chris Catotti). This is ironic, considering the fact that Mercury attacks the kidneys with a particular vengeance (“Mercury Toxicity”). *Vide* the rare 1932 booklet, *Mercurochrome*, for contemporary employment of the organomercurial. Thimerosal (C9-H9-Hg-O-S2-Na) was developed in 1927 and patented by Eli Lilly in 1928. Lisa Sykes writes that thimerosal “was first tested on a variety of mice, rabbits, and chicks” and that all the lab animal subjected to thimerosal exposure died as a result of exposure to the organomercurial. Thimerosal’s first clinical trial involving human subjects resulted in the immediate death of every patient.

Recently, I read Golden Age mystery novel, first published in 1932, in which the amateur sleuth, a private nurse, carries a bottle of Merthiolate in her medical bag. (She uses the Merthiolate — thimerosal — to disinfect a gunshot wound.) Knowing that in 1932 Merthiolate was a new “wonder-drug,” I understand that the author, Mignonette Eberhard, employs this as a character-building detail: a contemporary reader would view the nurse as an “up to the minute” medical professional.

In the 1920s and 1930s, Mercurochrome and Merthiolate were stars of this new class of Mercury compounds (Brewer; Goldwater) which replaced the old Mercury medicines such as calomel (Hg₂-Cl₂). Since the pharmaceutical company Eli Lilly began marketing thimerosal, it has been widely used as a germicide, appearing in antibiotic creams, in nasal sprays, eye drops, and vaccines. Eli Lilly was particularly proud of thimerosal. Science historian James H. Madison notes that, in 1938, an Eli Lilly CEO listed thimerosal as one of the most important drugs ever developed by the company, right behind insulin. Merthiolate aka *Thimerosal*

Just a year after Indiana-based Eli Lilly patented thimerosal and began marketing it as an antibacterial/antifungal agent, there fortuitously arose the perfect opportunity for testing the new compound on human lab rats. As a meningitis epidemic swept through Indiana, Eli Lilly offered Indiana General Hospital a win-win proposition. Eli Lilly would donate money if the hospital agreed to try out Eli Lilly's newly-developed organomercurial salt by intravenously feeding huge doses of it to 22 meningitis patients, in effect using the people as human guinea pigs. Thimerosal did not cure meningitis in any of the 22 patients: shortly after receiving the injections of thimerosal, all 22 meningitis patients died, too overwhelmed to combat the fatal knock-out punch delivered by thimerosal's toxic assault on their weakened systems. Rather mysteriously (but very fortunate for the stockholders of Eli Lilly), none of the deaths of any of these 22 human guinea pigs were officially attributed to the thimerosal injection (Smithburn, *et al*). No investigation was brought to bear on the glaring medical-ethics violations, and no charges of depraved indifference were leveled at anyone involved. The high-stakes clinical trial had gone horribly wrong ... and no one involved, either directly or peripherally, cared to (or dared to) blow the whistle.

The doctor overseeing the trial, on stipend from Eli Lilly, declared that the patients had all died of meningitis and that Thimerosal was not observed to have caused any problem when administered to his patients. With that declaration, and a subsequent one by Eli Lilly staff that Thimerosal has a low order of toxicity for man, even though it killed small animals, Thimerosal was introduced into the drug supply. (Sykes). Indiana General Hospital and Eli Lilly simply whitewashed the deaths of their 22 human guinea pigs, and Eli Lilly publicly announced the Indiana General Hospital clinical trial a great success. Two scientists (Powell and Jamieson} who were actually in the employ of Eli Lilly immediately wrote an article in which they claimed thimerosal had “low toxicity for tissues” — an outright lie, as Eli Lilly’s labs had found that thimerosal was highly toxic to living tissues.

However, the whitewash worked and sales of thimerosal took off like skyrocketed. The new patent germicide was marketed to drug manufacturers for use as an antibacterial/antifungal preservative in drugs and vaccines, to hospitals to use for cleaning wounds, to moms to use as a handy first-aid item for cuts and scratches.

On the basis of just one clinical trial, in which all the human guinea pigs promptly died, thimerosal became the go-to germicide ... in spite of the fact that, as Robert F. Kennedy, Jr tells us: ”internal documents reveal that Eli Lilly knew from the start that its product could cause damage — and even death — in both animals and humans.” In 2005, *Salon* and *Rolling Stone* published the same article by Kennedy (actually ghostwritten by Adam Hadhazy), which discussed the causal relationship between thimerosal and autism. Immediately Big Pharma brought pressure to bear and the articles were pulled. (It is available on Infowars, a news site which itself endures constant attacks by Big Pharma.)

Physician Mark Geier, epidemiologist Jake Crosby, biochemists José G. Dórea and Brian Hooker, investigative reporters David Kirby, Steven Higgs, Daniel Olmsted, and film-maker Del Bigtree have withstood threats and have heroically published the truth about thimerosal. Thimerosal is Mutagenic Thimerosal does not merely attack the brain, eyes, and kidneys. It also attacks the body's DNA (Baskin *et al*). It is worth mentioning that topical thimerosal used during pregnancy showed the highest relative risk of malformations compared to other non-mercurial antimicrobials (Heinonen, et al). Despite that, thimerosal is still used in many pharmaceutical and hygienic products. (Dórea, ref Geier, 2007) Thimerosal is known to be mutagenic: thimerosal causes mutations which can manifest as birth defects or even kill the baby before it is born (Donahue *et al*). That thimerosal-containing OTC nasal spray, that mascara, those exotic skin-lightening lotions available online, those topical disinfectants and, especially, that flu vaccine all heighten the risk of birth defects.

Ethylmercury causes birth defects and neurological damage in the same way as methylmercury does. Did you think the government would protect you from toxins which are known to cause neurological damage and birth defects? Think again! The fact is that governmental agencies, most notably the CDC (but also the FDA) are well aware of the toxicity of thimerosal yet continue to not just ignore thimerosal's health hazards but to insist on actively encourage its use, even to the point of mandating you use it.

Damage from Thimerosal is Well-Documented Let's fast-forward fifty years, during which time numerous studies proved that thimerosal was too toxic to warrant medical use. In a famous 2005 article, Kennedy states:

In 1982, the FDA proposed a ban on over-the-counter products that contained thimerosal, and in 1991 the agency considered banning it from animal vaccines.

But that same year, the CDC recommended that infants be injected with a series of mercury-laced vaccines. Newborns would be vaccinated for hepatitis B within twenty-four hours of birth, and two-month-old infants would be immunized for haemophilus influenzae B and diphtheria-tetanus-pertussis. The drug industry knew the additional vaccines posed a danger. The same year that the CDC approved the new vaccines, Dr. Maurice Hilleman, one of the fathers of Merck's vaccine programs, warned the company that six-month-olds who were administered the shots would suffer dangerous exposure to mercury. He recommended that thimerosal be discontinued, "especially when used on infants and children," noting that the industry knew of nontoxic alternatives. "The best way to go," he added, "is to switch to dispensing the actual vaccines without adding preservatives." It's interesting to note that one of the vaccines which the CDC mandated newborns be injected with is *hepatitis B*, a liver disease which is commonly caused by sharing dirty heroin needles. Is that vaccination even necessary?

Why would the CDC mandate newborns be inoculated against hepatitis B? The CDC had its reasons: *follow the money*. Thimerosal has always been a big money-maker for Eli Lilly, as they licensed numerous other pharmaceutical companies to manufacture and market it: In the 1990's, thimerosal was manufactured by numerous companies, including Sigma-Aldrich, Inc.; EM Industries, Inc. (now EMD Chemicals Inc., the North American extension of Merck KGaA); Dow Chemical Company; Spectrum Laboratory Products, Inc. (formerly Spectrum Quality Products, Inc.); and GDL International, Inc. (Steven Higgs). Big Pharma is big business. In 2018, Eli Lilly alone showed an income of \$20 Billion. Money like that can buy a lot of influence. Kennedy continues: [By the end of the 1980s] vaccine manufacturers had already begun to phase thimerosal out of injections given to American infants — but they continued to sell off their mercury-based supplies of vaccines until last year [2004].

The CDC and FDA gave them a hand, buying up the tainted vaccines for export to developing countries and allowing drug companies to continue using the preservative in some American vaccines — including several pediatric flu shots as well as tetanus boosters routinely given to eleven-year-olds. Decades after Eli Lilly knew through their own in-house studies that thimerosal was killing human cells in concentrations as low as one part per million — 100 times weaker than the concentration in a typical vaccine — they continued to promote thimerosal, their patented organomercurial which metabolizes into ethylmercury, a substance which is even more toxic than methylmercury.

Thimerosal in Flu Vaccines and Secret Vaccine Courts

Although Big Pharma was no longer adding thimerosal to some vaccines against childhood diseases which were sold in America, they were still producing it for flu vaccines and for OTC formulations. And, like smallpox-infected blankets distributed to American Indians in the nineteenth century, huge quantities of thimerosal continue to be added to vaccines destined for poor children in the third world. Without publicly admitting the grave danger posed by the injection of thimerosal and other chemicals into newborns, children, and pregnant women, in 1986, the government created the National Vaccine Injury Compensation Program, establishing shadowy venues called *secret vaccine courts* for the purpose of reimbursing parents of children who have been severely neurologically damaged by vaccines. In the secret vaccine courts, the U.S. Department of Health & Human Services (HHS) is the defendant: by law, vaccine manufacturers enjoy blanket immunity. The sum total of millions of dollars paid to parents of children tragically damaged by vaccines which are known to present a severe health hazard is an expense borne not by any party in the vaccine industry but instead by the American taxpayers, most of whom are unaware of the existence of the secret vaccine courts.

Even though thimerosal was removed from *some* (not all) American vaccines, it continues to be incorporated into other vaccines (including flu shots) and topical disinfectants, where its mutagenicity causes an unknown number of birth defects. In addition to causing birth defects, thimerosal's immuno-suppressant characteristics include killing t-cells and b-cells (Haggvist and Havarinasab) and depleting glutathione (Iwase *et al*). Ethylmercury: More Toxic than Methylmercury

Ninety years of research have borne out this conclusion: ethylmercury is even more lethal than methylmercury. In 1972, Staffan Skerfving, an emeritus professor at Lund University in Sweden, reviewed literature on methylmercury versus ethylmercury. Prof. Skerfving noted a number of animal studies in which ethylmercury demonstrated a higher toxicity than methylmercury. Children's Health Defense likewise cites numerous animal studies which indicate the greater danger posed by ethylmercury than methylmercury. "While ethylmercury disperses quickly from the bloodstream," states the editors of Children's Health Defense, "this is not evidence of safety" and (citing a 2004 study by G. Jean Harry of the National Institute of Environmental Health Sciences), they note that "mice injected with Thimerosal accumulated mercury in both the brain and kidneys."

Ethylmercury derived from thimerosal immediately finds its way to the brain where it bioaccumulates and, as medical researchers Rice and Barone (quoting Behrooza *et al*) tell us, in a strikingly understated turn of phrase: "The human brain is sensitive to chemical assaults." In 2005, Trasande *et al*, determined that between one-third to two-thirds of a million American children are born with a enough Mercury in their blood to cause significant lowering of IQ. Imagine the effect of injecting Mercury-containing vaccines into these already-compromised victims. The World Health Organization downplays the danger, disingenuously claiming that, because it clears the blood within a few days, ethylmercury is substantially less hazardous to your health than methylmercury and that, basically, "a little bit of Mercury never hurt anybody." They lie!

In summing up the mountain of evidence which refutes the WHO's conclusion regarding the relative "safety" of ethylmercury, the Children's Health Defense warns that the WHO's faulty conclusion, which is ...based on observations that ethylmercury disappears from blood samples quicker than methylmercury ... may be evidence not of ethylmercury's comparative safety but of its greater danger. If ... ethylmercury is not leaving the body, [then it is] simply migrating more rapidly to the organs, including the brain. Indeed, studies have shown that an ethylmercury compound's short residence in the blood stems from its ability to more easily pass into the organs, where it can remain for long periods and possibly cause injury.

Ethylmercury disappears from the blood, not because it has been excreted, but because it has taken up lodging in the brain. There, ensconced in the brain like a snake in a deep tunnel, ethylmercury causes neurological damage: brain damage, including autism. Thus, when the WHO, the CDC, the FDA, Big Pharma, and researchers cozy with Big Pharma such as Dr. M. E. Pichichero categorically state that ethylmercury is perfectly safe because it clears out of the blood within days, they are deliberately dealing in half-truths, cynically lying to the public, and denying you your legal right to informed consent. I am not a lawyer but I would call that a *criminal conspiracy*.

Mercurochrome & Merthiolate, Part II Merbromin (tradename *Mercurochrome*) has been illegal since the late twentieth century, when the FDA declined to categorize the patent medicine as GRAS (*Generally Recognized as Safe*), thus banning it from the American market. Manufacturers were given the option of conducting extensive clinical testing to try to have merbromin deemed safe, however no one wanted to spend the money on the venture. As an old-fashioned compound, Mercurochrome presented Bid Pharma no opportunity for profit: conducting clinical testing on merbromin would be like a pharmaceutical company spending a fortune on clinical studies to determine whether the compound NaCl — table salt — is safe to market. BioNatural Healing College

There's simply no money in such a venture and, if there is no opportunity for profit in any particular line of research, Big Pharma will not invest in the research. For Big Pharma, the bottom line is always profitability, not human health and welfare. Fortunately, in this case, Big Pharma deemed merbromin unprofitable, and thus Mercurochrome disappeared from medicine cabinets and first aid kits.

On the other hand — perhaps thanks in part to the efforts of Eli Lilly's lobbyists armed with big checkbooks — the FDA categorized Eli Lilly's patent medicine Merthiolate (thimerosal) as GRAS: *Generally Recognized As Safe*. The FDA's judgement was ostensibly based on clinical trials such as the deeply flawed 1929 Indiana Hospital meningitis case and thimerosal's history of daily use in hospitals and home medicine cabinets. Thus we see that thimerosal remains in use in thousands of consumer products, from spermicides to skin creams. Shockingly, thimerosal is also routinely injected — per governmental mandate — into pregnant women, infants, and children. Doubtless, you yourself have many times unknowingly received a dose of this toxin. What is thimerosal exactly, and why is it in so many consumer products and vaccines?

Thimerosal: What Is It?

Thimerosal is composed of 49.55% Mercury. Thimerosal metabolizes to produce *ethylmercury* (EtHg⁺), as well as *thiosalicylic acid* (TSA) and *dithiobenzoic acid* (DTBA). Like methylmercury, ethylmercury is highly toxic. Eli Lilly admits that their product is categorized by the European Union as very toxic hazardous waste (“T+/S60”).

Even so, the CDC claims that thimerosal is perfectly safe when injected into pregnant women, newborns, toddlers, and children. This claim is largely based on one clinical study of Dr. M. E. Pichichero. Recognized as a world-class authority on thimerosal, Dr. Pichichero is Director of the Rochester General Hospital Research Institute; Research Professor at Rochester Institute of Technology; and clinical professor in the Department of Pediatrics at the University of Rochester Medical Center.

His most-influential clinical study examined post-vaccination blood taken from just 33 children —and on merely a single blood sample from each, in some cases taken days after their vaccine injection. Based on this very small sample (comprised almost entirely of children of a minority race and lower socio-economic class) Dr. Pichichero concluded that thimerosal quickly clears the blood and is thus safe to use.

This conclusion immediately caused objections to be raised by other doctors and researchers. One critic pointed out that Dr. Pichichero's methodology was "shoddy" (McNeil), while in hundreds of peer-reviewed papers, Dr. Pichichero's conclusions regarding the safety of thimerosal have come under blistering attack for his poor reasoning and grossly faulty logic.

Moreover, Dr. Pichichero has been called out for deliberately concealing the fact that he has been the recipient of grant money given him by Eli Lilly, the patent-holder of the very substance he was supposed to be studying. Dr. Pichichero eventually was forced to admit that he had been the recipient of Eli Lilly's largesse (in other words, he had received money from Eli Lilly) but he insisted that it made no difference at all to his conclusion that thimerosal was safe to inject into babies. Be that as it may, Dr. Pichichero insisted that thimerosal was perfectly safe to use in vaccines: he put his seal of approval on Eli Lilly's moneymaker.

You can draw your own conclusions from all that.

Next month (May 2020), we will continue our examination of Mercury. Until then I leave you with my sincere hopes for your continuing good health. Remember our Creator Who made this beautiful world, and honor our Creator's creation by keeping yourself in good health by eating clean, colorful fresh food, bursting with life force.

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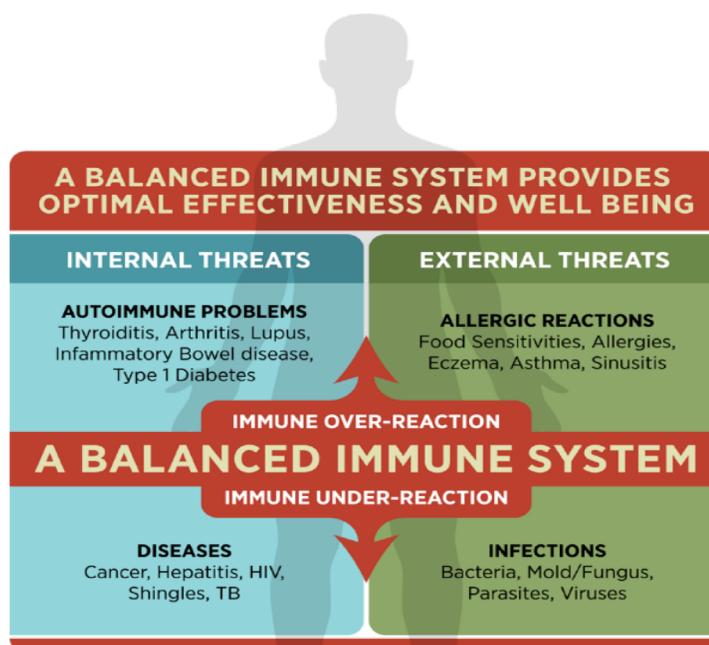
Holistic Health and Self-Care

By- Dr. David Isley



Immunity Problems The activity of the immune system is to search out, perceive, and annihilate pathogens – sickness causing substances or organisms, for example, microscopic organisms and viruses. In warding off these trespassers, your body creates such manifestations of illnesses like fever and malaise. In the vast majority, more often than not, the immune system carries out its responsibility productively, yet issues in its reaction to nature are normal. An overactive immune system, for instance, brings about autoimmune issues. In these cases, for reasons that aren't clear, the immune system mistakes normal, healthy, solid tissues for outside intruders and assaults them. Instances of autoimmune issues may include rheumatoid joint pain, multiple sclerosis, lupus, Type 1 diabetes, scleroderma (skin solidifying), and myasthenia gravis (decimation of muscle proteins).

Another sort of immune mistake happens when the system overreacts to something innocuous, likewise with allergies. On account of hay fever, for instance, the immune system mistakes pollen for a perilous trespasser and responds with an incredible and destructive reaction.



The opposite occurs when the immune system fails to respond adequately, resulting in immunodeficiency diseases. AIDS is perhaps the best-known example: other immunodeficiency disorders are inherited, extremely rare, and potentially fatal. For people who are generally healthy, it's possible for the immune system to become temporarily depressed. When this happens, fighting pathogens become more difficult, and as a result, your body becomes more susceptible to infections, which hit you harder and stay with you longer than they would otherwise. Among the things that can incidentally weaken the immune system are environmental poisons, stress, horrible eating routine, absence of activity and rest, and abuse of alcohol and tobacco. After some time, these components can have a durable weakening impact on your immunity. Studies have likewise demonstrated that stress, extending from such regular occasions as a contradiction to such dramatic ones as the demise of a companion, can influence immune functioning. Certain meds (especially corticosteroids and anticancer medications), radiation therapy, and – a few scientists accept - an overdependence on anti-infection agents can likewise unfavorably influence your immune system. Scientists believe that autoimmune diseases may result from a combination of genetic, molecular, cellular, and environmental factors. Any enduring illness, but particularly cancer, diabetes, or kidney disease, can weaken your body's immune defenses.

Boosting your immunity may involve altering your eating and exercise habits. Your doctor may refer you to a nutritionist and a physical therapist for specific guidelines. They may discuss with you any stressful events or situations that are adversely affecting your health and suggest making, necessary lifestyle changes. One should avoid overeating and overindulging in alcohol, caffeine, and tobacco. Get plenty of rest, exercise regularly, and eat a balanced diet. Don't assault infections with antibiotics right away unless your physician deems it necessary. Avoid radiation exposure, harmful chemicals, and prolonged use of immunosuppressive drugs such as corticosteroids, which can damage immunity. If you suspect you have an immune system disorder, you need to be properly diagnosed so that you can be properly treated.



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