

BNHC E- MAGAZINE



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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.



Last month, in the July 2019 issue of Bio-Natural Healing College's internet magazine, we looked at one miraculous sort of fungus: highly nutritious, fast-growing edible mushrooms. We learned that dried mushrooms offer an excellent source of vitamins, minerals, amino acids, and protein. This month, we will investigate the important role of natural salt: dietary salt such as sea salt and Himalayan pink salt. And we will examine natural salt's role in preserving mushrooms and other foods, such as apples.

Natural Salt: Needed by Every Cell

Fifteen centuries ago, the Roman statesman Cassiodorus said: "Man can live without gold ... but not without salt." The age-old wisdom which resides in every cell in your body tells you to seek out "that salty taste." Why is that? Your very cells cry out for natural salt because every cell in your body needs Sodium Chloride (NaCl) as well as the trace minerals contained in natural salt. Digestion depends on salt. *Salivary Amylase*, an enzyme which helps break down carbohydrates, is activated by the flavor of salt. After chewing, food travels to the stomach where it is chemically broken down by gastric acid (also called *stomach acid*), the digestive juices consisting of hydrochloric acid (HCl), potassium chloride (KCl), and sodium chloride (NaCl). Yes, salt! Salt is an essential factor in digestion.

If you are deficient in salt (NaCl), you do not have the raw materials needed for your stomach to properly digest your food (especially protein), a condition which, in too many people, leads to numerous digestive problems, from bloating and gas to leaky gut and chronic digestive-tract disease.

The fact is: restricting salt intake leads to promoting chronic disease. Natural salt (dietary salt such as sea salt and Himalayan pink salt) is necessary for good health.

Natural salt is comprised of approximately six parts sodium chloride (NaCl) to one part trace minerals. According to Prof. Genny Anderson, no matter how much salt happens to be dissolved in any given drop of seawater, it is “always made up of the same types of salts and they are always in the same proportion to each other”: 85.62% sodium chloride and 14.38% other trace minerals, including magnesium chloride, magnesium sulfate, calcium sulfate, potassium chloride, etc. In fact, sea salt and Himalayan pink salt contain all 84 essential trace elements required by your body.

Himalayan Pink Salt

My favorite type of natural salt comes from the land now known as Pakistan. Himalayan Pink Salt is said to have been discovered by Alexander the Great, 2,345 years ago (in 326 BC). "Khewra is Pakistan's largest and oldest salt mine," writes Muhammad Asif Nawaz. "When Alexander the Great halted his army for a rest in the area now known as Khewra, his horse began licking the stones on the ground. Seeing that all the horses were doing so and taking note, a soldier himself tried one and found that the rocks were quite salty. The Khewra salt deposits had been discovered."

Travel writer Dylan reports that the Khewra salt mine is now a popular tourist destination. Extensive and quite beautiful, the underground site is a fairyland, decorated with large glowing lamps and statues — all sculpted from the famous pink salt which derives its warm color from the myriad trace minerals it contains at a ratio of one to six: 14.38% trace minerals to 85.62% sodium chloride.

White Table Salt

The white table salt that you buy at the supermarket is virtually 100% sodium chloride. Table salt is (like white sugar and white flour) highly-processed and denatured: the essential trace elements occurring in natural salt — sea salt and Himalayan pink salt — trace minerals which are necessary for health (and indeed necessary for life itself!) have been chemically stripped out, to be sold at a profit in the form of nutritional supplements. After removing the trace minerals, the remaining sodium chloride is bleached and then adulterated with the anti-caking agent sodium aluminosilicate.

Sodium aluminosilicate is the reason for Morton Salt's clever motto *When it rains, it pours*: the sodium aluminosilicate additive absorbs moisture so the table salt can flow freely even in damp weather. The motto is a jest on the traditional English proverb *when it rains, it pours*, meaning that troubles come not singly but in packs. There is much truth to that saying for, when your diet is unnatural (comprising denatured rather than wholesome foods) your entire system is affected: diseases, syndromes, ailments, and malaise afflict not only your body but also your mind and spirit, and your health degenerates in a downward spiral: *when it rains, it pours*.



Finally, after the anti-caking agent is added, “Iodized Salt” is created by adding trace amounts of iodine. White salt — table salt — is denatured salt, as different from natural salt as white sugar is from the fresh sap of the sugar cane. I would argue that denatured salt lacks *life force* ...

Magnesium

In the process of making denatured salt, the trace mineral *magnesium* which is stripped out of natural salt is separated out from the other 83 trace minerals and sold in the form of nutritional supplements. Many people who suffer from muscle cramps take magnesium in the form of tablets or ointment.

The magnesium found naturally in salt is essential to proper muscle function; lack of magnesium leads to muscle cramps. When muscles are chronically deficient in magnesium and other trace minerals found in natural salt, the muscles experience uncontrollable and very painful contractions. (In English, this condition is known as *a charley horse*.) Epsom Salt baths or poultices are a traditional treatment for a charley horse: the magnesium in Epsom Salt nourishes and calms the magnesium-starved muscles.

The 84 trace minerals in natural salt (which are removed in the process of making white table salt) assist in many physiological functions including the preservation of proper blood pressure and the prevention of the condition popularly known as *adrenal fatigue*.

Adrenal Fatigue

Stephen Phinney and Jeff Volek have this to say about adrenal fatigue: “Sodium is an essential mineral found in your blood, specifically in your serum, and in the extra-cellular fluid that surrounds all of the body’s cells. Its level in the blood is jealously guarded by the actions of both your kidneys and adrenal glands. Eat too much salt and your kidneys accelerate its excretion. Eat too little and your adrenals make a hormone called *aldosterone* that causes your kidneys to conserve sodium but, in doing so, they are physiologically obligated to simultaneously waste potassium. Wasting too much potassium is not good because your muscles, heart, and nerves need to contain the right amount of potassium to work properly. The reduced amount of sodium available in the circulation that triggers the adrenal gland to increase production of aldosterone also increases adrenal production of the stress hormone cortisol and the fight-or-flight hormone adrenaline. Increased cortisol and adrenaline levels are stress hormones ... Bottom line: salt, potassium, adrenaline, and cortisol are intimately connected; and there is a clear relationship between inadequate dietary sodium and the purported signs of ‘adrenal fatigue.’”

Brave Words: Dr. James DiNicolantonio is probably the world’s foremost spokesman regarding the absolutely essential role of dietary salt. Dr. DiNicolantonio states: “Too little salt can cause you to crave sugar and refined carbs, can send the body into semi-starvation mode, and can lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate.”

These are brave words indeed as, for decades, the US dietary guidelines have urged people to use only a *miniscule amount of salt in their diet* — bad enough considering the diseases caused by salt-deprivation! — with not a word about the big difference between denatured salt and natural salt — disastrous considering the essential role played by the 84 essential trace elements required by your body and freely provided by natural salt. It is almost as if the US dietary guidelines were written to promote not optimal health but, instead, poor health requiring regular doctor visits and on-going pharmaceutical prescriptions. In an interview with Gary Cohen, Dr. DiNicolantonio points out the US guidelines were based on a very small sample of only 200 people and its extrapolated conclusion is based on opinion, not scientific fact. Continuing, Dr. DiNicolantonio points out that a low-salt diet leads to chronic disease in many of the body's systems: from circulatory to renal to digestive to muscular.

Five years ago, *PR Newswire*, reporting on the Harris Poll of 2,234 adults surveyed online between 12-17 March 2014 noted that that, when consumers consider making a food and beverage purchase, 71% “place importance” on the amount of sodium or salt in the product, and that one-third of all American households contain at least one member on a salt-restrictive diet. That means that between 100 million and 200 million Americans are on low-salt diets, no doubt as a result of adhering to US dietary guidelines, whether they be under doctor's orders or as a result of hearkening to the government's four-decade-long advertising campaign urging Americans to eat no more than a miniscule amount of salt.

A few other brave researchers are also speaking out, raising their voices against the official government dietary guidelines. Dr. Lynn L. Moore headed a team of researches investigating the sodium/hypertension question and concluded: “We saw no evidence that a diet lower in sodium had any long-term beneficial effects on blood pressure. Our findings add to growing evidence that current recommendations for sodium intake may be misguided.”

Sarah Pope sums up recent research reported in the *Journal of American Medicine* and concludes: “Low salt diets are harmful to health.”

We see that a vast number of people in America alone are salt-deprived and are suffering the chronic health problems resulting from their low-sodium, denatured salt diets.

My Own Relationship with Salt

About ten years ago, I was listening to a video speech by a world-class nutritionist, a physician who was extolling the virtues of his line of nutritional supplements. A caller sadly told the medical man that he could not afford to purchase the nutritionist's excellent but very expensive dietary supplements and asked the good doctor for suggestions. Without missing a beat, he urged the caller to use Himalayan pink salt. I looked into the matter and promptly ordered a 50 lb. sack of Himalayan sea salt. Since then, it is the only type of salt that I use.

I live under extreme climate conditions: for four months a year, the daytime temperature ranges from 110 to 125 Fahrenheit. During the summer, mineral depletion and electrolyte imbalance present a severe health risk, indeed a life-and-death risk as, every year, at least one person locally dies of heat stroke. Many people around here attempt to regulate their electrolyte balance by consuming drinks such as Gatorade — but I certainly would never put a chemical concoction like that in my body! Instead, I drink heavily-salted water every day. I also make and eat heavily-salted fermented food and food dried with natural salt and the heat of the sun.

Preserving Food with Salt and Heat

For most of human history, salting has been an important method of food preservation and, when I preserve food by salt-drying, I feel in touch with my grandmothers and their grandmothers' grandmothers, both Native American and European. And when I use the heat of the sun to preserve food, I remember our Creator Who so generously gave to His children the magnificent Sun for light and heat, and the beautiful Earth teeming with perfectly-fashioned living things too numerous to number and all imbued with life force. Preserving food with salt and heat is thus more than just simple home economics: it is a spiritual exercise.

Here is a picture of my little passive solar food dryer:

A PASSIVE SOLAR FOOD DRYER



A passive solar food dryer can be had simply and inexpensively by re-purposing any old metal office cabinet such as this metal two-shelf/one-drawer cabinet, which easily accomodates three large metal pans.

Keep your food from touching the metal pans by tearing 100% cotton bedsheets into large napkins, and using them to line the pans; also cover the food with the napkins to protect from dust and insects.

Be sure to always wash the napkins with non-scented detergent (or better yet, homemade castile soap). If you use scented detergent, your dried mushrooms, apples, or whatever ... will taste like chemicals!

It is simply a re-purposed metal cabinet, discarded from someone's office. I cleaned it thoroughly and found second-hand metal trays which perfectly fit the drawer and the two shelves. I purchased used 100% cotton sheets, washed and rinsed them thoroughly (using unscented detergent, no fabric softener), and ripped the sheets to create large napkins to place under and over the food. My whole dehydration system cost less than five dollars!

Note: if you happen to not live in an area where the daily temperature never falls below 110 degrees Fahrenheit (lucky you!), you can modify this passive solar design. Simply rig up an incandescent light (an old-fashioned light bulb) and place it on the bottom shelf. Just be careful you don't start a fire.

To dry mushrooms in my passive solar dehydrator, I clean and slice the mushrooms, then dredge in a *generous* amount of finely ground Himalayan pink salt. Salt is anti-bacterial so don't stint: use more, rather than less! Mushrooms are 90% water, and dehydrate slowly (you can speed up the process by squeezing them in your hands to drain out some of the liquid before you put them in the food dryer). After just a few days in the dryer, the mushrooms are a succulent treat, soft and still somewhat juicy, wonderful eaten with hummus piled on a kale leaf or stirred into a bowl of salsa and eaten like cold soup. I might let the mushrooms completely dry and either eat them out of hand (like eating popcorn) or use them to flavor savory bean soup. If you do that, hold off on adding salt to the soup, as the mushrooms might add all the salt needed for flavor.

The illustration shows a tray of organic apples a recently preserved. I used a generous amount of Himalayan pink salt and ground cloves (*Syzygium aromaticum*). Like salt, cloves are antimicrobial. Dried spiced apples can be eaten while still somewhat soft (after just a few days in the dehydrator) or can be thoroughly dried until crisp and then eaten like potato chips. I like to cook dried spiced apples with steel-cut oats. A dash of organic virgin coconut oil, and the oatmeal is as delicious as cookies! This dish is one of my favorites, and it can be eaten hot or cold.

I would enjoy hearing from you. I'm sure that you are an idea person and I would appreciate the opportunity to learn from you. Please send your comments and questions to me at: rosaliestafford@therapist.net

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Mental Health

On several occasions, I have seen what schizophrenia really is. It is not what they portray in the movies. It is real and I believe it takes a special type of person to understand and not be afraid to engage with those who are severely mentally ill. My first experience was in 2005 when I discovered that a childhood friend was diagnosed with schizophrenia. When I visited the facility in which she was admitted to, I honestly did not know what to expect. That's when I realized that this is not a movie.

Beginning in 2006, I had the opportunity to work at the University of California, San Diego in the capacity of Clinical Research Recruiter, Research Associate, and as a Group Therapist. As a Research Recruiter, I recruited more than 900 participants with a psychosis for various research studies (schizophrenia, Alzheimer's, and bipolar disorders). In order to do my job, I was tasked with forming community relationships with treatment centers, Board and Care facilities, and Mental Health Club Houses for possible recruitment sources. I've screened, consented, and enrolled participants into their prospective research studies. I was also responsible for administering the MINI - International Neuro-psychiatric Interview to the participants.

As a group therapist, I worked on a **Medication Adherence Therapy (MAT)** research study, teaching those with schizophrenia the importance of taking their medication. Also, while working with the **Skills Training Empowerment Program (STEP)**, I was the group lead in teaching those that have a diagnosis of schizophrenia, everyday living skills; skills that we often take for granted. Another interesting study that I participated in, was recruiting participants in a *Clinical Trial of Mobile Telephone Based Assessment and Intervention for Persons with Schizophrenia or Bipolar*. Total number of individuals to be enrolled was 250 over a period of five years.

The participants were involved in a 24-week study which included:

- 1. 4 Assessments of symptoms and related experiences over 6 months. They were randomly assigned to participate in one of three conditions.*
- 2. They were to meet with staff members for 90 minutes and answer questions about their daily experiences on a smartphone for 12 weeks, plus 4 assessments over 6 months. This is a Cognitive Behavioral Therapy intervention (CBT).*
- 3. Also, they met with staff member for 90 minutes and answered questions about daily experiences on a smartphone for 12 weeks, plus 4 assessments over 6 months. This was an Education Intervention.*
- 4. Finally, they completed four assessments over a 6-month period.*

Throughout the years, I have become familiar with *Integrative Medicine*. Complementary and alternative medicine (CAM) is the popular name for health care practices that traditionally have not been part of conventional medicine. In many cases, as evidence of efficacy and safety grows, these therapies are being combined with conventional medicine.

Thus, the term alternative has been dropped and replaced with newer terms, such as complementary and integrative medicine, integrative medicine and health, or just integrative medicine. Integrative medicine can help people with cancer, persistent pain, chronic fatigue, fibromyalgia and many other conditions better manage their symptoms and improve their quality of life by reducing fatigue, pain and anxiety. Examples of common practices include:

- Acupuncture
- Animal-assisted therapy
- Aromatherapy
- Dietary supplements
- Massage therapy
- Music therapy Meditation

Some CAM therapies for psychiatric disorders may include:

Omega-3 fats, natural fats found in large quantities in cold-water fish such as salmon, can boost the effectiveness of an antidepressant in some people with depression. Omega-3 supplements are now being studied as an alternative to antidepressants during pregnancy.

St. John's wort is an herbal remedy that can help people with mild-to-moderate symptoms of depression, but doesn't seem to work as well for severe depression. St. John's wort can cause problems when taken with some antidepressants and other medications, so talk with your doctor before trying it.

Maca root, a relative of the potato that is used in some cultures to enhance sexual response, may help counter erectile dysfunction, reduced libido, and other sexual side effects of antidepressants.

Valerian, derived from the root of a pink flower, can alleviate anxiety and help improve sleep just as well as some sedatives. It may be a good alternative to consider for children and the elderly—two groups especially sensitive to the side effects of medications.

You should always consult your physician/psychiatrist before adding to or adjusting your prescribed medication.

Could This Be Me, by David Isley



© Can Stock Photo

I have questioned it while looking into the eyes of a man
That's educated, once travelled the world, and she his equal

As they hold hands while I continue to listen, comprehend, and contemplate
Could this be me . . .

While questioning my own mental health at times,
Wondering, what is "reality" from one person to the next

As we all should take that question to heart, checking our own state of mind
While ending the day, opening the door and seeing her standing with open
arms

Awaiting that evening kiss that caps off her day

And my only thought as I walk pass to the closest mirror and wonder . . .

Am I looking into the eyes of a man that's educated, once travelled the globe?

And wonder . . . is this my "reality"

As I've seen this face many times before along the streets, buses, alleys,

In buildings, in classes, and I searched the internet, encyclopedia

Where I find the many faces of schizophrenia

As it is labeled with unkind thoughts by those that don't understand

How one's state of mind can change from a genius to thoughts of illusions

When they should be wondering . . .

Could this be me?

Ref:

i Mayo Clinic

ii Harvard Health Blog

Google images

Seminar on July 25, 2019, Pomona Valley Hospital at Claremont, California

Dr. Nadir Sidiqi Ph.D.- has invited a speaker to Stroke Support Group his title was BioNatural Cure: The Approach to Optimum Health (Plant-Based Nutrition). The report will be published in next month (September).





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).



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