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- **Email:** info@bionaturalhealingcollege.org
- **Phone:** (909) 242-6342 P.O. Box 218 La Verne, California 91750 USA.
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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), 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 prevention of COVID-19.

The Divine Stinking Rose – Garlic

By Dr. Bera Dordoni, N.D.

"Ew! You have garlic breath!" Yup, I sure do—and it makes me happy. Garlic is one of easiest ways for me to stay healthy. And I love it. When I first met my Italian husband, he was so romantic (still is) he wanted to know what turned me on. Was it foot rubs? Oh yeah, those work just fine! How about ballroom dancing to music from the 40s? That definitely does it, too.



"What else?" he queried. I didn't want to seem too easy, so I told him the truth. Garlic. I have such a love affair going on with garlic that anyone who wants to be around me has to love it almost as much as I do or they won't be able to stand being around me. "Hi, I'm Bera. I eat raw garlic." "Hi, Bera!" I'm not sure when or where my addiction to garlic started, but it's just as strong as my dependency on chocolate. Garlic is sensual. Delightful. Delicious. Stinky. Divine. Essential. Protective (against werewolves and vampires...and possibly even something as evil as Covid-19. Perfect. Raw, roasted, added to soups or stir-fried, its aroma calls to me and its scrumptious flavor makes any and every meal better. I love garlic! And it loves me. It must, because it does such incredibly wonderful things for my body every time I eat it—which is every day I can get it! **Benefits Galore** : From the earliest of times, man has imbued garlic with almost magical powers. Folklore tells us it kills off infections and colds. And protects us from werewolves, vampires, and other creatures supernatural. It makes workers stronger and more productive. It gives athletes a competitive edge. It cures malignancies and abscesses and tumors of all ill.

It relieves headache, fatigue, and insomnia. It even increases a man's prowess—or is it a woman's fertility? Today, modern science is confirming that almost all those claims are, in fact, true. (Almost all. There's still no replicable proof about the werewolves...) But hey, I simply love garlic. In biblical times, garlic was thought to be a miracle food all by itself. Today we know that allicin, the sulfur compound released when we crush, chop, or squeeze the bulbs, is the real miracle element, something Louis Pasteur discovered in 1859 when he saturated bacterial cells with garlic and watched them shrivel up and die.

Allicin is a natural, broad-spectrum antibiotic, which means it acts against a wide range of disease-causing bacteria. In other words, garlic is nature's penicillin on steroids. A single milligram of allicin has the **same antibiotic potency** as 15 standard units of penicillin! Even better yet, the body won't develop a resistance to garlic the way it does to pharmaceutical antibiotics. Why? Because it's natural! It doesn't build up in our cells! It just does its job and continues on its way. Truly one of the most valuable and versatile foods on the planet, garlic is from Allium family of vegetables, which includes onions, chives, shallots, and leeks. (Ummm, onions! Leeks! I'm getting hungry!) Allium veggies not only add flavor and zest to foods, they enhance our immune-cell activity by stimulating T-cell production. But wait! There's more! Even if you don't eat it—even if you simply rub it on your body—garlic inhibits germ growing and reproduction. Got an infected toenail?

Rub some garlic on it. How about slow-healing sore? Apply a garlic poultice and watch the redness and swelling disappear. Garlic is a natural antioxidant, too, which means it protects our bodies against free-radical damage. And since it stimulates white blood cell production, it actually boosts the immune system. Defense *and* protection. But it gets even better, because garlic not only inhibits bacterial growth, it also puts the brakes on microbial and fungal growth.

Studies are even testing garlic's effectiveness against methicillin-resistant infections. How could you *not* love the stuff?

What's Good for the Infection is Good for the Heart

We all know that excessive cholesterol can lead to heart disease and stroke. But did you know that including garlic in your diet can help lower your bad cholesterol levels? Yup. Garlic contains compounds that serve as blood thinners. That makes it a natural blood-pressure medicine, too. Studies have shown that ingesting garlic regularly helps the arteries relax, which prevents the hardening and spasms that lead to hypertension. An apple a day keeps the doctor away? Maybe—but two cloves of garlic a day minimizes the risk of heart attack, atherosclerosis, and stroke. Garlic's natural properties protect blood vessels from inflammatory and oxidative stress, which helps prevent clots from forming and plaque from building up in the arteries. Through its antioxidant properties, garlic keeps skin healthy and glowing and eases arthritic pain. Its high sulfur content aids our digestion while its high vitamin B6, manganese, selenium, and vitamin C content helps our overall vim and vigor.

Is low iron making you feel tired? Our circulatory systems need a constant supply of iron to produce enough red blood cells for optimum human functioning. Garlic helps increase ferroportin production, the protein that provides the bridge iron needs to leave the cells and stay in circulation. Garlic can rapidly increase hemoglobin production, which in turn increases our energy level. All that aside, I just love garlic.

Do's and Don'ts

Do mince it. Crush it. Smoosh it. Chop it. Grind it. Have an affair with it. And then, *EAT* it! Feel a cold coming on? Smear a lard-free tortilla with avocado, cayenne pepper, and crushed garlic. What a tasty way to avoid the gleep! Use chopped garlic in salads, fresh-pressed juices, and beans. Use garlic juice over steamed vegetables. Mince a few cloves into your favorite spaghetti sauce and hummus recipe. Don't waste your money on garlic capsules, and don't microwave raw garlic because you will destroy all the nutrients in it. But do add it at the end of what you're cooking so it will retain its flavor, aroma, and health benefits. Are you a meat eater? Adding garlic cloves toward the end of the cooking phase reduces the carcinogens and enhances the flavor of any meat, fish, or fowl, whether roasted, baked, broiled, fried, sautéed, or grilled.

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 or bastis.org, or call (505) 783-9001.

Wintergreen Oil

By Prof. Rosalie Stafford

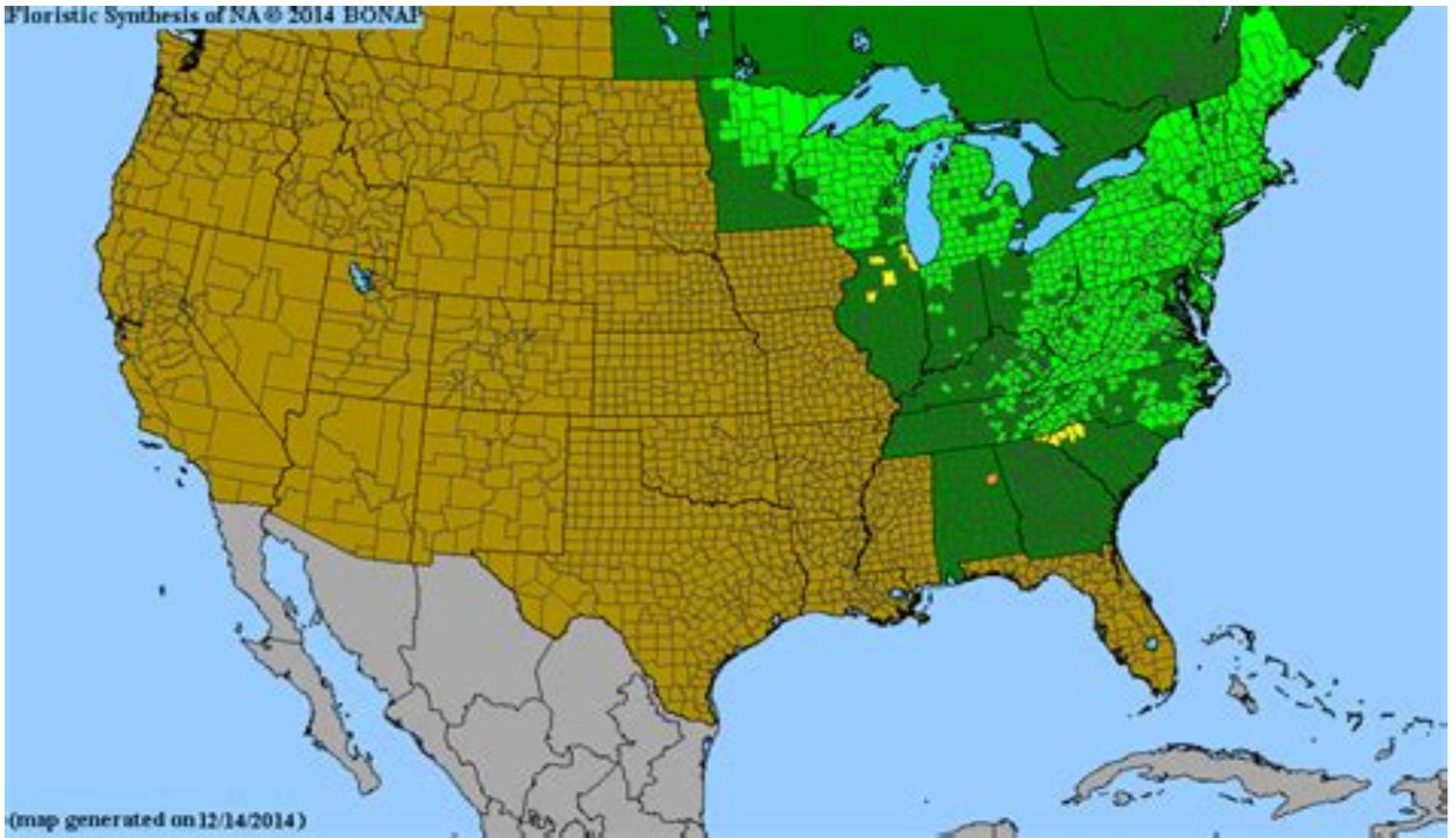
In last two issues of Bio-Natural Healing College's internet magazine, we looked at activated charcoal and tamanu oil, two inexpensive and highly effective items which deserve a place in everybody's first aid kit. This month (August 2020), we will look at *wintergreen essential oil*.



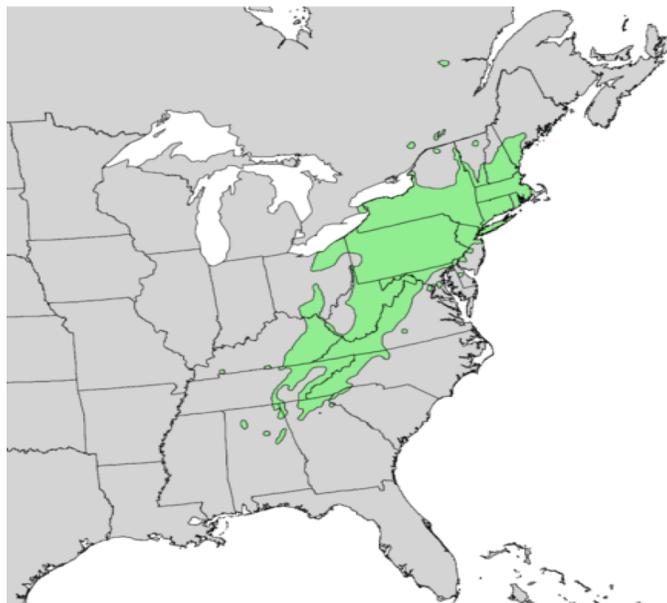
What is Oil of Wintergreen?

Common sense would tell you that Oil of Wintergreen (the natural essential oil, not the synthetic version) is simply oil pressed from a plant called *wintergreen*. That's correct – except when it's not! Wintergreen essential oil is actually derived from various species of completely unrelated shrubs and trees

One of the traditional sources of wintergreen oil is a low shrub which bears several scientific names: *Brossaea procumbens*, *Gaultheria procumbens*, and *Gaultheria humilis*, Commonly known as American wintergreen, eastern teaberry, boxberry, and checkerberry, the attractive plant has stiff glossy green leaves; it produces bright red berries and is often used as an ornamental specimen plant or groundcover in the Northeast. Slow-growing and beautiful, the creeping woodland groundcover is native to North America forests from Manitoba, Canada south through Minnesota, Missouri, Tennessee, and Alabama.



Until about fifty years ago (when over-cutting threatened its survival as a species), the sweet birch tree (*Betula lenta*) was another traditional source of wintergreen oil. Native to eastern North America, sweet birch is also known as black birch, cherry birch, mahogany birch, or spice birch.



As you can see, the native range of American wintergreen includes that of the sweet birch: from Maine to Tennessee, either type of plant was used by the Native Americans (and later, the pioneers and settlers) who made concoctions of the leaves and berries to ease their aches and pains, and to help with their breathing whilst hunting, carrying heavy loads, or doing heavy work (David G Mills). It is an interesting fact that, although American wintergreen and the sweet birch tree are not at all related, they both produce *methyl salicylate*, a toxic compound which serves to protect them from pathogens and predators. We'll come back to that point.

What Exactly is Wintergreen Oil Good For?

Last month, we learned that activated charcoal (applied as a paste) treats insect bites by actually drawing out the poison: activated charcoal relieves pain while reducing swelling and inflammation and that tamanu oil (applied as a liniment) works by immediately soothing inflammation, easing pain, killing infectious agents, and then accelerating the growth of healthy new tissue. As mentioned, oil of wintergreen has traditionally been used to ease muscle and joint aches and pains (Jillian Levy) and to help the lungs do their work, as explained by Chad Pegura:

Wintergreen essential oil can be just as powerful in relieving cold and flu symptoms as any over the counter cold medication. Inside of wintergreen essential oil is an aspirin-like chemical that helps to relieve pain while the fresh cool scent works as a very effective decongestant. The decongestant properties help to break up thick mucus caused by infection, allowing you to expel the mucus and the infection in an easier and more comfortable way.

For best results, diffusing the wintergreen essential oil in a nebulizing diffuser helps it to be inhaled and sent to the systems of the body that need it most. A nebulizer or even an inexpensive humidifier is a very effective way of diffusing healing aerosolized essential oils throughout a closed room. I run a humidifier (filled with at least five quarts of purified well water and a few drops of various essential oils) every night during the cold, dry months: it helps! In addition to helping with breathing problems, Sarah Syakira notes that wintergreen oil has these properties: it is analgesic, antispasmodic, and antiseptic. It stimulates the flow of urine and menstrual fluid. Properly diluted in a carrier oil (such as almond or avocado oil), a massage done with wintergreen essential oil soothes sore muscles. Use it *undiluted*, however, and you are taking a risk! In 2007, the New York Times reported that a seventeen-year-old cross-country runner died after her body absorbed methyl salicylate through excessive use of commercial topical muscle-pain relief products (like Ben-Gay). Whether derived from a living plant or a factory lab, methyl salicylate is effectively the same compound. And methyl salicylate is, without a doubt, a powerful substance, originally produced by plants to kill pathogens. One drop of wintergreen essential oil contains methyl salicylate approximately equivalent to one baby aspirin (Timothy Miller). You don't want to over-do it!

To safely use wintergreen oil, you must dilute it. Aromatherapist Emma Carter cautions: "All oils require dilution with a carrier oil when used topically on the skin." Because of varying toxicity levels, some essential oils require more dilution than others. I myself would not exceed 10 drops of wintergreen essential to a fluid ounce of carrier oil (almond or avocado). Wintergreen oil should never, under any circumstances, be taken orally! A noted aromatherapist cautions: "It only takes a few milliliters to make a fatal dose" if swallowed ("Wintergreen"). Also, caution must also be used when breathing the aerosolized oil. As mentioned already, when I put any kind of essential oil in a steam-humidifier, I dilute it to a ratio of approximately one and a half gallons of water to no more than 30 drops of essential oil. Properly diluted in good quality carrier oil, wintergreen essential oil makes for a soothing massage when your muscles are sore from over work or tension. I have also used it for first aid, for instance, for sprains. Like activated charcoal and tamanu oil, wintergreen oil deserves a place in your home. As with all oils, unless you keep your house very cold indeed, be sure to store your oils in your refrigerator.

Parting Thoughts

In conclusion, I extend my sincerest best wishes for your good health. Look to Nature for your health and healing. Remember to eat plenty of fresh, colorful fruits and vegetables, and give thanks always for this beautiful, bountiful world our Creator made for us.

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Mission: BioNatural Healing College is a non-profit public benefit institution that has tax-exempt status under the Internal Revenue Service, Section 501(c)(3) of the United States of America. Our goal is to offer a high-quality education a diploma program as well as holistic health and nutrition conferences, seminars, workshop, and continuing education. The focus of these educational programs is to offer healing and holistic nutrition science through online distance learning. These dynamic online education programs will provide diverse adult learners throughout the world the experience of enhancing their quality of life, their health, and their happiness.

Vision: The faculty, staff and management team of BioNatural Healing College are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate and explain the importance of this field to prospective students so that they may make an informed decision regarding enrollment. We seek an ultimate goal of satisfaction for the student based on responsibility, commitment, respect, awareness and sustainable education for society.

Accreditation and Recognition: BioNatural Healing College is based in California. It is an institution that has the goal to deliver on- demand online distance learning around the globe. This education is of high quality and vocational in nature. BioNatural Healing College is a legal business entity that has been approved to operate by the State of California's Bureau for Private Postsecondary Education that set forth in the educational code. BioNatural Healing College is not accredited by the United States Department of Education. BioNatural Healing College is a member of the American Holistic Health Association (AHHA).



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