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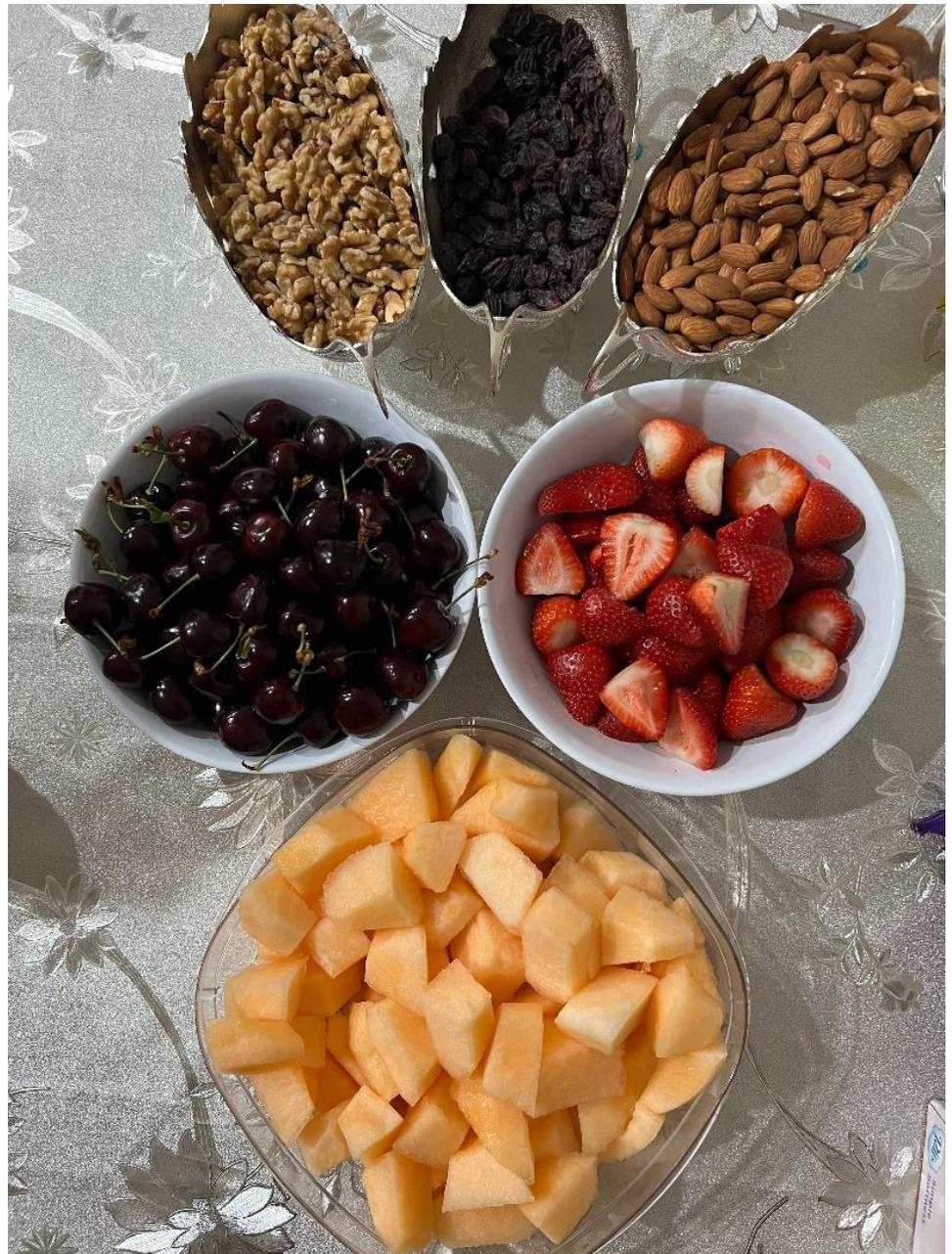


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# Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College (BNHC), BNHC E-Magazine to our dear readers. Also, I would like to thank you all, especially the dear readers who send us their valuable feedback and support. The information in this magazine is solely for educational purposes.

We hope this BNHC- E-Magazine will be useful to you based on the contribution and dedication of many other respected researchers and colleagues around the globe. Thanking and wish you all 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. Vaccination, 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 D<sub>3</sub>, 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.**

# *Ebony & Ivory, Live Together in Perfect Harmony*

By Dr. Bera Dordoni, N.D.

Stevie Wonder and Paul McCartney could have been describing what amazingly wonderful energy machines these human bodies of ours are. Especially if our billions and trillions of cells are living in perfect harmony with one another. When they live in chaos, however, that sets the stage for chronic ailments to develop, such as cancer and other big-name diseases.



"You have cancer." You never want to hear that from your doctor. You know what's ahead of you and it includes tremendous suffering and, too often, death. But it doesn't have to mean all that. Did you know we all have cancer cells in our bodies? But that's okay—a strong immune system will destroy cancer cells **before** they can create the life-threatening disease now called the Big C. Every day in America there are more than 5,000 cancer diagnoses – nearly two million a year. If those diagnosed would immediately go to the cause of the diagnosis and work to eliminate that cause, a lot of healing could take place. However, most people turn first to the conventional cancer treatments that continue to fail, or worse, they cause painful and often deadly side effects. In 80 years the overall death rates for cancer haven't improved. Sadly, we're not winning the 'war on cancer,' in spite of propaganda claiming otherwise. The colon-cancer death rate is unchanged, for prostate cancer it's increased, lung cancer and ovarian cancer show significant increases, and worse still is the epidemic rate at which thyroid cancer is rising.

## **Is There Anything I Can Do for Myself?**

Work on building up your immune system. When your immune system is working at optimal levels, it is more difficult for cancer to invade your body.

A healthy body with an optimally functioning immune system can not only prevent cancer invasion or invasion from other big-name diseases, but it can also destroy invaders and 'cure' itself. How? By **apoptosis**. *Say what? Apoptosis?*

Ok, just a little cell talk. Healthy cells in our bodies have predetermined life cycles where they divide several times, eventually die, and are replaced by new cells. This cell death – apoptosis – is normal. What is *not* normal is when cells skip this process, failing to die. Instead, they multiply and spread as abnormal cells. When they keep dividing and multiplying, they form tumors that often spread throughout the body.

What defines the difference between a healthy person and a sick person? Is it because the healthy person has more apoptosis happening in his or her body? What kind of fuel helps make sure apoptosis is taking place as it is designed to do?

### **Iodine for Apoptosis**

One particular fuel, **iodine**, appears to be missing in epidemic proportions from many diets today, causing some of the most severe health issues ever facing us. Every cell in the body depends on iodine. Without it, the thyroid gland, which regulates the body's entire metabolism, cannot function at optimal levels. Why is this happening today, when nearly 90 years ago Ohio physician Dr. David Marine proved the goiter epidemic was caused by iodine deficiency and could be cured with the addition of iodine to the diet? Iodine is present in natural sea salts, but must be added to table salt, and that's why the most common table salt today is 'iodized salt.' Unfortunately, the amount of iodine in iodized salt is now insufficient. In years past, flour dough was conditioned with iodine. Today the baking industry is now making breads, which used to be prepared with iodine, with a cheaper substitute – bromine. And *bromine inhibits the absorption of the iodine* we so much need *by binding to iodine receptors*, thereby causing this epidemic iodine deficiency which is further causing a constant rise in illness. Catch-22.

Evidence has shown the more deficient we are in iodine, the more apt we are to develop major illnesses due to the fact that **apoptosis cannot take place without iodine being present in the cells.** How exciting! Just do the one simple thing required – get more iodine into your diet and into your cells and you can turn your health around, right? Almost. No one is running around these days suffering from a deficiency of chemotherapy or radiation. But many people are nearly 'running on empty' when it comes to nutritional fuel, and especially iodine, which promotes vitally important apoptosis (normal cell death). When we're talking about cancer, apoptosis can make the difference between good health and a potentially fatal diagnosis. This lack of nutritional fuel doesn't just apply to cancer or other big-name-diseases. When your car runs out of gas, it stops running. Simple as that. Without proper nutrition or fuel, the immune system flags, inviting colds, flus, allergies, infections, fatigue and more. When allowed to remain suppressed, we see the autoimmune diseases including cancer, arthritis, liver failure, heart disease, muscle weakness, Alzheimer's and Parkinson's. **What Else Can I Do to Avoid Becoming Another Statistic? Don't smoke.** The carcinogenic chemicals such as arsenic, formaldehyde, vinyl chloride, benzene, cadmium, and many more still make cigarettes the number one cause of death among men and women, and also contribute to heart disease, cataracts, strokes, osteoporosis, and numerous other ailments. **Avoid Refined Foods** where nutrients have been stripped out and harmful sugars, salts, oils and other chemicals have been put in or left in to increase shelf life and increase cost efficiency. These foods are 'devitalized, which means your consumption of them will, over time, devitalize YOU, causing your immune system to go to sleep, basically. **Stay Away from Refined Flour, Salt, Grains and Oils.** This includes almost all processed foods in bags, boxes and cans – white bread, white pasta, white rice, chips, commercial cakes and cookies – all convert to cancer-loving sugar in the body.

Fats and oils labeled as 'partially hydrogenated' or margarine, canola, corn, cottonseed and soybean oils suppress the immune system by producing toxic trans-fatty acids in the body, contributing to heart disease and weight gain. Instead, replace those toxic oils with virgin coconut oil, cold-pressed virgin olive oil and organic butter if you're going to use oils. An oil-free diet is also highly recommended these days for those with any kind of heart disease. White table salt is bleached and devoid of all nutritional value. Replacing this refined salt with organic, unrefined sea salts will provide you with nutritious minerals **including iodine**, and they don't even cause high blood pressure. **Sugar Sugar Sugar** Cancer *loves* refined sugar; this is super fuel for cancer cells to proliferate at the same time it suppresses the immune system... for up to five hours. Do you snack on candy or consume a soft drink every few hours? If so, your immune system is constantly being suppressed. Consider replacing these refined sugars with the naturally occurring sugars in fruits or an organic, raw, dark chocolate, sweetened naturally. **That Means I Can Use Artificial Sugars ... They're Natural, Aren't They? NO.** All name-brand artificial sweeteners, including aspartame, contain harmful, cancer-producing chemicals. One particular brand contains chlorine atoms, which, like bromine, inhibits iodine absorption. Another killer of cancer-cell apoptosis; hence another immune-system inhibitor. And these immune-suppressing artificial sweeteners are found in all commercial diet sodas, sugar-free snacks and thousands of diet products claiming reduced calories. Not only do they possibly help cause cancer, but they do nothing to help people lose weight; in fact, they actually cause weight gain if used over a period of time. (See <http://gallupjourney.com/2012/09/hi-im-bera-im-an-addict/>) **How Can I Create More Apoptosis in My Body?**

Supplement your diet with **inorganic, non-radioactive iodine**, which costs just pennies a day. As healthy adults, we need approximately 12.5 mg. of iodine daily. Those with compromised immune systems often need much more. Unfortunately, most conventional doctors won't recommend or prescribe iodine, other than radioactive iodine designed to kill a thyroid tumor, and that is a harmful treatment. My favorite source for consuming **inorganic, non-radioactive iodine** is seaweed. If your iodine levels are low, consider this simple addition (delicious in soups, stir-fried veggies, and as snacks). Natural yogurt and some white fish, although not as high in iodine, are also good sources for this trace mineral. There are also seaweed (kelp) supplements that can be taken.

Try Kelp Root tablets for measured doses – they actually taste quite good when chewed. Kelp root has 10-15% more nutritional value and 20 times more fiber than its leaf or stem, is sodium-reduced for a healthy sodium-potassium balance, and contains all the alkaline minerals key to maintaining a natural alkaline blood balance, including, of course, iodine. Side effects include richer hair color, reduced blood pressure, diminished fat stores, increased energy, an overall sense of well-being, and a better chance for your trillions of cells to live in perfect harmony with one another.

**Remember, God helps those who help themselves.**

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### **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



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**Instructor: Dr. Nadir Sidiqi Ph.D.**

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



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

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

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



Dedicated to the Memory Of  
Michael Rosen  
Village Planner 2008 - 2012  
*"A goal without a plan is just a wish"*  
Antoine de Saint-Exupéry