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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 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 prevention of COVID-19.**

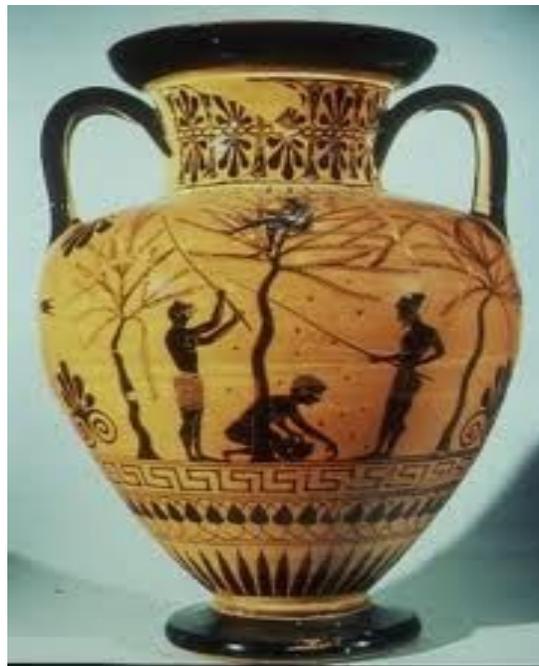
# Adulterated Olive Oil

## By Prof. Rosalie Stafford

In the last issue of Bio-Natural Healing College's internet magazine, we looked at the problem of fake honey. This month (December 2020), we will look at the problem of *adulterated olive oil*.



Olive Oil: Prized Since Ancient Times: The archeological record reveals that olive trees were originally cultivated in Asia Minor, From Syria, cultivation spread throughout the classical world — and ultimately across the whole globe: India, the Americas, Australia and New Zealand, South Africa, and China.



Olive oil has been pressed from the fruit of the olive tree for seven millennia (Cartwright; Ewbank; “History”). Olive oil first appears in the historical record in 4,500 year old Syrian cuneiform tablets (Palmer).

Olive oil, used for cooking, for lighting, for medicine and personal hygiene, was so prized by the ancients that the ancient Greek poet Homer called olive oil “liquid gold.” (Lewis; Lindsay; USF).

## Health Benefits of Cold-Pressed Extra Virgin Olive Oil

Today, olive oil is known to be a powerful antioxidant, to possess anti-tumoral and anti-inflammatory properties, and to reduce arterial blood pressure (Kohli). Recent clinical studies show that the polyphenols in cold-pressed extra-virgin olive oil increase brain glutathione and reverse age- and disease-related learning and memory deficits (Farr). And — if that’s not enough — high-quality olive oil reduces the incidence of *metabolic syndrome*, “a condition characterized by a group of risk factors that increase disease risk, including obesity, high blood pressure, and high blood sugar levels (Brazier).

## Adulterated Olive Oil

Because of its many verified health benefits, it’s not surprising that olive oil is, today, in great demand among health-conscious consumers. Unfortunately, demand exceeds supply, and that leads to the same problem we looked at last month: just as there is a flourishing market in fake honey, there is a vast amount of adulterated olive oil in supermarkets and in unwary consumers’ pantries.

The problem first came to the attention of consumers in 2010, when UC Davis published the results of a taste-taste which indicated that two-thirds of the olive oils tested were subpar (North). This infamous subjective study focused only on taste; since then, there have been numerous studies utilizing chemical analyses of hundreds of different brands of olive oil which have revealed that adulteration is all-too-common. (In 2011, Tom Mueller published a ground-breaking book on the subject.) Dr. Joseph Mercola, warns: Anywhere from 60 to 90 percent of the olive oils sold in American grocery stores and restaurants are adulterated with cheap, oxidized, omega-6 vegetable oils, such as sunflower oil or peanut oil, or non-human grade olive oils, which are harmful to health in a number of ways. (Clark)

Not only are inferior oils passed off as good olive oil, improper transportation and/or storage of olive oil causes it to go rancid and renders it unfit to consume.

Let's look at these problems in detail. Cold-Pressed or Solvent-Extracted? Traditionally, olive oil was *cold-pressed*: minimally processed without the application of heat which damages the health-giving polyphenols. The first pressing was traditionally known as *extra-virgin olive oil*. Nowadays, the term is fairly meaningless, as scammers label even solvent-extracted blended oil as *extra-virgin cold-pressed*. Cut with Inferior Oils

Sunflower oil or peanut oil are both used to adulterate olive oil. In addition, canola oil, corn oil, and soybean oil — GMO -products which, in my opinion) are *unfit for human consumption* — are used to increase manufacturers' profit. Inferior grades of real olive oil (called *pomace*) is used to cut the better oil. Sometimes, even fish oil is used to cut olive oil!

“Then,” as Kristen Michaelis explains: “The blended oil is chemically deodorized, colored, and possibly even flavored and sold as ‘extra-virgin’ oil to a producer.” The crooked supplier's profits are thereby increased — without the brand-bottlers even knowing that they have been tricked into putting their labels on an inferior product.

## How to Protect Yourself from Inferior Oil

Genevieve Howland states that there are a variety of things you can do to try and not be tricked, First, read the label: if it says “California Olive Oil Council — COOC Certified Extra Virgin,” “Extra Virgin Alliance (EVA),” or “UNAPROL” (the Italian quality-control group), that's a good sign. Also look at the country of origin. Australia, Chile, and California all have relatively high marks for quality. Follow the advice of Janet Fuller: the more specific information on the bottle, the less likely you are to end up with inferior olive oil.

Unfortunately, as Cecilia Rodriguez points out, even good, detailed labels bearing seals of approval such as UNAPROL are not a foolproof indication of good quality: olive oil criminals have managed to corrupt the organizations which maintain the seals of quality!

On the other hand, there is one clear sign of poor quality olive oil: the bottles. Because light causes olive oil to go rancid and because plastic leaches toxic chemicals into the contents of the bottle), any olive oil which is packaged in clear glass or plastic is something you should pass on. Dark glass bottles or cans is the only appropriate packaging for good olive oil. Check the harvest date on the bottle. Choose only olive oil which is not much more than one year old and use it up before it's 18 months old (Blanche).

Buy small bottles and keep them in the refrigerator. Enjoy it everyday: olive oil is not meant to be hoarded!

### Olive Oil: A Necessary Luxury

All this sounds ... well ... *expensive*.

Yes. Good olive oil *is* expensive. You should expect to pay at least a dollar per ounce — but it's worth it for the health benefits. Drizzle it on your salads or beans or bread. Just don't fry with it: high heat destroys the healthful polyphenals. (For frying, use coconut oil or avocado oil.)

As you enjoy your pure extra-virgin olive oil, bear in mind that you are partaking of a health-giving natural food which people have been enjoying for thousands of year. Pure olive oil is truly a priceless gift from our Creator Who has given us every good thing to enhance our health.

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# We Survived Y2K. Can we Survive 2021 in Health?

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

It's getting tougher for everyone day by day. More lockdowns and stay-at-home orders are being issued with more Covid-19 cases being reported daily. Almost all of my clients who were scheduled to come stay with us in our mountain retreat here in New Mexico have had to cancel due to financial difficulties or their stay-at-home orders.



Usually I am focused on staying happy and 'in the inspirational zone' so I can guide my clients to do the same, but recently I found myself feeling down along with friends, family and clients, which I just used as an excuse to turn to comfort foods for solace. Where we live, which is wonderfully isolated, is almost two hours away from a health-food store, so I gave in to my cravings for chocolate by stopping at a local gas station/market and grabbing some commercially made chocolate chip cookies with conventional (which means it had GMOs in it) ingredients including white flour, eggs and a low-grade oil of sorts. I didn't care. They contained chocolate. Unfortunately, they didn't make *the manufacturer* sick, just me.

### **The Holidays Often Find People Sick**

Just like I turned to my cookies for comfort (which didn't work, darnit!) many people without close family or friends turn to comfort foods for solace during the holidays. They, too, end up sick, I know, because every year I receive calls reporting how they felt.

Well, none of us knows how this new year ahead will turn out, but we must keep a positive thought at all times if we are to help move us forward into 2021 hoping for a new start. How can we all survive what is happening out there and greet 2021 in health without turning to junk foods for comfort? There are definitely ways.

**Listen, Don't Suppress** Like I said, my go-to is almost always chocolate. Raw dark chocolate is fine. But at times I still reach for the milk chocolate. And then I pay for it. With stomach pain. Unfortunately, the older I get, the less I'm able to tolerate my old bad habits. I have a rule that says 80% of the time I eat the right thing which allows me to junk out 20% of the time. But now when I indulge in that 20% junk food which might include white sugar or anything processed with GMO (genetically modified organism) ingredients which are found in almost anything that is not organically grown, I pay for it with PAIN in the stomach.

I know I'm not alone, since I have friends who regularly reach for commercial digestive aids when they eat. Medications make me feel so sick I can't take them, reducing my choice to consuming foods that make me feel good, but still satisfy me in the long run. That includes sweet goodies. Those sweets can still contain chocolate, but they no longer can have any dairy or white sugar.

Since the first 'food' I ever made when I was a child was chocolate chip cookies, they have remained my favorite go-to sweet comfort treat. Today I teach my students who are learning plant-based cooking how to make these types of foods so they can still enjoy eating the foods they love without feeling ill effects. The recipe for my favorite cookies is so easy to whip up I make a batch every week.

1 cup raw cashews, soaked in water for 2-4 hours  
1/4 cup raw coconut nectar  
1 tbsp. chia seeds soaked in 2 tbsp. warm water  
1/2 tsp. natural baking soda  
1/2 tsp. real salt (or pink Himalayan salt) – NOT sodium chloride as is found in Morton's, etc.  
1/2 cup agave-sweetened or coconut-sweetened dark chocolate chips

Drain and rinse cashews. Break them up in a food processor or blender. Place the blended cashews in a bowl with the remaining ingredients and mix together. Place tsp.-sized balls of cookie dough on cookie sheet 1” apart and bake at 275 degrees for 15 minutes. Remove from oven and cool. Enjoy.

**If Only That Were All...** Sure. Just eat healthful cookies. Wrong. So, what can we do to create vibrant health as we enter this new year? Consider consuming foods that can keep you healthy not only now, but all year round. Raw garlic (a clove a day will keep the doctor away even more than a daily apple), medicinal mushrooms, chile peppers (the hotter the better), and fermented foods (sauerkraut, kimchee) help keep the immune system strong. Fresh clean water is also a must for a healthy body, and lots of it. Water is essential for the optimal function of every cell and system in the body, helps with nose stuffiness and dry throat, and loosens secretions. Your urine should be a light, pale yellow; if it's not, drink more water to flush out the toxins. If you are not moving your bowels after every meal, you are likely constipated, which negatively impacts the immune system and may mask as a cold or flu. Cleanse or detox this condition rather than add more junk food to relieve the aches and pains. How about stocking up on ‘medicine cabinet’ items you can pick up at your local health-food store or order online so you can avoid taking suppressive drugs if you feel a cold or flu coming on:

- Oscillococcinum®, a very effective homeopathic flu remedy by Boiron available in health-food stores and even some grocery and drug stores (use at first sign of flu)
- Echinacea combined with Golden Seal in homeopathic, herbal, or tea form
- Sambucus (elderberries), an herb that stops the flu-virus replication in many cases
- Olive leaf extract
- Hot herbal teas that make you feel cozy and nurtured and help ease symptoms

- Slippery elm tea for a sore throat; add licorice root for sweetness
- Noni juice
- Raw vitamin C
- Vitamin D3.... These are just a few things I always have on hand just in case...**Single Whole Bowl Meals** Keep the meals simple. Whole-meal salads combine raw foods with cooked foods and can satisfy many cravings. Think kale, spinach, broccoli, carrots, beets, onions, garlic and piñons, all raw or lightly wilted since we are entering the winter season combined with grilled tempeh and quinoa. All the protein your body needs. Warm nourishing **HOMEMADE** soups are all-time favorites. In fresh water I always add onions, carrots and celery as a base. Anything else that's available such as potatoes, beets, squash or pumpkin, peppers, chard or any other vegetable you might have on hand can usually bring more flavor to the broth along with spices. Be creative – you might be surprised with how happy the combination makes you. When you're about to serve the soup throw in some raw diced kale, spinach or beet leaves so you're getting the benefits of your warm soup with the live enzymes contained in the raw greens. May the magic of the holiday season manage to find you and bless you with happiness and good health as you greet 2021. And if you find you need to get away to a mountainous isolated getaway where you'll be safe and where you'll never go hungry, give us a call (505) 783-9001 or email [bastis@bastis.org](mailto:bastis@bastis.org). Let's enjoy a healthy, dis-ease-free 2021 together!

**About the Author** Dr. Bera “The Wellness Whisperer” Dordini, 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.



**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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