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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 D₃, vitamin C), and 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.

Understanding Basic pH Dietary Acid and Alkaline

By: Dr. Nadir Sidiqi Ph.D.

Our discussion for this study specifically emphasizes the significance and value of pH related to acidity and alkalinity for human well-being. Understanding how to balance the human body and heal through appropriate pH mechanisms is crucial. It is important to note that the acid/alkaline balance of body blood and a proper pH are crucial aspects of health. Studies have shown that a balanced pH protects the body against many health problems from intracellular levels. As such, what is pH? pH is the measurement of the hydrogen ion concentration, $[H^+]$ that measures the degree of acidity or alkalinity of a solution. The pH value ranges from 0 to 14 degrees, and a pH value below 7 exhibits acidic properties.

Values above 7 pH exhibit alkaline. Since 7 pH is the center of the measurement scale, it is neither acidic nor basic (alkaline) and is, therefore, called “neutral”¹. pH is also defined as the negative logarithm of the hydrogen ion concentration. This definition of pH was introduced in 1909 by the Danish biochemist, Soren Peter Lauritz Sorensen. It is expressed mathematically as $pH = -\log [H^+]$ where: $[H^+]$ is hydrogen ion concentration in mol/L. The reason for this to mention is that imbalance of acidity and alkalinity that permits unwanted organisms to flourish, damages tissues and organs, and compromises the immune system². Drs. Nilay Suthar and Anita Verma stated in their publication “Alkaline Diet and Health: A Brief Review” that acid and alkaline (e.g., bases) are derived from direct sensory experience. The word acid comes from the Latin word *acere*, which means “sour”

All acids taste sour. For instance, well-known from ancient times were vinegar, sour milk, and lemon juice³. However, the word alkaline comes from the Arabic “*al-qily*” which means “to roast in a pan” or “the calcinated ashes of plants”.

The first scientific concept of acids and bases was described by Antoine Lavoisier in early 1776. In the year 1838 Justus von L proposed that an acid is a hydrogen-containing substance. Liebig's definition, while completely empirical, remained in use for almost 50 years until the adoption of the Arrhenius definition⁴. As mentioned earlier the concept of pH was first introduced by Danish chemist Soren Peder Lauritz Sorensen at the Carlsberg Laboratory in 1909 and revised to the modern pH in 1924 to accommodate definitions and measurements in terms of electrochemical cells⁵.

Understanding pH value for human health: The health of humans depends on two important chemical compounds in properly balanced value between acids and alkalis. Dr. Susan E. Brown and Larry Trivieri Jr., have mentioned in their book "The Acid, Alkaline Food Guide" that the balance of these compounds is essential for both minute-to-minute and long-term survival, and creates what is known as the pH value of our body's fluids, which include blood, saliva, urine, and the fluids both between and inside the cells. Albert Szent-Cyogyi, Nobel Laureate and the discoverer of vitamin C stated, "The body is alkaline by design but acidic by function" It is important to understand that the body's metabolic processes most of the time produce enormous quantities of acid to do their job properly. Indeed, the cells, tissues, and organs require a slightly alkaline environment. Maintaining a proper balance of pH is essential in the body's defense mechanism against diseases. Disease-causing organisms can grow easily in an acidic body, which makes a condition favorable for the growth of bacteria, fungi, viruses, yeast, mold, and other unwanted organisms. The acidic environment constantly also induces a condition for cancer occurrence, however, maintenance of a proper balance of pH is the remedy for the prevention of many diseases and approach to optimum good health. According to the research of Dr. Enderlein, our bodies can only be healed of any chronic illness when our blood is at a normal, slightly alkaline pH. Researchers indicate that the body's blood pH has a very narrow range of about 7.35 to 7.45. This means that the human body slightly is away from the proper balance pH range. As a result of that multiple health problems will be occurred. Michael Lam MD explains in his article "pH and Acidosis" that if a human's blood pH falls below 6.8 or above 7.8, the body cells will stop functioning and death will occur. This demonstrates how important maintaining a balanced pH is for human beings and their well-being.

According to Dr. Lam, a normal healthy body will have an almost equal blood pH of acidity and alkalinity. An ideal pH balance is 7.4, which means that it is slightly more alkaline than acid. Only when the pH level is balanced can the body then effectively assimilate vitamins, minerals, and food supplements.

It means pH determines good digestion, absorption, storage, nutrient transportation via blood, and toxic waste product excretion. Studies have shown that the current diet has less amount of potassium alkali salts than our ancestor's diet. An integrated approach is necessary for humans to minimize adverse factors and a better diet adaptation species in comparison to its ancestors. Indeed, the diet has changed remarkably, since the agricultural revolution a mere 10,000 years ago, and since industrialization only 200 years ago⁶. This is the reason why many health problems from this mismatch related issues between genetically determined nutritional requirements and diet, some might be a consequence in part of the deficiency of potassium alkali salts (K-base), which are amply present in plant foods. In addition, our ancestors ate in abundance, and the exchange of those salts for sodium chloride (NaCl), has been incorporated copiously into the contemporary diet, which at the same time is meager in K-base-rich plant foods. As such, there has been a decrease in potassium (K) compared to sodium (Na) and an increase in chloride compared to bicarbonate found in the diet⁷. The ratio of potassium to sodium has reversed, K/Na ratio previously was 10 to 1 whereas the modern diet has a ratio of 1 to 3. A deficiency of K-base in the diet increases the net systemic acid load imposed by the diet.⁸

Human life depends on appropriate pH levels in cells and organisms. Human life requires a well-controlled pH level in Serum of about 7.4 (Slightly alkaline 7.35-7.45)⁹. Over years, maybe around 100 years, pH of the ocean has dropped from 8.2 to 8.1 because of exaggerated CO₂ deposition. As known, it has negatively affected coral reef¹⁰.

Human life depends on appropriate pH levels in cells and organisms. Human life requires a well-controlled pH level in Serum of about 7.4 (Slightly alkaline 7.35-7.45)¹⁰. Over years, maybe around 100 years, the pH of the ocean has dropped from 8.2 to 8.1 because of exaggerated CO₂ deposition. As known, it has negatively affected coral reef¹¹. Even the pH of the soil in which plants are grown can have considerable influence on the mineral content of the food we eat (as minerals are used as buffers to maintain pH). The ideal pH of soil for the best overall availability of essential nutrients is between 6 and 7. Acidic soils below a pH of 6 may have reduced calcium and magnesium, and soil above pH 7 may result in chemically unavailable iron, manganese, copper, and zinc. This results in a diet that may induce metabolic acidosis which is mismatched to the genetically determined nutritional requirements¹¹. Studies indicate that with aging, there is a gradual loss of renal acid-base regulatory function and a resultant increase in diet-induced metabolic acidosis while on the modern diet. According to Dr. Josh Axe, there are many factors that cause acidity:

- Alcohol and drug use Antibiotic overuse Artificial sweeteners
- Chronic stress
- Declining nutrient levels in foods due to industrial farming
- Low levels of fiber in the diet, Lack of exercise
- Excess hormones from foods, health and beauty products, and plastics
- Exposure to chemicals and radiation from household cleaners, building materials, computers, cell phones, and microwaves
- Food coloring and preservatives
- Over-exercise, Pesticides and herbicides
- Poor chewing and eating habits
- Processed and refined foods
- Shallow breathing

Let us consider some of the effects of acidity on health:

- Allergies, asthma, congestion, Fatigue, Headaches

- Frequent colds, Inflammation, Joint and muscle pain, Skin problems
- Ulcers, Weight gain. Over the long term, acidosis can lead to Arthritis, Cancer, Diabetes, Fibromyalgia, Heart disease, Multiple Sclerosis, Osteoporosis, and Stroke¹².



Source: https://judydeluca.files.wordpress.com/2014/10/msps_141_ph2.jpg

Understanding of pH in various parts of the body: The pH in the human body may vary considerably from one area to another with the highest acidity in the stomach range of 1.35 to 3.5 to aid digestion and protect against opportunistic microbial organisms¹³. However, even in the stomach, the layer just outside the epithelium is quite basic to prevent mucosal injury¹⁴. It has been suggested that decreased gastric lining secretion of bicarbonates and a decrease in the alkaline/acid secretion in duodenal ulcers.¹⁴ A study indicates that the skin is quite acidic (pH 4-6.5) to provide an acid mantle as a protective barrier to the environment against microbial overgrowth. There is a gradient from the outer horny layer (pH 4) to the basal layer (pH 6.9)¹⁵. This is also seen in the vagina where a pH of less than 4.7 protects against microbial overgrowth¹⁶. Researchers stated that the urine may have a variable pH from acid to alkaline depending on the need for balancing the internal environment. Acid excretion in the urine can be estimated by a formula described by Remer (sulfate + chloride + 1.8x phosphate + organic acids) minus (sodium

+ potassium + 2x calcium + 2x magnesium) mEq)¹⁷. Indeed, the body's vitality depends on a proper balance of acid/alkaline value, and bringing the body back to vitality by balancing all other systems for optimum health is crucially important for instance:

Digestive system: Mind Body Green Site stated that the energy of the whole-body system depends on a proper digestion system. Indeed, it would be useful, to begin with, for digestive disorders, such as indigestion, nausea, bloating, and gastric reflux, which are symptoms caused by excess acid in the gastric region and not enough alkaline minerals in the intestinal tract. If the alkaline minerals from enzyme-rich foods are missing then the pancreas will become exhausted, and once the pancreas is exhausted, it loses the ability to decode the food and tell the body what to do with it. This will lead to a degenerative spiral of entropy where organs become confused and inflamed and will lead to disorder and discomfort situations in the body.

Circulatory system: heart disease is a major problem around the world, and acidity is the principal cause of heart disease. Studies have shown that many healthy fats are extremely important and essential for cardiovascular health. Healthy fats can actually help heal the inflammation that underlies arteriosclerosis. When the arteries thicken with plaque it is not as a response to good fats, it is inflammation created by the internal acidic environment. The body responds to the acidity by lining the vessels with fatty plaques to prevent life-threatening leaks, which arrest imminent death, but strain the heart because the aperture for the blood to flow through is narrower. When the heart becomes completely exhausted, this is known as a heart attack.

Immune system: This is the defense bodyguard system. Acidic environments are breeding grounds for anaerobic pathogens whereas the high levels of hydrogen in rich body fluids keep bad bacteria inactive. When the immune system of the body is strong, it would not allow the disease-causing agent to cause harm to the body. A proper acid/alkaline balance will help the body's organs to work against pathogens and enhance the body's natural functions to heal itself. All of these activities depend on the ratio of cellularly balanced pH.

Respiratory system: When the tissues and organs are overloaded by acidity the transport of oxygen is strangled. This suffocation means the cells cannot breathe properly. Every cell in the body needs to breathe new oxygen and clear acidic carbon dioxide to function correctly. When the ratio of acidity is too high then wastes in the form of mucus and infections and viruses build up in the lungs, which leads to colds, bronchitis, asthma, etc., as described by the Mind Body Green Site.

Skeletal system: Millions of people suffer from arthritis, which is one of the most disabling diseases in developed and developing countries. The word arthritis means "inflammation of the joint" and is used to describe pain, stiffness, and swelling in the joints. The two main forms of arthritis are Rheumatoid and Osteoarthritis. Both forms are related to pH imbalance and accumulation of acid deposits in the joints and wrists. As a result of that accumulated acid damages cartilage. When the cells that produce the lubricating synovial fluids and bursa fluids are acidic, this condition causes dryness that irritates and swells the joints. When uric acid builds up it tends to deposit in the form of crystals, like broken glass in the feet, hands, knees and back. Osteoarthritis is not a 'wear-and-tear' condition. Mind Body Green has proposed to develop a special training program for arthritis by using alkaline minerals and Yoga.

Integumentary system: Commonly known as the skin and skin is quite acidic as mentioned earlier. When the body's pH is out of balance then the buildup of acid causes inflammation and the skin is less able to function as a natural barrier against infection. As a result, the skin tends to develop lesions and sores open to the surface of the body, and the formation of skin eruptions occurs, for example, pimples or rashes as reported by (www.mindbodygreen.com).

Nervous system: A proper function of the nervous system is essential for the health of the whole body system. Acidity weakens the nervous system by depriving it of energy. This is 'devitalizing' or 'enervation'. It makes the physical, mental, and emotional body weak (www.mindbodygreen.com).

Excretory system: This is also known as the urinary system. It is made up of multiple organs, the main one being the kidneys. The kidneys perform the task of filtering fluids and purifying the body's blood. If the body is overwhelmed by excess acids, compensatory mechanisms spring into action, one of them is the pulling of alkaline minerals from the body's bones and dumping them in the blood. If this occurs frequently enough, the minerals build up in the kidneys in the form of painful kidney stones.

Muscular system: Mind Body Green describes that when acidity increases in the muscle cells, it disrupts the metabolism breakdown of glucose and oxygen to energy. This means muscles perform poorly in an acidic environment. An alkaline system, on the other hand, allows for much better aerobic metabolism and energy for the body's recovery from strenuous exercise. When someone is acidic from their breathing because they take large gulping inhales while doing the simplest tasks like walking and talking, which suggests their body finds it difficult to adequately deliver oxygen into the cells a symptom of acidosis.

Reproductive system: Much research needs to be done to discover the exact link between sexual dysfunction and acidity and infertility and acidity. Researchers claim acidity is correlated with three different disorders in reproductive health:

- Decreases male and female arousal
- Decreases sexual enjoyment and particularly female satisfaction/climax
- Decreases fertility and increases the tendency to miscarry

It is already mentioned many more diseases and disorders are associated with an acidic condition.

Acidosis: Acidosis is a pH imbalance where the body has accumulated too much acid and does not have sufficient acid neutralizer to neutralize the effects as reported by Dr. Michael Lam. Acidosis may result from a lack of insulin, a starvation diet or even a gastrointestinal disorder like vomiting and diarrhea. The acidic biochemical type is not meant to represent the absolute pH measurement of the blood system, which generally requires a laboratory test performed in hospitals known as blood gasses. The principal sources of acid buildup are:

1. The metabolism and/or incomplete breakdown (oxidation) of foodstuffs or metabolic “waste” produced as a by-product of cellular activity. During normal cellular respiration and energy production, acids are produced as part of a ‘waste’ product. These acids must be ‘balanced’ neutralized or removed by the body’s buffering and detoxification systems through the kidneys, lungs, liver, and blood.

2. The consumption of acid is present in the food, air, and water supply. Nitrogen emissions from automobiles and industrial plants, food dyes, sprays, waxes, preservatives, additives, artificial sweeteners, fertilizers, water pollutants, and even chloride and fluoride in tap water are just some of the highly acidic chemicals that are ingested by millions every day as pointed out by Dr. Michael Lam.

Acidosis effects on health: It is already mentioned that acidosis creates many serious health problems with major organs such as the liver, heart, or kidneys. It is important to note some of the reasons that you should consider avoiding acidosis:

- It corrodes arteries, veins, and heart tissues
- Accelerates free-radical damage and premature aging
- It disrupts lipid and fatty acid metabolism
- It leads to weight gain and diabetes
- Also, disrupts the insulin-producing pancreatic beta cells
- It alters the energy metabolism and reserve
- It slows the delivery of oxygen into the cells
- Therefore, many types of health problems are associated with acidosis:
 - Decrease the body's ability to absorb minerals and other nutrients
 - Decrease energy production in the cells
 - Decrease the body's ability to detoxify heavy metals
 - Enable tumor cells to thrive, and
 - Make the body more susceptible to fatigue and illness.

How does the body overcome acidity? As mentioned earlier that many sources of acidity and toxicity in our environment and the biggest contributor to unbalanced pH is our diet¹⁸.

However, underlying regulatory forces work continually to balance an acidic body biochemistry to remove excess acid and return the body to a more neutral state¹⁹. There are internal buffering mechanisms include:

- The production of bicarbonate from the organs and cells of the body
- The removal of minerals such as calcium from bones is used as a buffering agent to neutralize the acid. This is one of the leading causes of osteoporosis
- The blowing off of carbon dioxide (CO₂) from the lungs. Carbon dioxide is an acid. It leads to symptoms of shallow breathing and hyperventilation
- The release of alkaline bile from the liver and alkaline digestive secretions from the pancreas and sodium retention from the kidneys in response to the secretion of the Aldosterone hormone. Aldosterone is produced by the adrenal gland, and stimulation of this gland leads to the feeling of internal “stress”²⁰. Let us consider three conditions that are associated with metabolic effects as described by Dr. Lam:

Calcium imbalance: Many minerals and other factors involved in maintaining normal body biochemistry fluctuate throughout the day in response to variations in serum and electrolyte concentrations and dietary influences. Therefore, such minerals act as a buffer and balance to maintain the body in a balanced biochemistry state for proper enzyme activations. Long-term acidosis can lead to mineral depletion and osteoporosis. For instance, Calcium has been shown to enter the intracellular compartment to maintain ionic balance when magnesium is deficient, resulting in calcification of the cell, which will lead to hypertension. A high dose of calcium supplementation has been shown to reduce hypertension. **High uric acid levels:** Resulting from the breakdown of meat byproducts (purines) contribute to the development of an acidotic condition.

Excessive protein intake, including meats, viscera, and leguminous vegetables increase uric acid production. Other causes of hyperuricemia include gout, renal failure, lactic acid buildup (alcohol abuse, extreme exercise and pregnancy, malignant neoplasms, and the use of diuretics).

High triglyceride levels: Buildup of acidity, resulting from the breakdown of endogenous fat or excessive ingestion of (including grains. Diets excessive in complex carbohydrates (such as pasta, bread, and starches) are the most common cause of elevated triglyceride levels. Only 20 percent of the ingested sugar load can be burned or stored as glycogen at any one meal. The remainder 80 percent will be converted to triglyceride which can contribute to the buildup of acidity, or be stored as fat deposits.

Diet plan to reduce acid: Normally, blood is maintained in an alkaline state. An acidic state reduces blood oxygen-carrying capacity and promotes a higher balance state of polymorphism. Foods are generally broken down and converted into either acidic or alkaline substrates with digestion. 60 to 70 percent consumption of alkaline-forming foods in the diet, is required especially for those individuals with an acid metabolic condition, along with 30 to 40 percent acid-forming food by volume. It is important to note that do not simply eat all alkaline-forming food, as some acid-formation diet is necessary to generate metabolic activity and maintain homeostasis. Consumption of too much alkaline food a body can predispose the body to certain types of infection as reported by Dr. Lam.

Acid-forming foods: Such as cold cuts, corn flakes, eggs, lentils, oats, beef, chicken, pork, milk, pasta, peanuts, walnuts, rice, white bread, and whole wheat. Certain foods like eggs and walnuts might be acidic in the body, but they contain a host of health benefits like antioxidants and omega-3 fatty acids. Maintaining a balanced pH is concerned, it may become alkaline.

- **Alkaline foods:** Green vegetables, fruits (especially citrus, dates, raisins, and spinach), and mushrooms, promote an alkaline pH. Surprisingly, acidic fruits such as grapefruit and tomatoes don't create acidity in the body. However, they do just the opposite and contribute to an alkaline environment. As Dr. Josh Axe explains acid and alkaline-forming foods, furthermore, he describes Raw foods, Alkaline water, and Green drinks.

- **Raw foods:** The health benefits of uncooked fruits and vegetables are said to be biogenic or "life-giving". Cooking foods depletes alkalizing minerals. Increase the body intake of raw foods, along juicing or lightly steaming fruits and vegetables.

- **Alkaline water:** The range for alkaline water pH is 9 to 11. Distilled water is suitable to drink. Water filtered with a Reverse Osmosis filter is slightly acidic, but it's still a far better option than tap water or purified bottled water. Adding pH drops, lemon or lime or baking soda to a glass of water boosts alkalinity.

- **Green drink:** Drinks made from green vegetables and grasses in powder form are loaded with alkaline-forming foods and chlorophyll. Chlorophyll plays an important role in the body's blood and alkalizes the blood.

How to test the body's pH level: There are two major pH tests to determine the acidity/alkalinity levels of the body: Salivary pH test and Urinary pH test: Both pH test can be purchased strips at the local health foods store, pharmacy, online and measure pH with saliva or urine. Salivary pH test: Early morning urination will give the best results, then, can be able to compare the colors on the test strip to a chart that comes with the purchased test strip kit.

In 24 hours, the best time to test the body's pH is one hour before a meal and two hours after a meal. Salivary pH is a fair indicator of health for extracellular fluids and their alkaline mineral reserves. The optimal pH for saliva is between 6.4 to 6.8. A reading lower than 6.4 means that there are not enough alkaline reserves. After meals, the saliva pH should rise to 7.8 or higher.

If there is no increase, it will imply that the body has a deficiency in alkaline minerals, especially calcium and magnesium. Food will not be absorbed and assimilated well. The absence of an ideal salivary pH for an extended time will lead to health problems. When a condition that salivary pH level remains too low, by consuming more fruits, vegetables, and mineral water and avoid strong acidifiers such as sodas, and whole and red meat to maintain its balance. A urinary pH test is an indication to understand how well the body is working to maintain a proper pH of the blood. It reflects the efforts of the body via the kidneys, adrenals, lungs, and gonads through the buffer salts and hormones. Taking urine samples that indicate to us that the body's biochemistry as the kidneys filter out the buffer salts of pH regulation and provide values based on what the body is eliminating. An ideal urine pH range from 5.8 to 6.8, however, a urine pH range can vary from 4.5 to 9.0.

Blood pH buffers: It is mentioned already that the pH of blood is in a narrow range of 7.35-7.45. Going out of this range could lead to a serious health problem, even a serum (blood) lower pH than 7.35 put a person into a life-threatening state of acidemia. Therefore, the body needs to stabilize and uses buffers to control pH. For example, the respiratory system, renal system, as well systems with buffering capacities. Red blood cells use hemoglobin for buffering, while bone also plays a role by releasing sodium bicarbonate and calcium bicarbonate in exchange for acidic hydrogen ions. If acid loading is continuing in the body, the bone will eventually begin to release calcium carbonate and calcium phosphate²¹, which is not a healthy sign for the body.

Conclusion: Understanding of pH is a comprehensive scientific discipline, that assists us in many aspects of health and well-being. The health of humans depends on two important chemical compounds in properly balanced values between acids and alkalis. It is crucially important to understand how to balance the human body and heal through appropriate pH mechanisms. It is important to note that the acid/alkaline balance of body blood, along with a proper pH is a crucial aspect of health. Studies have shown that a balanced pH protects the body against many health problems from intracellular levels. It is important to note that do not simply eat all alkaline-forming food, as some acid-formation diet is necessary to generate metabolic activity and maintain homeostasis. Increase the body's intake of raw foods, along with juicing or lightly steaming fruits and vegetables. Acidity and alkalinity can be determined by two tests Salivary pH test and Urinary pH test. There is a need for further research and scientific evidence that an alkaline diet prevents cancer and osteoporosis through serum pH. However, vegetables with the properties of antioxidants can help in the prevention of cancers, osteoporosis, and other related health problems.

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On November 18 2022 BioNatural Healing College (BNHC) had a booth at 8TH Annual Latino Farmer Conference in Escondido, California



Left Mr. Shareef Karim BNHC Student Coordinator and Dr. Nadir Sidiqi



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THE BENEFIT OF
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**BIONATURAL HEALING
COLLEGE (BNHC)
ONLINE EDUCATION**

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**Contact Us: Ph: (909) 242-
6342**

Email:

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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).

