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**Conference Proceedings**

**2<sup>nd</sup> BioNatural Healing Conference Virtual January 23, 2024**



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# Acknowledgements and Contributions

With great pleasure to share this 2<sup>nd</sup> BioNatural Healing Conference Virtual on January 23, 2024, Extend appreciation to the presenter's colleagues and attendees who participated as well as other readers who are interested in this conference proceedings. **Conference Organizer:** BioNatural Healing College (BNHC), Conference Chair Dr. Nadir Siddiqi, Conference Host Dr. Bera Dordoni, including Conference Committee past Ist BioNatural Healing Conference Virtual Mr. Habib Mohammadi, Mr. Wais Seddiqi, Dr. Aziz Kamali, Dr. Bahaudin G. Mujtaba, Dr. Sally Warren, Dr. Mohammad Faisal Salim, Dr. Essa J. Siddiqi, Board of Directors, Mrs. Aziza Siddiqi, Mr. Ghaus Siddiqui, Mr. Zalmai Gulzarzada, Mr. Naveed A. Siddiqi, and Dr. Nadir Siddiqi.

We are blessed with technology in the current era, to be utilized in the right way, especially with sharing for educational purposes and other related needs, especially health sector worldwide. As such you all know that “An ounce of prevention is worth a pound of cure”. Our immune system is doing a great job in defending the body against pathogens (harmful bacteria, viruses, fungi, etc.). that cause disease. The immune system is a biological network that can protect an organism from diseases. Interestingly, the immune system's function is to detect and respond to a wide variety of pathogens, A Healthy diet, and a healthy lifestyle including daily exercises and positive thinking will boost the immune system. To tackle the current challenges for a better future, we need to work hard in a positive, cooperative, productive, creative environment for the harmony and prosperity of all around the globe.

**Thanks to all on behalf BioNatural Healing College (BNHC), the Team and Conference Committee**

# Table of Contents

## Opening and Welcome!

Dr. Nadir Sidiqi Ph.D. President/Dean of Academic BioNatural Healing College (BNHC). ----- 1

**Adulteration of Pharmaceuticals in Herbal Medicine and Risk Associated to Public Health.** Keynote Speaker Prof. Dr. Mohammad Kamil, Director-General, Lotus Holistic Health Institute, Abu Dhabi (Dealing with all disciplines of TCAM), Former Head TCAM Research, Dept of Health-Abu Dhabi (DOH), Former Prof. & Head Chemistry Deptt, at Hamdard University of India. ----- 6

**Medicinal Plants Traditionally Used for Infectious Diseases in the Kabul & Parwan Regions of Afghanistan** ----- 7

Prof. Dr. Abdul Ghani Karimi, Faculty of Pharmacy, Kabul University Afghanistan ----- 6

**Effects of Different Amounts of Irrigation on Growth and Yield of Maize Under Kabul Climatic Conditions** ----- 8

Mr. Sebghatullah Rahimi, Dr. Wahida Yousofzai Faculty of Chemistry Kabul University, Prof. Dr. Wakil Ahmad Sarhadi Former Dean of the Faculty of Agriculture Kabul University Afghanistan. ----- 8

**Psychological Adjustment of Afghan Refugees in the United States**

Dr. Khalil Rahmany John Muir Hospital Walnut Creek, Board of Psychology, California. ----- 10

**Incorporating AI (Artificial Intelligence) to Expand & Grow a Natural Health (Oral Presentation)**-----

Dr. Sally Warren Kingdom College of Natural Health Assistant Director Student Affairs. Mr. Henery Gage, Jr., Build Green Now, American Association of Hemp Growers, US Hemp Builders Association USA. -----

<b>Traditional Herbal Therapy for Postpartum Women in Southern Algeria</b> -----	11
Dr. Aicha Blama National Institute of Agronomic Research of Algeria Department of Communication & Scientific & Technical Information Division of Agro-Food Technologies INRAA Algiers. -----	11
<b>Natural Flavors Fragrances-an Overview</b> -----	13
Dr. Tanveer Alam Sabanci University Nanotechnology Research and Application Center Istanbul, Turkey also at BNHC -----	13
<b>The Economic Potential of <i>Ferula asafoetida</i> Value Chain in Afghanistan</b> -----	14
Dr. Najib Malik, Former Senior Advisor on Dry Land Farming Strategy, Ministry of Agriculture, Irrigation and Livestock, Kabul, Afghanistan -----	14
<b>Naturopathic Medicine and Oncology (Oral Presentation)-----</b>	
Dr. Rebecca Michael Tularosa Naturopathic Clinic New Mexico USA	
<b>Ebony &amp; Ivory, Live Together in Perfect Harmony</b> -----	16
Dr. Bera Dordoni N.D. Host of the 2 <sup>nd</sup> BioNatural Healing Conference Virtual. The Wellness Whisperer New Mexico USA. Also, Prof. at BNHC -----	16
<b>Closing Remarks for the 2<sup>nd</sup> BioNatural Healing Conference Virtual</b> -----	22
Dr. Nadir Sidiqi President/Dean of Academic BioNatural Healing College (BNHC) -----	22

# A Message from the Conference Chair

## Dr. Nadir Sidiqi Ph.D. President/Dean of Academic BNHC

**Greetings! From Sunny Southern California** On behalf of the BioNatural Healing College Board of Directors, staff, and faculty, it's a privilege and an honor I warmly welcome you all for joining and participating in this 2<sup>nd</sup> BioNatural Healing Conference virtually on January 23, 2024. Thank you to all esteemed colleagues especially from my beloved native country' Kabul, Afghanistan despite all the challenges.

Dear colleagues: as you all know, the beautiful Earth planet is the diverse habitat of Natural products, the foods we consume, the colorful fruits and vegetables, flavoring agents and spices, the beautiful Sunrise, remedy a glass of water, the fragrance of the rose, the healing power of honey, perfume, and cosmetic products, including over-counter medications, natural supplements, and biopesticides all are components of BioNatural products.

Indeed, this is a fascinating connection interdisciplinary within agriculture, medicine, pharmacy, nutrition science, biology, chemistry, computer science, technology, engineering, business, laws, theology, and other related arts and sciences. Therefore, these natural products can be derived from plants, minerals, animals, microorganisms, and marine organisms that have played a significant role in human history—for example, the wonderful pain relief and antimalaria treatment by morphine and quinine. *Tetracycline* from *Streptomyces aureofaciens*, *artemisinin* from *Artemisia afra*, *doxorubicin* from *Streptomyces peucetius*, and *Cyclosporine* from *Tolypocladium inflatum*. As reported in the publication Natural Products for Drug Discovery in the 21st Century: Innovations for Novel Drug Discovery (2018). Similarly, the remarkable cancer-fighting compounds such as paclitaxel (Taxol) from the Pacific yew tree and the antibacterial wonders of penicillin, these compounds highlight our consideration of the importance of natural products to rethink and reflect for creativity more effective, sustainable novel therapeutic compounds to advancements in agriculture, medicine, and other related sciences for the betterment of humanity.

For instance, polyphenols, flavonoids, proanthocyanidins, saponins, monoterpenoids, triterpenoids, glucosides, sesquiterpenes, and alkaloids isolated from various medicinal plants and biochemicals from the beneficial microorganisms, vertebrate and invertebrate play an important role in the prevention and improvement of health and well being of humanity worldwide in the past and continue to discover and utilize it for the health improvement. Therefore, the demand for such novel bioactive compounds is highly recommended due to a rise in health issues particularly noncommunicable diseases such as cardiovascular disease, cancer, diabetes, Alzheimer's, dementias related to personal behavior or lifestyle, environmental exposure, or hereditary. Additionally, antibiotic resistance, infectious outbreaks, and other health-related issues. Some of the well-known examples play an important role in Cholesterol-lowering particularly with lovastatin from filamentous fungus *Aspergillus terreus*, and *Trabecteinascida* from a marine tunicate (*Ecteinascida turbinata*) for soft tissue cancers as pointed out by the author of the book: Botanical Miracles Chemistry of Plants that Changed the World.

Having said earlier, all these natural products should have a connection to the systems of healing and wellness. Therefore, it's important to mention the traditional ancient medicine such as Egyptian medicine, Greek medicine, Chinese medicine, Ayurveda, Unani, Acupuncture, Sidda, African Traditional medicine, etc., and modern medicine all their approach concerned with understanding the relationship between patients and the disease for treatment and healing process.

Let me share the two beautiful Hadith of Prophet Muhammad (peace be upon him), relevant to the current era and future first "Seek knowledge from the cradle to the grave" and second Hadith "There is no disease that Allah (God) has created, except that He also has created its treatment" This is the responsibility of researchers of many fields of sciences to think and reflect collaborate and discover worldwide.

However, we acknowledged the treasure of BioNatural products along with the current challenges to tackle for the use of natural products and the difficulty accepting their therapeutic efficacy lead to consider, for example, 1. Lack of standardization 2. Lack of isolation of pure chemical products or compounds 3. Lack of elucidation of biological mechanisms and rarely undergoing so-called controlled and 4. Documented clinical trials evidence-based according to ‘standards’. As having said earlier human health and plant health are directly or indirectly connected. However, Chemicals such as pesticides and fertilizers are vital concerns due to reaching into the soil, and air, threatening human health, plant health, and environmental health by infiltrating water resources. As we know many problems and opportunities, are combated to earn such smart effective agriculture in protecting biodiversity, preventing erosion, and reducing the effects that cause environmental pollution. According to researchers, the global biofertilizers market is estimated to reach \$3.5 billion by 2025 (Basu et al., 2021). For example, among beneficial microorganisms in the soil that improve soil quality and play an important role in agriculture is Rhizobacteria which promotes plant growth by assisting the availability of nutrients to plants, this relationship is one example of a BioNatural community for harmony and sustainability of humanity. (Igiehon et al., 2019). The global population in 2030 is estimated by researchers to be in the range of 8.3-8.5 billion, a net increase of 11.6-14.2%, or roughly a 1% increase annually (World Population Clock as reported in the publication *Sixty Challenges: A 2030 Perspective on Natural Products & Medicine Security* 2017). According to FAO, the global production of primary crop commodities reached 9.5 billion tonnes in 2021, increasing by 54 percent since 2000 and 2 percent since 2020. Another report from the United Nations Environment Programme (UNEP) unfortunately that food waste globally is 1 billion tonnes in the year 2021.

Remains an ethical, social, and environmental concern.

[https://www.unep.org/news-and-stories/story/why-global-fight-tackle-food-waste-has-only-just-](https://www.unep.org/news-and-stories/story/why-global-fight-tackle-food-waste-has-only-just-begun)

[begun](https://www.unep.org/news-and-stories/story/why-global-fight-tackle-food-waste-has-only-just-begun). One of the main ecological challenges factors that impact all sectors of humanity is climate change including agriculture, health, medicine, business, engineering, and all other related aspects of life. For example, what will be the impacts on food production, pest pressure, and disease distribution particularly vector-borne and contagious diseases? Food security is a major global concern

Food security, availability, stability, utilization, and access to all are essential components of food security. On the other side, of the spectrum, Food safety reminds us of major foodborne illnesses due to Salmonella campylobacter, Escherichia coli, Listeria, and Vibrio cholerae are worldwide health issues 600 million people fall into disease due to the consumption of contaminated food according to WHO.

We are blessed with technology astronomers search for information from the Hubble Space Telescope on the distant galaxies of the ionic past (13.2 billion years ago). Indeed, we know relatively little, qualitatively and quantitatively, about Earth's BioNatural resources at present. We admit the fact that learning artificial intelligence (AI) along with genomics and bioinformatics will assist us in predicting the nature of products previously we did not know biosynthetic gene clusters, and microbial ecology which assist in examining how the genes for metabolite formation are distributed in the terrestrial and marine organism on Earth. In addition, a system biology approach along with an application of technologies such as genomics, transcriptomics, proteomics, metabonomics, automation, computational, and CHAT GPT strategies, to understand better their complex mechanisms of action at the molecular level for better innovation drug/ biopesticides design from BioNatural products.

Let me code from Abraham Lincoln's "Character is like a tree and reputation it's like a shadow. The shadow is what we think of it, the tree is the real thing"

**Dear respected colleagues:** the rest of my talk will be about the reality of life based on the 7 core principles of BioNatural Healing College (BNHC).

1. All living organisms are made from water this beautiful connection, connects us to praise the Creator of Creation for the provision of feeding, fueling, and healing to humanity.
2. No harm to public health and environmental health (Biodiversity) including pollinators, surface water, groundwater, soil, and air.
3. A series of complex chains involved with food production from the field to the mouth of the human body desperately needs scientific research to maximize healthy nutritional food production and end malnutrition and food insecurity.
4. Harmful pests such as insects, and pathogens cause human and plant health and loss of economic problems. BioNatural chemicals from plants, microorganisms, and ocean-living organisms exist and need further research to discover along with safety to utilize for the health improvement of humans as well as BioNatural Pest Management (insects, fungi, bacteria, viruses, nematodes, weeds, rodents, etc.).
5. Listen, love, appreciate, and respect with deep conscience and subconscious the connection between the genes of your body and beautifully ecologically in the sense of feeling, feeding, fueling, and healing.
6. The brilliant human mind can irrigate with balanced drinking clean water as a whole-body system to detoxify the toxicants from their body systems as well as to detoxify the soil, water, and environment from harmful chemicals, particularly pesticides through collaboration, and dedication from the individual, family, community, and scientific community locally and globally.
7. BioNatural Healing College provides a high-quality science-based foundation through online education to fit and accommodate the needs of each prospective student for the sustainability and prosperity of his or her own, family, community, and humanity.

**Thank you very much for your listening and consideration, I love to learn and enjoy the rest of our respected colleague's valuable presentations.**

# Adulteration of Pharmaceuticals in Herbal Medicine and Risk Associated to Public Health

Keynote Speaker, Prof. Dr. Mohammad Kamil, Director  
General Lotus Holistic Center Abu Dhabi

**Abstract:** The plant kingdom offers a rich source of structural biodiversity in the form of a variety of Natural Products. As we know natural products continue to play an important role, especially in the food and pharmaceutical industries. Besides medicament, plants have always been a common source of medicine, food, and nutrition either as such or as dietary supplements. Intentional adulteration of pharmaceuticals for curing diseases is a growing public health problem worldwide. In this market dietary supplements for obesity frequently contain undeclared/hidden active ingredients that could be harmful to public health; the laboratory experience on this intentional adulteration will be dealt with in detail.

**Keywords:** Public Health, Adulteration, Pharmaceuticals, Herbal medicine, Risk assessment

# Medicinal plants traditionally used for infectious diseases in the Kabul and Parwan regions of Afghanistan

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**Abstract:** Antimicrobial resistance (AMR) has become more challenging in the treatment of infectious diseases. Easy access to antibiotics, self-medication, and irrational uses of antibiotics have made this problem even worse in developing countries like Afghanistan. However, the indigenous people of Afghanistan have been using traditional medicine for centuries for the treatment of infections. The study aimed to document the medicinal plants that are being traditionally used for the treatment of various types of infections in the Kabul and Parwan regions of Afghanistan through an ethnopharmacological survey. This survey involved interviewing 1248 respondents including Unani practitioners, Atars, and local inhabitants to generate data that were analyzed... The respondents recommended 114 medicinal plants belonging to 54 families that were used in this region for the treatment of various infections. The most cited plant families were Asteraceae (13%), Lamiaceae (10%), Apiaceae (8%), and Leguminosae (7%) and Solanaceae (5%) whilst the most cited plant species were *Cichorium intybus* L. (155 citations) and *Achillea wilhelmsii* K. Koch (112 citations). Aerial parts were the most frequently used plant part in preparation. The most common method of preparation was infusion form (22%) followed by decoction and powder (21% each). Gastrointestinal infections and respiratory, and dermal infections were recorded as the most prevalent infectious diseases in the area. The present findings are encouraging to look into traditionally used plants to explore compounds that are responsible for anti-infective properties.

**Keywords:** Afghanistan medicinal plants, traditional medicine, antimicrobial, Kabul, Parwan

# Effects of Different Amounts of Irrigation on Growth and Yield of Maize under Kabul Climatic Conditions

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**Abstract:** Maize (*Zea mays L.*) constitutes one of the most widely consumed food sources for humans, animals, and industrial materials worldwide as well as in Afghanistan. Water requirement is a key parameter in obtaining the maximum yield of maize. Water is an important resource necessary for all living processes such as food production, energy, and aquatic ecosystems. Water is one of the renewable resources; it is limited by increasing demand through increasing world population. Providing of food is a major concern in the world because it is significantly related to water supply. Afghanistan is one of the countries always facing water shortage and scarcity during the growing season of crops. Water losses and unconscionable use of water resources are very common in this country. There is needed to make decisions for best management and scheduling in supplying water to crops in a specific time. The study aimed to determine the optimum water requirement for growth and significant yield of maize and to recognize the best level of irrigation under the basin irrigation system in Kabul climatic conditions. Thus, this research was conducted on an experimental farm of an Agriculture faculty at Kabul University, Afghanistan in 2021 and in 2022.

The experimental design was a complete randomized block design (RCBD) with five treatments or five levels of irrigation (A = 400 mm, B = 500 mm, C = 600 mm, D = 700 mm, and E = 800 mm) and three replications in both years. There were 15 plots; the size of each plot was 8.44 m<sup>2</sup>. The space between each row and plant was considered to be 55 cm and 30 cm respectively, the soil texture was sandy clay loam. The parameters that were allocated for measurement were plant height, number of leaves per plant, number of cobs per plant, cob length, cob diameter, number of seeds per cob, 1000-seed weight, grain yield ha<sup>-1</sup>, water use efficiency, and irrigation water use efficiency. A software statistic tool for agriculture research (STAR) was used for the analysis of variance (ANOVA) of the collected data. To compare treatment means, the least significant difference (LSD) at a probability of 5% and 1% was used. Based on the ANOVA result F-value is larger than F-t at 5% and 1% levels in all parameters, therefore, there is a highly significant difference among treatments in two years (2021-2022). Interaction between years and treatments is also highly significant at 5% and 1% levels in all treatments and parameters as well. The obtained results from a combined analysis of two years indicated that there were significant differences among the treatments in irrigation levels; the best irrigation level was recognized as 600 mm with a yield of 6400 kg ha<sup>-1</sup>, and 700 mm and 800 mm were for growth parameters by yield of 6256 and 5293 kg ha<sup>-1</sup>, respectively. Treatments of 400 mm and 500 mm irrigation performed the lowest yield 3255 and 4419 kg ha<sup>-1</sup>, respectively. Moreover, a high number of irrigation water use efficiency (IWUE) was obtained from 600 mm 1.07 kg ha<sup>-1</sup> m<sup>3</sup> and 700 mm 0.9 kg ha<sup>-1</sup> m<sup>3</sup>. According to the result, 400 and 800 mm irrigation levels exhibited less IWUE. Based on the result, In Afghanistan (Kabul) where water scarcity is more common and 600 mm irrigation is the best level for maize to obtain a high level of production considering to high value of IWUE and accepting the lowest value of yield reduction per unit of water. **Keywords:** Water, Irrigation, Treatment, Maize, Irrigation water use efficiency.

# Psychological adjustment of the Afghan refugees in the United States: Dr. Khalil Rahmany, John Muir Hospital Walnut Creek, Board Psychology, California

**Abstract:** This study assessed the process of psychological assimilation and looked at the social and cultural adjustment of the Afghan refugees living in the San Francisco Bay Area. It also examined the general feelings of this population about their acculturation and adjustment process and explored their resettlement experiences in this country (primarily in the San Francisco Bay Area). This investigation also explored the relationship between the acculturation/resettlement experience and psychological symptomology exhibited by this population in the process of adjustment.

The forty participants ranged from 20-54 years of age, (10 females, 30 males), all having migrated to the United States after the former Soviet Union invaded Afghanistan. The mailed survey, translated into Pashtu and Dari, solicited demographic information, refugees' experiences, attitudes toward acculturation, and the Brief Symptom Index, (BSI). The findings show that the majority of the participants exhibited psychological distress and grief over the loss of loved ones, friends, people, and country. The findings also revealed high scores on the BSI subscales for this population, particularly on somatization, Obsessive-compulsiveness, anxiety, and phobia.

Those participants who were fluent in English, especially females, were more open to acculturation. Yet females also displayed more symptomology than males. While the majority of the participants were employed, there were no significant differences in the acculturation and resettlement experiences of the employed and unemployed participants. An overwhelming majority identified themselves categorically as Afghan and expressed their intention to return home at some point in the future.

# Traditional Herbal Therapy for Postpartum Women in Southern Algeria

Dr. Aicha Blama

National Institute of Agronomic Research of Algeria Department of Communication & Scientific & Technical Information Division of Agro-Food Technologies INRAA Algiers.

In the Algerian Sahara, the postpartum woman occupies a very important social and cultural place. Ensuring the best possible physical conditions before delivery as well as the mother's and child's recovery after delivery is a priority. To this end, invaluable knowledge and skills are passed down from mother to daughter to support women through the use of medicinal plants and health rituals. The study carried out in 2018 aimed to highlight the different plants as well as their uses and preparations used to support women giving birth, in the In Salah region. The field survey of 184 women and 127 men demonstrated the use of at least 49 plants in pre and postpartum support of the future mother. Among them, the main plants most frequently cited (see %) for their use before childbirth during labor were (*Phoenix dactylifera* 44.13 %; *Rosmarinus officinalis* 15, 39 %; *cinnamomum zeylanicum* 15, 39%; *Allium cepa* 4.33%). Care during this period aims to help the woman give birth and breastfeed the new-born, especially by (drinking herbal tea, eating foods rich in vitamins). Concerning the medicinal plants most frequently cited (see %) in postpartum support, 23 plants were cited including dates *Phoenix dactylifera* 15.25%; *Triticum* 14.61%; *Trigonella foenum-graecum* 14.76%; *Nigella sativa* 10.27%; *Artemisia herba-alba* 4.29%; *Lawsonia inermis* 15.61%; *Erica sativa* 10.17%; incense 10.94% pregnancy aims to provide physical and psychological care for the woman, especially by (conducting massage sessions) .The practices to support women in their recovery are varied and involve the use of medicinal plants on a daily basis for food and hygiene as well as other types of care.

This traditional therapy is mainly based on the use of these plants in the form (%) of foods, herbal teas, massage oils, baths, etc. Among these practices, diet plays a central role and certain foods and dishes are particularly consumed during the postpartum period, notably 17.00% 'el hassa' soup; date 17.11%; couscous 16.95%; herbal tea 11.81%; 'Doua el more' (mixture of herbs 14.85%); 'sfaia' soup 12.31%) and other respites 9.93%. To maintain her health, beauty, and prestige in society. The reason to take care for new-born. The study carried out in the In Salah region showed that the know-how associated with the use of medicinal plants represents a precious and unique cultural heritage for maintaining women's health in the societies of the Algerian Sahara. These traditional therapies are an important heritage to preserve and transmit for the good of humanity and future generations.

**Keywords:** In Salah, postpartum women, Traditional therapy, sociocultural study, medicinal plants.

# Natural Flavors Fragrances- an Overview

Dr. Tanveer Alam

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(SUNUM), Istanbul, Republic of Turkey*

**Abstract:** Flavors and fragrances play a critical role in the food, feed, cosmetic, chemical, and pharmaceutical industries. Most available flavor compounds are manufactured through chemical synthesis and act as artificial flavors/fragrances or naturally identical flavors/fragrances; however, these are not eco-friendly. The disadvantages of such chemical procedures include the formation of unwanted racemic mixtures and the consumer's growing aversion to chemicals added to his food, cosmetics, and other household products. This has prompted flavor industries to focus their efforts on flavor molecules of biological origin, also known as natural or bio-flavors. Plants have long been a source of natural flavor and aroma, as represented by their essential oils. However, active components often present in low quantities or in bound form, making isolation costly or difficult, resulting in expensive flavor or scent compounds. Since ancient times, aromatic plants have been used to extract flavors and fragrances. These molecules have a significant impact on the flavor of food products, as well as their consumer acceptance and company success. The growing consumer preference for natural products has led to significant efforts to develop biotechnological methods for producing natural flavor components. The composition of flavor compounds derived from plants ranges from simple to complex substances. According to modern research, microorganisms can be employed to manufacture aroma and fragrance compounds which can be labeled "natural". This paper presents the chemical characteristics of prevalent natural flavors and fragrances. The possible applications and challenges of currently used natural flavors and fragrances are also discussed. **Keywords:** Aromatic plants, Chemicals, Extraction & isolation, Flavors and fragrances, Microorganisms, Natural.

# The Economic Potential of *Ferula asafoetida* Value Chain in Afghanistan

Najib Malik, PhD, Former Senior Adviser on Dry Land Farming Strategy, Ministry of Agriculture, Irrigation and Livestock, Kabul, Afghanistan

**Abstract:** *Ferula asafoetida*, locally known as hing, is native to Afghanistan and thrives well under the arid agroecosystem there, in particular in the foothills of the Hindukush Mountain Range. Hing has been an export commodity for over a hundred years but the value chain needs to be developed to realize the full economic potential of this valuable plant. It is in recognition of the enormous potential of this plant that an innovative scheme was developed as part of the implementation of the National Dry Lands Agriculture Policy (MAIL, 2020). The "National Investment Plan for Hing (*Ferula asafoetida*) Cultivation, Processing and Export" calls for bringing 1-million hectares of mostly barren and unproductive lands of the dryland ecosystems under production as a long-term, economically sustainable, and environmentally sound mega-scheme.. Targeting a drought-hardy perennial that yields after the 5th year of establishment, the plan envisages a long-term investment well into the 2050s. The plan will create hundreds of thousands of seasonable jobs in rural communities, protect the dryland ecosystem from flash floods and desertification, mitigate against climate change through carbon sequestration, and bring revenues to the government from the processing activity as well as exports.

The plan calls for commitment on the part of the Afghan Private Sector, the Participating Communities, the Afghan Government, and matching grants from the International Development Partners. The Private Sector will provide funding during the first 5-years of implementation which will include the establishment of Hing Processing Centers in Taluqan, Mazar-e-Sharif, and Surobi District of Kabul. The local communities will provide labour for operations such as transplanting of the hing seedlings, enforcing the quarantine against grazing by livestock, and collection of the sap/latex from the 6th year onward. Moreover, the local communities will have a binding commitment not to engage in opium poppy cultivation, processing, and trafficking. The commitment on the part of the government would be allowing the long-term use of the land by the scheme, awareness of sustainable utilization of natural resources, and creation of the enabling environment under the Agribusiness Charter for industrial/commercial undertakings. Realizing that Afghan exports of hing peaked at US\$ 100 million in 2018 and that the demand for hing consumption has grown by 325% over the last 15 years, India has served as the most important country for the export of raw hing whereas the Gulf Region would provide a vast market for processed hing. It is envisaged that the two markets will present prime opportunities for Afghan exports worth USD 1 billion after the first decade of investment. China and the Far East would present insatiable markets for Afghan hing beyond 2035. The latex processed at the three processing centers in Afghanistan will be shipped in large air-tight drums, by air corridors, for reformulation by the importing countries based on their requirements. The scheme will have an oversight mechanism in the form of a "Steering Committee" consisting of the Private sector Investors, the Government (MAIL, MRRD), and the participating communities. Donors and key international development partners (The World Bank Group, Asian Development Bank, UNDP, UNFCCC, etc.) will be approached for funding. At a time when the people of Afghanistan are facing enormous economic hardships, exacerbated by decades of conflict and climate change, such an investment scheme has the potential to bring social cohesion and strengthen livelihoods.

# Ebony & Ivory, Live Together in Perfect Harmony

By Dr. Bera Dordoni, N.D Conference Host, Prof. at  
BNHC

“Why can’t we all just get along?” Rodney King asked after the L.A. police officers who nearly beat him to death were acquitted. “Why won’t Israel and Hamas agree to a ceasefire?” people protest around the world. “Why is the government trying to strip away my bodily autonomy?” women demand across America.

**The bad news is:** we, you and I, really have no control over those situations except to vote for representatives who agree with our position in the next election.

**The good news is:** that there are a lot of things we *do* have control over—starting with our own, personal, individual health. Disease is on the rise everywhere, with more new viruses and neurodivergent symptoms, and autoimmune conditions being isolated and labeled every day. It can all get so confusing, so overwhelming. Is it safer to get vaccinated against COVID, the flu, shingles, pneumonia, RSV? Or are all those shots just ploys to make us think we’re doing the right thing? Which “latest discovery” from what “renown doctor” should we take to combat knee pain, diabetes, obesity, stretch marks, restless leg syndrome, penile dysfunction, and signs of aging? How about we take a break from commercialized remedies for designer-labeled maladies and pay attention to how our bodies really work!

Now, believe me, our bodies haven't changed. We all still have the same anatomy and physiology that our parents had, our grandparents... our 27<sup>th</sup> past-generation ancestors had.

So why are so many more people getting cancer than ever before? And why are there so many “cancer treatment” centers around the country? *Why hasn't anyone developed a cancer cure?*

Because we already have one. We already know how to prevent cancer from happening—AND how to destroy it before it takes over our life. It's called whole foods. No, I'm not talking about the high-priced warehouse stores that used to be jokingly called “Whole Paycheck.” And I'm not talking about the “nutrition” checklists doctors memorize and apply indiscriminately to every patient, no matter who they are.

I'm talking about *nourishing our body with whole foods* to check the rise in prostate cancer, lung cancer, ovarian cancer, pancreatic cancer, colon cancer, and even thyroid cancer. You know, every healthy cell in our body goes through a seven-year cycle of birth, division (several times), and death, only to be replaced by a new healthy cell. This function, called apoptosis, is happening in our body every moment of every day. It's what keeps our body healthy and makes sure our immune system is working at optimal levels.

When cells skip this process—when they fail, to die—. they multiply instead and spread as abnormal cells. When those abnormal cells keep dividing and multiplying, they form tumors. Goodbye immune system, hello cancer. So, what makes cells go rogue and skip apoptosis? In most cases stress.

Not so much the stress of Rodney King beatings or wars on the other side of the world or even the political shenanigans over which we have no real control. No, our cells get stressed by a) our environment, b) our emotions, and c) our digestive system.

A lot of times, we can't really do anything about "a" and "b." We can't regulate how the air is being filtered in our workplace. We can't control how the people we live, work, and play with will act or react in any situation. But we *can* control what we put into our gut.

Now, I know that asking you to give up the foods you love to eat, stuff that makes you go "ew" is just another way to add another layer of stress to your already highly stressed life. So, how about taking it slow and easy by making a few little changes every month or so. Build your immunity in baby steps, so your immune system will strengthen itself—almost in the background. **Starting with Iodine:** Every cell in our body depends heavily on iodine. Our thyroid—the gland that regulates our body's entire metabolism—needs an adequate supply of that particular fuel to function at optimal levels. The correlation between today's iodine deficiency and our alarming increase in disease is undeniable. Over 100 years ago Dr. David Marine proved a goiter epidemic in Ohio was caused by iodine deficiency and could be cured by adding it to our diets. Sea salts naturally have iodine, but as life got "easier" with commercialized products, it had to be added to table salt. Unfortunately, the amount of the amount of iodine in salt is now insufficient, if for no other reason than doctors' insisting their patients "cut down on salt." A cure can't work if we deliberately remove it from our diet! We used to condition flour dough with iodine, too, but nowadays, most flour is modified with bromine, a cheaper, less nutritious substitute. In fact, *bromine inhibits our body's ability to absorb iodine*. Yup: even our so-called "health foods" perpetuate today's iodine- deficiency epidemic... thus decreasing our immune system... thus hindering our cells' natural, healthy apoptosis.

The more iodine-deficient we are, the higher our risk for developing major illnesses. A small step, A simple thing to do, So, where can you get it?

- Seaweed. Add it to your soups, stir-fried veggies, or snacks.
- Some white fish can be a good source of iodine.
- You can also take seaweed (kelp) supplements; try chewable kelp-root tablets. They're delicious. Kelp root has potential side effects, thought: 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.

I've been blessed to help people cure themselves of disease for over thirty years. Diabetes, cancer, multiple sclerosis, arthritis, and more. It usually comes down to what we put into our gut, not what we shoot into our veins. *Usually*—not always. Some bodies need other remedies. Some embryos gestated in an unhealthy environment and came out of the birth canal already sick. Some bodies are so strained from environmental, emotional, and digestive stresses that they require more than baby-step diet changes. But if you're here with me today—you're probably in a place where small changes will generate enormous returns. So, let's look at a few more steps you can take... some easily, some a bit more challenging. And guess what: I'm not going to tell you anything you don't already know! **Smoking.** I've gotta figure there's zero percent chance you don't know smoking is bad for you. But did you know cigarette manufacturers use chemicals like arsenic, formaldehyde, vinyl chloride, and benzene to make their product as addictive as possible? Cigarettes are the leading cause of *preventable* death in America. Over 480,000 people will die from smoking this year, and another 41,000 will die from what those smokers exhale. The operative word here is *preventable*. That's one in five deaths every year. **Refined Foods.** They're fast, they're easy, they satisfy our mouth hunger—but their nutritious value has been replaced by sugars, salts, oils, and chemicals that increase their shelf life and profitability. Being “devitalized,” they will eventually devitalize your immune system to go to sleep. A quick treat now and then is one thing; a steady diet creates exactly the kind of digestive stress that interferes with healthy apoptosis.

We've all heard the drill: replace toxic oils with virgin coconut oil, cold-pressed virgin olive oil, or organic butter. Avoid oils altogether if you're already struggling with heart disease.

Replace refined-sugar goodies with fresh fruit or naturally sweetened raw, dark chocolate. And remember: using artificial sweeteners is the same thing as eating chemicals. They have no nutritional value whatsoever. They suppress healthy apoptosis. For the price of a few calories, you're ingesting pure cancer-inducing garbage. And if you stall your cells' natural, healthy apoptosis enough, you'll end up gaining more weight—until you start losing it with your chemo-radiation cancer treatments. **I Face Challenges, Too...**

I'm a vegan. I eat a plant-based diet. Why? Well, let's see – it's cruelty-free for animals and the planet. Easy call. It's also good for my body. It's good for yours, too— unless you decide to replace all the meat and dairy you're used to eating with modern processed vegan foods. Processed is processed. Some are, indeed, good substitutes, but a lot of those so-called “foods” are what I call “foodstuffs,” full of the same enticing chemicals that ‘hook’ you like other junk foodstuffs, but end up inhibiting your cells' natural healthy apoptosis. Remember to always read your labels. If there's a word you can't pronounce or identify, put the “stuff” back on the shelf. There are a lot of substitutes available these days if you want to give up meat and dairy cheese altogether. – if you can't pronounce the words maybe it's best to put it back on the shelf. There are a lot of substitutes available these days if you want to give up meat and dairy cheese altogether. – But, of course, they're processed foods, so you run the same risk as you would eating other processed stuff. I do my best to only eat whole foods. They have everything I need without needing to be altered. If you're interested in learning more about eating a whole-foods, plant-based diet, or our next Organic Farming Retreat in New Mexico's Zuni mountains, send me an email at [dr.Bera@bionaturalhealingcollege.org](mailto:dr.Bera@bionaturalhealingcollege.org) for more details. Before we end our journey here today, take a deep breath, Close your eyes, and taste with me....

Imagine sitting down to eat an apple, a tomato, or a strawberry in our beautiful mountain resort. The apple is tart and crunchy, you can feel it cleaning your teeth as you chew. The tomato is ripe and juicy. The strawberry bursts with sweet flavor, as you bite into it.

Inhale deeply as you savor their zest. Breathe in the aroma of broccoli steaming. Of okra sauteing with onions and garlic. Listen to the crunch, and feel the textures on your tongue as you munch raw vegetables, freshly harvested, cleaned in delicious cold spring water. Tingle as your entire body senses the cleansing greens cleansing your digestive tract, regenerating your cells' apoptosis. Munch and crunch as your body absorbs the 'em, crunch 'em, and again, enjoy the high-protein benefits protein in raw or lightly roasted nuts and seeds, as your taste buds flutter from leafy greens salads. Go ahead and salivate as a bit of squeezed lemon bursts in your mouth with life and energy. We live in organic bodies. An organic, plant-based diet calms our nervous system, rejuvenates our digestive tract, and promotes a feeling of love and harmony loving and harmonic with the world around us. May be we can't fix the redoubles in the Middle East or the mess in Congress but we can give ourselves a life of health, tranquility, and, yes, peace one meal at a time. Now take a deep breath in ... hold ... let it out. May all of your days be filled with peace and harmony. Thank you for letting me talk to you today.



### **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) 387-6997.

# Closing Remark for the 2<sup>nd</sup> BioNatural Healing Conference Virtual January 23, 2024 Dr. Nadir Siddiqi Ph.D. Conference Chair

**Dear Colleagues:** Greetings! It is a great pleasure to be back with you all again. It's late at night for some of our respected colleagues. We reached the closing of the 2<sup>nd</sup> BioNatural Healing Conference Virtual on January 23, 2024. On behalf of BioNatural Healing College (BNHC) Thank you to all the esteemed presenters and attendees for their wonderful talks, research, and valuable time. I learned and enjoyed the vast wealth of knowledge of every respected colleague beginning with Prof. Dr. Kamil from Abu Dhabi, Dr. Karimi and Mr. Rahimi and his respected professors from Kabul, Afghanistan, Dr. Rahmany from California, Dr. Warren and Mr. Gage from New York, Dr. Blama from Algeria, Dr. Alam from Turkey, Dr. Malik from Canada, Dr. Michael from New Mexico and Conference host Dr. Dordoni from New Mexico. Once again I appreciate on behalf of BioNatural Healing College for the valuable time and efforts of all. We apologize for any shortcomings during this Zoom virtual conference, we hope to prepare for the future with better improvement. If there are concerns or suggestions please an email to [info@bionaturalhealingcollege.org](mailto:info@bionaturalhealingcollege.org)

Last but not least special thanks to Dr. Dordoni for her hard work such as wonderful taking care of the entire conference as well as Mr. Wais Siddiqi BNHC Student Coordinator and the Board of Directors and faculty. We wish you all good health and happiness for all. We as ask Almighty God to bless and guide us all.

**Thank you,**



**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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