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# Contents

- **Message:** from the President of BNHC
- **BNHC Directory: Board of Directors:** Dr. Nadir Sidiqi Ph.D., Mrs. Aziza Sidiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus Siddiqi, Mr. Naveed Siddiqi
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- **BioNatural Healing**
- Medicinal plants, Nutrition, Health, Diet, Body, Mind, Spirit, Sleep, Exercise and related issues.
- **Science Research:**
- Agriculture, Environment, Public Health, Technology
- **Innovation, Educational Announcement (Conference, Workshop):**
- **BNHC News & Advertisements:**
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**Happy New Year 2020**



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



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College E- Magazine to our dear readers. Also, I would like to thank you all especially those that are our dear readers that send us their valuable feedback and support. The information provided is for educational purposes only.

We hope this BNHC- E Magazine will be useful to you based with the efforts and dedication of many other researchers and colleagues around the globe. Thanking and wishing you all have the best health and prosperous life.

Best regards,  
Dr. Nadir Sidiqi Ph.D.

# By Prof. Rosalie Stafford

## Copper & Zinc: Necessary Nutrients Which Work Together

In the last two issues of Bio-Natural Healing College's internet magazine, we looked at *Selenium* and *Iodine*, two chemical elements which are necessary for good health and which must be taken proportionate to one another for best results. This month, we will look at another two chemical elements — *Copper* and *Zinc* — which (like *Iodine* and *Selenium*) must be consumed in an exact ratio proportionate to one another for optimal health.



### **Copper and Zinc:**

**What They Do for You** Copper and zinc are each considered a *heavy metal* (research Gu Quihai notes that *heavy metal* is commonly defined as one having a specific density of  $>5 \text{ g/cm}^3$ ). Most heavy metals are highly toxic: no amount of lead, mercury, arsenic, aluminum, thallium, or tin is good for you! However, trace amounts of copper and zinc are absolutely essential for good health. Researchers Josko Osredkar and Natasa Sustar provide an excellent overview which deserves to be quoted at length:

Copper is the third most abundant trace metal in the body, behind iron and zinc. The total amount of copper in the body is only 75 to 100 milligrams [compared to] 2 to 4 grams of zinc. .... Copper is present in every tissue of the body, but is stored primarily in the liver, with lesser amounts found in the brain, heart, kidney, and muscles. Most zinc is stored in the brain, muscle, bones, kidney and liver, with the highest concentrations in the prostate and parts of the eye. Osredkar and Sustar state that both zinc and copper are “involved in numerous aspects of cellular metabolism.”

Copper is essential for maintaining the strength of the skin, blood vessels, epithelial, and connective tissue throughout the body. Copper plays a role in the production of hemoglobin, myelin, melanin and it also keeps thyroid gland functioning normally [while, in the brain] zinc plays a key role in synaptic plasticity and so in learning.

Moreover, both copper and zinc are required for catalytic activity of enzymes and both play a role in immune function. Both zinc and copper are antioxidant and antimicrobial.

Not Too Little, Not Too Much Laura M. Plum, *et al* observe:

Optimal nucleic acid and protein metabolism, as well as cell growth, division, and function, require sufficient availability of zinc. You need just the right amount: not too much and not too little. Too little will eventually cause malaise and too much will system failure. Fortunately, metabolizing too much zinc is, as Plum *et al* state: “unlikely, because approximately 225 to 400 milligrams of zinc have been determined to be an emetic dose.”

Your body will quickly excrete the excess and your life will be saved! Obviously, even though your body contains a very small amount of copper and zinc, if you did not have these trace metals in your system ... you would not thrive or even survive. Not only do you need trace amounts of copper and zinc, you need them in the proper ratio.

As Osredkar and Sustar explain: One of the most common trace-metal imbalances is elevated copper and depressed zinc.... Unlike zinc, copper can readily accumulate in the body into toxic concentrations. Zinc is only stored for short durations in the blood and bone and is quickly excreted through our urine and fecal matter. In order to maintain adequate zinc levels, a higher dose of zinc compared to copper is required daily.

## Copper and Zinc Deficiencies

Nutritionist Ryan Raman describes some of the ailments which arise from copper deficiency: fatigue and weakness, due to low levels of iron in the blood; frequent illness, due to low immune function; and sensitivity to cold, due to impaired thyroid function. Signs of aging — brittle bones and prematurely grey hair — can also indicate copper deficiency. In addition, Raman mentions impaired cognition (memory and learning) and notes a study which "found that people with Alzheimer's had up to 70% less copper in their brains, compared to people without the disease." As with copper, zinc-deficiency eventually results in decreased immunity, which in turn leads to sickness. In addition, as with copper, low zinc levels lead to neurological problems: impaired cognitive function and impaired memory. Depression, tremors, slurred speech are other neurological problems linked to low zinc levels. Because zinc is utilized in the eyes, lack of zinc can result in poor night vision. Other symptoms include poor wound healing and dermatitis (Nan Schiller). In short, researcher Sung Lee notes that "zinc deficiency is strongly associated with neuronal and immune system defects." Copper and Zinc: Which Foods Offer These Vital Nutrients Liver, shellfish, dark chocolate, leafy greens, almonds, cashews, sunflower seeds, pumpkin seeds, sesame seeds, potatoes, eggs, and meat all offer good sources of both copper and zinc. Isn't it interesting that such delectable foods are so good for you? Could it be that our Creator, Who made the Earth and Who made the people who live on the Earth, instilled in us the desire to eat nutritious foods brimming with life force? Leading the bio-natural way of life, for example, consuming pumpkin seeds rather than potato chips really does not mean giving up anything: every wise food-choice increases your life force.

Copper and Zinc: Their Interesting Linked History Before ending our look at copper and zinc, I want to share with you some interesting historical facts.

Pure copper is a metal which is easily malleable and thus useful for fashioning items such as jewelry: copper has been employed for this type of item for ten thousand years. However, because copper is so soft and malleable, it's not suitable for making items such as weapons. Eventually, the ancients discovered how to combine copper and tin to create the alloy *bronze* (an alloy is a metal made by combining two or more metallic elements). About five thousand years ago, in the Middle East, it was discovered that if seven parts copper is combined with one-part tin (7:1), the resulting alloy — bronze — can be fashioned into knives and swords. This ushered in the Bronze Age, which lasted until it was succeeded by the Iron Age, about three thousand years ago.

In the ancient Middle East, as early as 3,500 hundred years ago (roughly around the time the Bronze Age becoming the Iron Age), metal-workers began making the alloy *brass* by combining zinc ores and copper in roughly the same ratio as they were wont to combine tin and copper (about 1:7). I find it fascinating that two heavy metals — tin and zinc — were combined with copper to make bronze and brass. And that any amount of the heavy metal tin is toxic, whereas a trace amount of the heavy metal zinc is absolutely necessary for life. And moreover that zinc must be combined with just the right amount of copper.

**Copper and Zinc: The Perfect Ratio** This is what nutritionist Dr. David Jockers says about the necessary physiological ratio of zinc to copper: Zinc and copper compete against one another as antagonist in order to properly regulate the physiological pathways in your body. The proper balance between the two trace minerals is critical to maintaining health. Unlike zinc, copper can readily accumulate in the body into toxic concentrations. In order to maintain adequate zinc levels, a higher dose of zinc compared to copper is required daily. Zinc is only stored for short durations in the blood and bone and is quickly excreted through our urine and fecal matter. Ideally, nutritional biochemist Dr. Paul Eck recommends that the proper intake of copper to zinc should be a 1:8 ratio. When properly concentrated in the right balance, zinc behaves like the bigger brother blocking copper in food and in the body from being absorbed.

Remember: in order to make the alloy brass, it's necessary to combine the two minerals in the ratio of (7:1). That's seven parts copper to one part zinc. But to enjoy optimal health, it's necessary to ingest the two trace elements in the ratio of (1:8). That one part copper to eight parts zinc! You really don't need to use a calculator! Just eat a good, varied, colorful diet and it's almost certain that you will get the proper amount of both copper and zinc and enjoy their immune-boosting, anti-oxidant, anti-inflammatory, anti-microbial, and antibacterial effects.

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# By Dr. David Isley- Environmental Illness-Toxic Chemical in Our Environment



Indoor air contamination can influence you at home, work, or even places you visit. It can put you in danger of a respiratory sickness; for example, asthma, hypersensitivities, and lung malignancy. Indoor air contamination can be more regrettable in winter, when windows are closed tight and less outside air can flow. A review found that three poisons normally found in houses have impact on one's wellbeing. Formaldehyde, which is discharged principally by building materials. Acrolein, which originates from warming cooking oil to high temperatures and from tobacco smoke.

Woodstoves that are not legitimately kept up and vented can radiate minor particles (particulates) and gasses, including carbon monoxide, nitrogen, and hydrocarbons. Kids in homes warmed with woodstoves are at expanded hazard for respiratory issues. Gas ranges, especially when they are not very much vented or when they are utilized as a wellspring of warmth, may create nitrogen dioxide, which can bring about respiratory issues. Consider changing to an electric stove. On the off chance that your gas stove has a steady yellow fire, it might be shamefully balanced. Request that your gas organization modify the burners so the fire tips are blue. In case you're wanting to purchase another gas range or stove, think of one that does not utilize a pilot light. On the off chance that you utilize a woodstove, ensure the stove entryways fit firmly. Consume just matured or cured wood that is totally dry. Never consume weight treated wood since it is treated with chemicals. Have fireplaces, vents, and heaters assessed every year.

# The Body's Toxic Load

## Inhalation

The air we breathe contains pollutants both indoors and outdoors

## Skin Absorption

Personal Health and Cleaning Products

## Digestion

Chemicals used in processed foods, pesticides, and foods themselves

## Self-Administered

Smoking, Alcohol, Drugs and Pharmaceuticals, Over-indulging



## Chemical Toxins

Pollutants, Allergens, Heavy Metals, Gases, Pesticides, Cleaning agents, Industrial chemicals used to manufacture

## Stress Hormones

Cortisol, Adrenaline

## Internally-Produced Toxins

Gut bacteria imbalance, yeast overgrowth, lack of digestive enzymes, food sensitivities and intolerances

## Microorganisms

Mold, Bacteria, Parasites, Viruses

**Our Bodies Can Absorb A Fixed Amount Of Toxins in our Lifetimes**

Experts coined the term "sick building syndrome" to describe acute symptoms that occur only during time spent in a particular building and that cannot be explained by any specific illness or cause. Symptoms include headache, dry cough, dry or itchy skin, dizziness, nausea, difficulty concentrating, fatigue, sensitivity to odors, and irritation of the eyes, nose, or throat. Typically, the symptoms improve after you leave the building.

Poor ventilation that restricts fresh air flow inside can be a cause of sick building syndrome. Cover, cements, upholstery, fabricated wood, pesticides, and wiping liquids can radiate unstable natural mixes (VOCs), including formaldehyde. High convergences of volatile organic compounds (VOCs) can bring about growth. Unvented gas and lamp fuel space radiators, woodstoves, chimneys, and gas stoves can deliver carbon monoxide and nitrogen dioxide. These gasses can hurt your wellbeing.

Ref: WebMD Medical Reference from Healthwise

<http://www.webmd.com/allergies/tc/environmental-illness-toxins-in-our-environment#1>

[Google images](#)



**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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