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**A Healthy and Happy New
Year 2021**

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



Greetings!

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

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

Best regards,
Dr. Nadir Sidiqi Ph.D.



BioNatural Healing College

BioNatural Healing College Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

1. Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer to Almighty God (be patient, calm).

May Almighty God bless, guide us all (Humanity) and grant us the ability to find a cure for the prevention of COVID-19.

Garlic

By Prof. Rosalie Stafford

In the last issue of Bio-Natural Healing College's internet magazine, we looked at the health benefits of pure olive oil and the problem of adulterated olive oil. This month (January 2021), we will look at the health benefits of fresh garlic and the problem of contaminated imported garlic .



Garlic: An Ancient Medicine

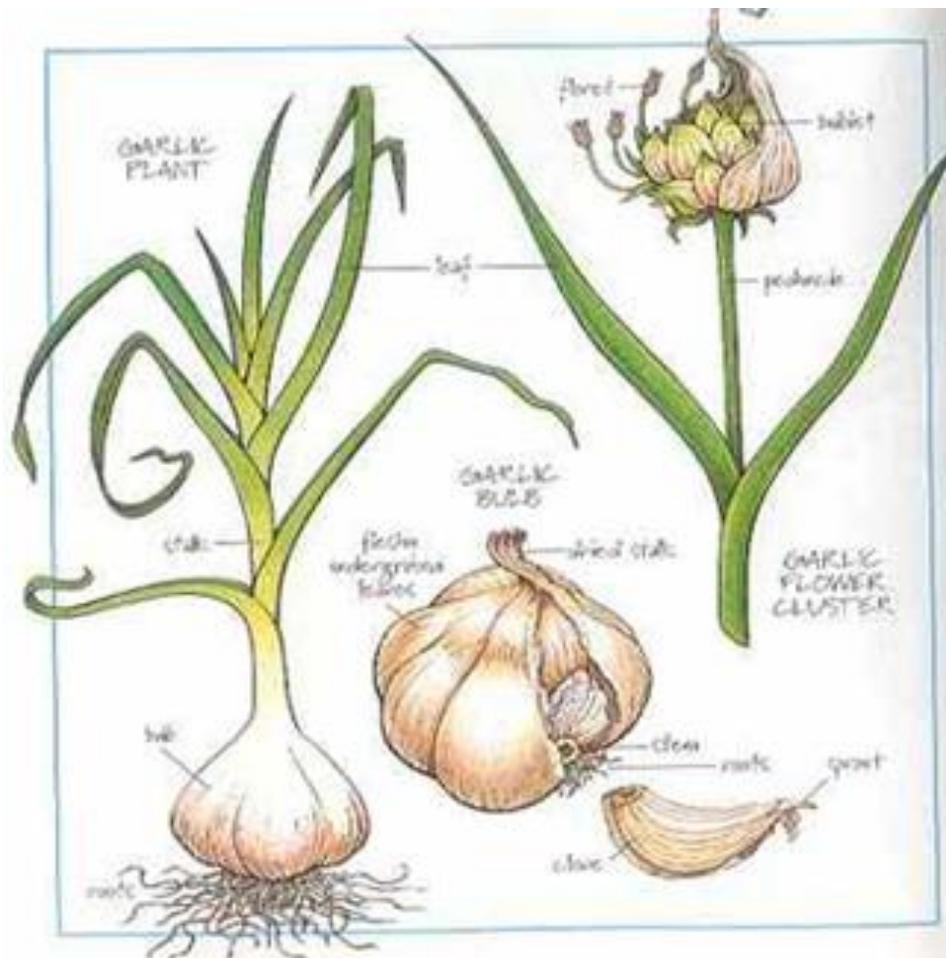
For 5,000 years, garlic has been known to give strength, stamina, vigor, and longevity. At the dawn of history, the ancients — including the peoples of the Mediterranean world. from the long-ago Babylonians to the Classical Greeks and Romans; as well as the ancient East Indians and the ancient Chinese — used garlic to treat ailments including: heart conditions, arthritis, pulmonary complaints, abdominal growths (particularly uterine), respiratory infections, skin disease, symptoms of aging, diarrhea, headache, bites, worms, wounds, ulcers, and tumors. The ancient Chinese consumed garlic to achieve longevity ... and the ancient Egyptians to give strength and stamina. (Shafiur Rahman] This claim of no severe toxic side effects is disputed by a very small minority of health-writers who argue that consuming “large amounts” of raw garlic can actually damage the liver; however, I have not been able to find clinical studies which back up this claim whereas there exists a plethora of journal articles demonstrating garlic's beneficial effects on the liver. The well-known professor of natural oncology (the study and treatment of cancer), Dr. Mark Sircus, notes: The first scientific report to study sulfur-laden garlic and cancer was performed in the 1950s.

Scientists injected *allicin*, an active ingredient from garlic, into mice suffering from cancer. Mice receiving the injection survived more than six months whereas those that did not receive the injection survived only two months...Several population studies show an association between increased intake of garlic and reduced risk of certain cancers, including cancers of the stomach, colon, esophagus, pancreas and breast.

How does this pungent bulb (*Allium sativum*) accomplish these miracles? *Allicin: Garlic's Secret Weapon*

All living organisms have predators: *the big fish eats the little fish*. Animals enjoy means of defense including swiftness and fangs and claws. Swiftness is a defense denied to plants — plants cannot run away — but they do have the vegetable equivalent of sharp teeth and claws: plants manufacture chemicals which “bite” attackers. *Allicin* (diallylthiosulfinate) is the molecule which defends garlic from attackers. Amazingly, as Tammy D Motteshard informs us, the miracle-chemical in garlic does not actually exist until the bulb is cut, crushed, or bruised: injury to the garlic bulb activates the enzyme *allinase*, which metabolizes alliin to allicin:

Allicin is physiologically active in microbial, plant and mammalian cells. In a dose-dependent manner allicin can inhibit the proliferation of both bacteria and fungi or kill cells outright, including antibiotic-resistant strains like methicillin-resistant *Staphylococcus aureus* (MRSA). Furthermore, in mammalian cell lines, including cancer cells, allicin induces cell-death and inhibits cell proliferation. (Borlinghaus) In addition to promoting healing by killing pathogens, garlic has been clinically found to detox toxic cadmium, methylmercury, and phenylmercury, decreasing bioaccumulation in the liver, kidneys, bones, and testes (Cha). The wise ancients used fresh garlic to heal wounds and to promote longevity. *Fresh* — not cooked or dried — garlic.



We know this detail simply through inference: it's only fresh, uncooked garlic that contains the healing properties. As Jillian Levy explains: "In terms of its bioavailability, allicin is considered to be an 'unstable' compound because it's only present in fresh, unheated garlic that has been cut or crushed, but not cooked." That bears repeating: *allicin is present only in fresh, uncooked garlic*. The downside is, of course, that fresh garlic is very hard to take! For more than 40 years, I have been taking garlic by chopping a few cloves and pressing the pungent bits into a spoonful of honey. Yes, it burns as it goes down but I know I'm getting the goodness of garlic. Or maybe not?

Toxic Garlic

For the last few decades, it has been well-known that garlic grown in China for export to America is toxic (Ashuri).

If it's from China, you must expect the garlic to be contaminated with heavy metals including cadmium and arsenic and banned pesticides such as phorate and parathion (Team) and methyl bromate (O'Reilly). Chinese garlic is routinely bleached and kept for excessive lengths in cold storage which destroys allicin ("Garlic"). The bleaching is to remove soil-stains; not only is the bleach toxic, it effectively kills the life-force in the garlic (Ashuri). Much of this toxic Chinese garlic is used by restaurants, institutions, and food processors (Lubman). If you are dining in a restaurant or cooking at home using a processed food, you might not be aware that you are consuming a toxic ingredient. Unfortunately, people who are forced to eat institutional food (at a school, hospital, nursing home, military, prison, etc) do not even have a choice in the matter.

Avoiding Toxic Garlic

If you are fortunate enough to control what kind of garlic you consume, it is very easy to avoid toxic garlic, using these three rules:

1) Read labels and do not buy or eat any processed food which lists garlic on the label. Chinese garlic is much cheaper than American-grown garlic. Realistically, the profit-margin on processed foods made with toxic — and cheap — Chinese garlic is greater than on foods made with wholesome garlic grown in America.. Don't blame the manufacturer! It's just a fact of life, and knowing this allows you to make informed decisions regarding what you put in your body.

2) Examine the fresh garlic at your grocery store and opt for American garlic. It's easy to tell the difference: Chinese garlic is lighter in color and in weight. And the real tip-off is the absence of rootlets. In order to prevent importing plant diseases, the United States Department of Agriculture requires that imported garlic roots be removed (Burrows; Simona). Below, you can see the bald, concave area where the Chinese garlic rootlets were removed.



Compare China-grown garlic (pictured above) with American-grown garlic complete with its rootlets (pictured below):



Always examine your garlic before purchasing. American garlic will cost a little more but the extra expense is well worth it when you remember that imported garlic is bad for you and American-grown garlic is good for you!

3) Try growing your own garlic. There are numerous gardening websites which provide information on growing garlic. Chef Markus Mueller's is excellent, offering you detailed, step-be-step instructions.

Thank Our Creator for the Goodness of Garlic

It goes without saying that we are living in perilous times. It's important to remain proactive and maintain your health by living the bio-natural healing lifestyle. Part of that lifestyle is by eating wholesome, healing foods such as garlic. Another part of that good lifestyle is maintaining your already close connection to our Creator, Who generously made for us this wonderful world and everything we need for health and healing. As you enter the New Year, remember to give thanks every day for your many blessing.

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BASTIS – Build and Strengthen the Immune System

By Dr. Bera Dordoni, N.D.

Ok, so this scruffy-looking dog named Hippocrates walks into the corner bar in ancient Greece barking “BASTIS!”.....Wait a minute..... A weak immune system is nothing to joke about. Especially now, with COVID-19 lurking in every corner and 5G’s massive rollout covering the globe.



The Best Medicine

Over 2500 years ago Hippocrates, the Father of Medicine, said “First Do No Harm,” which is still today’s Hippocratic oath taken by those who practice medicine. He also said, “Thy food shall be thy remedy” when he stated that improper foods cause disease; proper foods cure disease. Nothing has changed in the last 2500 years – food is still your best medicine.

COVID-19 and Chem Trails and Junk Food, Oh My...

The virus continues to travel the globe, and the big question I’m being asked lately is, ‘What can we do to protect ourselves?’

My standard response: ***B.A.S.T.I.S. Build and Strengthen the Immune System.***

That old ‘immune system’ talk again. What is this thing called the immune system? It’s a complete network that protects your body from the outside in and the inside out, starting with your largest organ – your skin, moving throughout your body and fueled by your adrenal glands. The body’s organs work together to protect and sustain life.

Germs don't cause disease, nor do viruses. Radiation alone cannot cause disease. Chem trails can definitely get you sick, <https://www.facebook.com/medicalmedium/videos/668472370459854/> but they alone cannot create illness in your body. Abnormal cells alone cannot cause cancer. A weakened immune system invites these invaders in and allows their multiplication. A weakened immune system is clogged and dirty – congested and infected. A strong immune system battles the bad guys – germs, radiation, abnormal cells, toxic foods, etc.

The 5G rollout is everywhere you turn, now, and the damage it is doing is very real. COVID-19 is most definitely out there. So are chem trails, which are extremely toxic to living beings. But they are no more toxic than processed junk foods consumed on a daily basis which have a cumulative effect. And they all require the same thing for the body not to be affected by them and develop a dreaded disease ... **a strong immune system.**

Can a Cleanse Really Help the Immune System?

My answer: YES. Not long ago I had a new client come to me who expressed concern about his health and what could be done to reverse his condition. He had stomach complaints, headache, lethargy, foggy-headedness, sinus congestion and a lot of pain in his right side. I recommended a colon cleanse. Frightened he could get worse from doing something so 'out of the box,' he knew he had to do something, but he wasn't willing to have invasive medical procedures. I received the following email where he shares his story thus far to encourage others to participate in the process of natural healing: *My name is K.F. At age 70 I am a retired school principal and now live happily in the Zuni Mountains of New Mexico. Over the past seven years or so I have noticed several things and could not decide if they were simply one of the realities of aging or whether I was perhaps somewhat ill or simply not doing what I should for my health. I clearly had an "acid" stomach and needed TUMS most every night. . I felt bloated, was getting frequent headaches, terrible breath odors, snoring more, mildly stiff hips and knees, and some type of ache in either the kidneys, adrenals, or intestines.....*

I was not sure. Finally I went to a local doctor and was shocked to see that both my weight and blood pressure had gone up farther than I had ever seen. I had some blood and urine tests and even a colonoscopy and was relieved to see that nothing seemed "wrong" in their opinion. Still, should I accept all of this as part of age and "bite the bullet" or what?

I have asked for Bera's counsel and support and have, for two weeks now, been following her instructions (which seem rather like a revolution of sorts to me in my living style). I have completed an initial cleanse and am, daily, taking a variety of items along with a much different food intake. Except for the self-discipline needed I have not found this to be that difficult AFTER I finally gathered what was needed.

- 1. In two weeks, I have not felt hunger once.*
- 2. After about four days I noticed I did not need the TUMS.*
- 3. The bloating is gone.*
- 4. So are about 10 pounds.*
- 5. I am sleeping better because my sinuses (which were almost always clogged and I felt it must be due to the dry New Mexico air) popped open. And it was, indeed, a series of "pops."*
- 6. I feel better in many ways: breathing, stiffness, weight, prostate.*
- 7. And I notice I feel more "clear" also in my thinking.*
- 8. One more thing, I seem to be happy spending less time in bed. I enjoy evenings more and am happy to rise early.*

Of course, all of this is still in an initial stage but, so far, it has given me a new confidence that much of my "complaints" can be addressed without scary medical treatments.

I have no "deal" with Bera nor Bastis Foundation and share this only because I believe all of it to be accurate, honest, and truthful. I have given her permission to share this note with anyone who might be somewhat similar to me in the hope it might help and serve them. I shall be happy to report again down the road. Most sincerely, K.F.

Although this gentleman's concern wasn't specifically COVID-19 that's now covering the globe, it was addressed the same way you might address your COVID concerns. Both my husband Ron and I felt junky after consuming too many holiday foods, and went on a recent detox. We've also once again eliminated all processed foods from our diet, consuming only organic fruits, vegetables and grains, and taking certain herbs to help our vital organs eliminate toxins. Immediately I can feel the difference in my ability to think better, and we both certainly feel better. Ron noticed that his coated tongue is bright pink again after just 5 days of colon cleansing. **BASTIS—Build and Strengthen the Immune System...in 3 Easy Steps**

But how? That's the key. How. *First*, figure out what doesn't feel good. Identify the possible cause of your yucky feelings. Could it be the foods you eat or the exercise you're not getting? Too much smoking or drinking? Not drinking enough water? Be honest with yourself, and ask yourself if it's worth continuing to do something that makes you feel not so good. Negative thinking on a daily basis can be a problem causer as much as food. Can you replace your woe-is-me attitude with a smile? Amazing what a difference it can make in the way you feel and how much more good you can attract into your life when you project a positive attitude. **But How Can This Help Me Build Up My Immune System?** Easily. Stop attacking the immune system with things it must defend against – toxic foods, toxic thoughts, toxic drugs or beverages, and it can take a break from constantly being on alert. When it can rest along with the body, it has a chance to replenish itself.

So, what else can I do? **Third** step: Rebuild the body's defense system. You can cleanse your vital organs step by step – colon, kidneys, lungs, liver, etc. You can change over to a plant-based protein diet that is far friendlier and more easily digestible in the human body than a flesh-based protein diet. Digestion is the first line of defense inside the body. Say goodbye to processed foods including refined sugars, fats, flours, salts and other unidentifiable chemicals. They may bring you emotional comfort today, but they'll bring you physical pain tomorrow. Replacing the toxic foodstuffs with organic fruits and vegetables, and real salt with all the minerals intact, will help replenish vitamins and minerals sorely lacking in processed foods, and assist in de-sludging the colon. Many herbs are commonly used to help clean out the organs. Milk thistle is a known liver detoxifier available in health-food stores. Juniper berries help tone and detoxify the kidneys. Osha root helps strengthen the lungs. Psyllium is used as an intestinal broom. Medicinal mushrooms are tremendous immune builders. There may not be much we can do to stop COVID-19, even with the release of the vaccines that are supposed to address the virus, or from the massive amount of chem trails invading our air space, but we have the power to build and strengthen our personal immune systems, which is the best protection available. Hippocrates barked it best: B.A.S.T.I.S.! And that's...**No. Joke.**

About the Author: Dr. Bera “The Wellness Whisperer” Dordoni, N.D. With over 35 years of serving as a vegan/vegetarian-oriented Naturopathic Doctor/nutritionist, Dr. Bera now focuses primarily on teaching Ho’oponopono in workshops and at retreats in her home in the Zuni mountains. She provides gourmet vegan meals and a relaxing stay where deer and wild turkeys play... as well as instruction in plant-based living, immune-system building and how to make the laws of attraction work for you. To learn more or book your stay, visit drberatl.com or bastis.org, or call (505) 783-9001.



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

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

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



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