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# Contents

- **Message:** from the President of BNHC
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- **Innovation, Educational Announcement (Conference, Workshop):**
- **BNHC News & Advertisements:**
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- **Email:** [info@bionaturalhealingcollege.org](mailto:info@bionaturalhealingcollege.org)
- **Phone:** (909) 242-6342 P.O. Box 218 La Verne, California 91750 USA.
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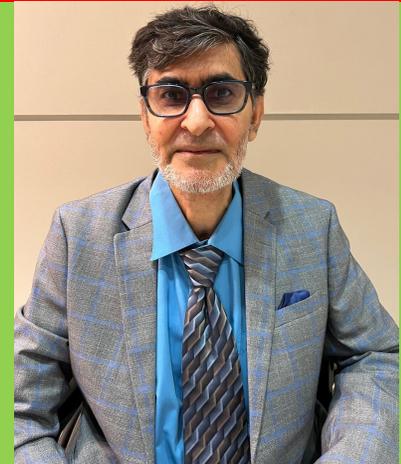
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**Healthy and Happy New  
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# Message: from the President of BioNatural Healing College (BNHC)

Greetings!



I am thrilled to express my heartfelt gratitude to the Almighty God for granting me the privilege to introduce the BioNatural Healing College (BNHC) E-Magazine January 2024 edition to our esteemed readers. Additionally, I extend my thanks to each one of you, especially our cherished readers, for your invaluable feedback and unwavering support. It's important to emphasize that the content within this magazine is intended solely for educational purposes, the author's perspectives are independent of any affiliation with BNHC.

We have high hopes that this BNHC E-Magazine will prove to be a valuable resource, made possible by the diligent contributions of esteemed researchers and colleagues from across the globe. With gratitude, I wish you all the best in health and a life filled with prosperity.

Warmest regards,

Dr. Nadir Sidiqi, Ph.D.



# BioNatural Healing College

## **BioNatural Healing College Stands on Seven Core Pillar Foundations as follows:**

1. All living organisms are made from the 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 nutritionally food production and end malnutrition and food insecurity.
4. Harmful pests such as insects, and pathogens causing to 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, various, 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 sense of feeling, feeding, fueling, and healing.
6. The brilliant human mind can irrigate with balance drinking clean water as a whole-body system to detoxify the toxicant 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 base 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.

# Important Plant Essential Oils: An Approach to Feeling and Healing

By: Mrs. Zarghuna Bashary B.A.

**Abstract:** Aromatherapy is one of the complementary treatments in which essential oils are used as the main therapeutic agents for the treatment of several diseases. Recently the use of alternative and complementary therapies with conventional medicine has accelerated. Also, it was created when scientists deciphered the antiseptic and skin permeability properties of essential oils. Inhalation, topical use, and bath are the main methods used in aromatherapy, which use these oils to penetrate the surface of human skin with a certain aura. This type of treatment uses various modifications and combinations to relieve various ailments such as depression, indigestion, headache, insomnia, muscle pain, breathing problems, skin diseases, swollen joints, urinary complications, etc. Essential oils are more beneficial when other aspects of life and diet are considered. This review examines information available in the literature related to therapeutic, medical, aesthetic, psychological, and olfactory; massage aromatherapy, safety issues, and various herbs used in aromatherapy.

**Introduction:** Aromatherapy is the use of essential oil. The antibacterial properties of essential oils and resins were widely known by the Egyptians around 3000 BC and they used these materials in embalming their dead. The development and cosmetic use of these natural materials has started since then. It can be said that essential oils are fragrant or tasty extracts that are extracted from other substances. The process of extracting essential oil is very important in its quality and determines the difference between essential oils and aromatic oils. Therefore, essential oils are obtained by distillation and pressing methods. Essential oils are strong plant extracts, obtained through several different extraction methods. The most common extraction method is steam distillation, so the part of the plant from which we get essential oil can be different depending on the oil, but usually, the leaves of plants have the highest amount of essential oil. These concentrated extracts of plants are volatile and very strong so a drop of pure essential oil in most plants is equal to fifty glasses of tea from that plant. The main use of essential oils in nature is to repel pests and attract insects for pollination. With antibacterial and antiviral properties, essential oils act like the immune system of plants and destroy many foreign factors. Essential oil is stored in closed containers due to evaporation due to the proximity of air. Normally, all volatile oils are known as essential oils. Essential oil is colorless in the first stage of separation but changes color as soon as it is exposed to air. One of the other things that we should consider about essential oils is that they are usually stored in dark-colored containers because direct light exposure greatly reduces the quality of essential oils. The quality of essential oils is directly related to the way of preparing the essential oils and the metabolism of the relevant plant, and these things also depend on the climate of the plant. Therefore, it can be said that the quality of a plant depends on its environment.

When each plant is produced in its natural environment, it will have the most and the best essential oil. In addition, we can mention the two factors of weather and light for all essential oils as factors affecting their quality. The amount of plant essential oil is usually higher in hot weather than in cold weather. It should be noted that essential oils are not the same as aromatic oils and perfumes, which are also called aromatic oils. Because aromatic oils are created artificially in a chemist's laboratory, but essential oils are products of nature. Also, these days, essential oils are mostly used in the world of fragrances and add a pleasant taste and smell to food, perfume, cosmetics, and other products as well.

**Benefits and Use:** Studies show that essential oils have both physical and psychological benefits. When inhaled these oils play an important role in the body, like boosting the body's natural healing function. Each essential oil has a specific therapeutic effect, so this is why many of these oils can be used for many conditions. Because Essential oils contain more than 100 different active plant ingredients. Almost all essential oils have antiseptic properties, but many also have antifungal, antiviral, and antibacterial properties. Also, the other benefits of essential oils come from their antioxidant, antimicrobial, and anti-inflammatory properties. Studies have shown that essential oils help boost mood and improve job performance by, reducing stress, Improving sleep, Killing bacteria, fungi, and viruses, reducing anxiety and pain, Reducing inflammation, Reducing nausea, and relieving headaches. The usage of essential oils is as the methods below. Through inhalation: Today, auma therapy is used as a complementary treatment to improve many mental and physical diseases. This method is actually the same as aroma therapy or aromatherapy and it helps you experience the fragrance of the oil.

for use mix one drop of essential oil with one drop of vegetable oil apply to your cotton pad and inhale. - using a diffuser will gently fill the air with the aroma and healing benefits of the essential oil of your choice within minutes, or inhaling directly and away from your nose Smoke essential oils, especially for the treatment of respiratory diseases They will gently fill the air with the aroma "Topical" use of essential oils on your skin makes the oil absorb into the skin. Some of the ways to use essential oils on your skin are: Through Massage, can apply desired areas, and rub. Also can add shampoos or moisturizing creams to lotions. Need to dilute essential oils with vegetable oils in this method. It's important to know the way to dilute essential oils is different for children with sensitive skin and for adults. Steam inhalation is also used with both relaxing and energizing oils, depending on your mood and needs and it's quite effective and beneficial for your skin too. For instance, boil 2-3 cups of water, pour it into a bowl, and add 2-5 drops of oil to the water and breath. Cover your head and bowl with a towel, and slowly inhale the steam. The aromatherapy Bath is another amazing way to relax during a busy day. Use the Epsom salts as the base for your essential oils because if just drop the oils into water they will not dissolve nicely as they do when first mixed into the Epsom salt. Remember that don't combine any other chemical products like soap etc. Moreover, essential oils are used to scent their homes. In the industry, essential oils have many uses in perfumery. They are used as a natural fragrance in handmade cosmetic products such as creams, lotions, shampoos, and quality natural products. Making medicines: essential oils are used for pure or with a series of purifications and extraction of their active ingredient.

- Essential oils can provide a safe and environmentally friendly alternative to man-made mosquito repellents such as DEET. Studies have shown that some oils, such as citronella, may repel certain types of mosquitoes for about 2 hours. Also, its combination with vanillin may increase this time up to 3 hours.

- Besides The properties of essential oils show that some of them can be used industrially to increase the shelf life of food and cosmetic products and as preservatives.

- Also, Aromatic candles are made with vegetable wax and essential oils and do not have the disadvantages of paraffin candles.

There are over 90 common essential oils the properties of each essential oil are unique and have different specific health benefits. Some essentials have different uses and properties that can be used in different industries.

### **Partial list of Plant Essential oils:**

Below are some examples of plant essential oils that you can use in a wide range of everyday tasks:

**Peppermint essential oil** is great for strengthening muscles and increasing body energy before exercise. with its cool aroma. You can apply it topically on your chest inhale it before exercising or use it to soothe your tired muscles after heavy exercise.

All the below images are sourced from the Internet.



**Frankincense essential oil** is known as the "king of essential oils", this essential oil is famous for its sweet, warm, and balsamic aroma. Add a few drops to your bath body lotion or facial toner to enjoy great-looking skin. Try diffusing its alluring scent in the air or applying it topically to your temples or the back of your neck during yoga, meditation, or while studying.



**Tea tree essential oil** according to Dr.Lin, people use tea tree oil as an antiseptic and antimicrobial and it is helpful. Besides, applying this oil directly to acne can resolve acne faster. this is important to know that dilute it with a carrier oil( a base or vegetable oil, coconut, and jojoba oil) Dr lin also mentioned that this oil can be neurotoxin so should not diffuse if have small children or pets at home.



**Lavender essential oil**, is one of the most popular and best-selling essential oils due to its relaxing and floral scent. This herbal essence is an ideal combination for moisturizers and herbal cosmetics. The ingredients in the lavender plant soften your skin and reduce skin blemishes, as well as help rejuvenate your skin. Overall, it produces a calm and relaxed mood in those inhaling it.



**Lemon Essential Oil**, With essential oils of lemon that are derived from the peel of citrus can reduce inflammation and free radicals that can contribute to acne and photo aging. You can add a few drops of water in a spray bottle to make a great DIY cleanser or add some of this essential oil to your skincare products that you use throughout the day. Also, by smelling it, you can help reduce headaches and improve your mood.



**Chamomile essential oil,** As we drink chamomile tea for relaxation, so can also use it in the form of an essential oil to calm the irritation of the skin. Also, applying chamomile compress twice a day is more effective than applying a one-percent hydrocortisone cream for itchy or inflamed skin and pain.



**Rosemary essential oil:** The essential oil from Rosemary also has many benefits. It is safe to use in aromatherapy topically on the skin with a carrier oil. This oil improves brain function, promotes hair growth, reduces pain and stress, lifts your mood, and reduces joint inflammation.



**Olive essential oil,** is a versatile and moisturizing oil and is the perfect base oil for healing body butter, shaving creams, and hair conditioners. It has a decent amount of slickness, making it perfect for aromatherapeutic massages.

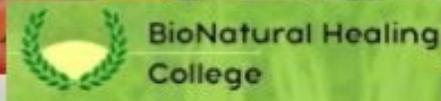


**Conclusion:** We can conclude from the above information that aromatherapy is a natural and noninvasive gift for humans. This is mentionable that as essential oils are derived from nature and are completely natural, they are thought to be mild and largely inactive. If this is not the case, the compounds are very strong. On average, they are 75 times more potent than dried herbs.” Likewise, “essential oils should be used with caution like other plan products can allergic, so they should be properly diluted before you apply them directly to the skin. it is very important to Do a patch test (Patch Test). It is also important to remember that before using any type of essential oil, try a small amount on the skin and wait 24 hours to check the allergic reaction. In this method, we can apply a drop of essential oil to a part of the skin, such as the pulse or cts essential oils inner part of the arms, and Wait for an hour if your skin does not show any sensitivity, then can use the essential oil easily, but in case of any burning or itching and inflammation, stop using it and dilute the desired area with carrier oil.

Do not think that because essential oils are natural, they do not cause allergies or skin problems! the essential oils that should be eaten are a very controversial topic, and many believe that it is not safe unless specifically recommended by a doctor or specialist. we must not swallow essential oils. It's necessary to look before popping just any oil into the diffuser. According dr Lin says. (store them in a cool, dry place away from direct sunlight to prolong their shelf life.) Finally, essential oils can be a useful non-pharmaceutical option and can be combined with conventional care for some health conditions, keeping safety and quality issues in mind and away from the children's accessibility.

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- <https://www.essentialoilhaven.com>



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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).

