

BNHC E-MAGAZINE

Introducing a convenient way! *Earn your diploma online with one of the most comprehensive study programs available in social network*



**BioNatural Healing
College**

Online 5 Diplomas

Offers a dynamic quality education to change and improve your quality of life by offering online education In convenient way.

***FIND YOUR KEY
TO SUCCESS!***



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
- **Staff & Faculty:** Mr. Wais Siddiqi, Prof. Rosalie Stafford, Dr. Christine F. Irene, Dr. Augustine A. Okukpe, Dr. Tanveer Alam , Dr. Amna Parveen and Dr. Vivek Sharma.
- **Learning:**
- **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:**
- **About US:** Mission, Vision
- **Contact US:**
- **Email:** info@bionaturalhealingcollege.org
- **Phone:** (909) 242-6342 P.O. Box 218 La Verne, California 91750 USA.
- [BioNatural Healing College.org](http://BioNaturalHealingCollege.org)

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.



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.

Made From a Plant or In a Plant?

By Dr. Bera Dordoni, N.D.

I love to eat. I know some people can take it or leave it, but I really, really love to eat. But even people who don't really enjoy eating cannot live without food. I mean, that's just the way life is. The need for food is a biological reality of being, well, alive.



But I like *real* food—stuff like dark leafy greens (spinach, collards, chard, mustard and turnip greens), old-fashioned whole grains and sprouts, and home-grown fruits and vegetables—and that's where I differ from a lot of people today. Yeah, a person might survive for a while on food-like substances, but come on—we all know by now that eating packaged and processed foods, “fast” foods, sugared foods, high-salt-content foods, and other “taste good not-really foods” is just plain bad for us. Makes us gain weight. Makes us susceptible to cancer and diabetes and heart disease and strokes and lupus and rheumatoid arthritis and fibromyalgia and chronic fatigue syndrome and—Ugh, I get tired thinking of all the different icky health problems that are rooted in our on-the-run diet. More and more Americans are living lousy lives and dying too early because, well, we eat too much stuff that just isn't *real food*. Very few fruits, vegetables and grains. Then if you eat meat raised conventionally in CAFOs – (concentrated animal feeding operations), you're sucking down antibiotics, growth hormones, pesticides and fear.

Not-real food makes us fat. It's true! That's why so many Americans now tip the scales at “obese.”

Unfortunately, with most of us still under stay-at-home orders because of the threat of Covid-19 possibly killing us if we contract it, we're either bored out of our minds and eating any kind of comfort food possible (that means junk food!), and the average weight gain in the past 4 months has been about 15 pounds per person. Worse yet, if we've gained weight from junk food it has most likely compromised our immune systems and that's something we cannot afford to do while under the threat of something as dangerous as this current virus.

Want to talk politics? Food-like substances—cleverly disguised and advertised as yummy; oh-so-satisfying; must-have; he-man; come on, you know you want it; don'tcha just crave it!—actually feeds the coffers of the wealthy. You know who I'm talking about: the ones who run the “health-care systems” and the clinics and the hospitals and “big pharma” companies.

The food industry comprises huge amounts of marketing strategies designed to hook us. And it does just that – it's cheap, convenient, and processed with addictive chemicals to make it taste really good – processed to create the right texture, color and smell – all with the intent to cause cravings. And with these addictive cravings toying with us, we've forgotten the words of Benjamin Franklin: “One should eat to live, not live to eat.” We're doing the complete opposite, and it's killing us.

And it's not just the obvious fast-food drive-thrus with their processed foodstuffs. In 2020 America, it's darn near all foods that exist in the center aisles of your grocery stores – the edible ‘food-like substances’ that aren't really dignified with food. White-flour breads, cookies, cakes, crackers, and treats are not only devoid of any nutritional value whatsoever, but they don't contain enough fiber to avoid turning into intestinal glue, gumming up our digestive system and giving us acid reflux and gastritis and diverticulitis and irritable bowel syndrome and colon cancer.... Plus, they raise our insulin ratios, stress our pancreas, and, yeah, make us belch.

If you think it ain't pretty on the outside, just imagine what it looks like on the inside. We're eating less fiber than ever before with this kind of diet, and fiber is what feeds colon bacteria and produces butyrate, which helps to maintain good bacteria population. Without 'friendly bacteria' in the intestinal tract, bad bacteria can take over and cause too many symptoms to count, including brain fog, weight gain, intestinal gas and bloating, and if they continue to take over eventually diseases like diabetes and cancer ensue. The less fiber we eat, the more the bad bacteria can grow, leading to obesity. The more fiber we eat (which comes from plants), the more we achieve optimal weight. Today, we process our foods with soy and corn oils that contain too many omega 6s, which cancel out omega 3s, the stuff that fights inflammation and helps get rid of pain. We're actually eating stuff that makes us hurt!

What, are we nuts or something?

Did you know we now consume 1,000% more sugar than we did 200 years ago? A thousand percent! Food manufacturers—when did it start being necessary to *manufacture* food?—add to almost every processed substance, from bread to ketchup to “fresh-squeezed” juice and, of course, to sodas. Talk about a world turned upside down: today, soda is cheaper than water! Don't even get me started on the genetically engineered or modified foodstuffs that now make up 60 percent of the Standard American Diet. Corn, soybeans, wheat and rice used to be known as, duh... corn, soybeans, wheat and rice. Now they're turned into hydrolyzed soy protein, high fructose corn syrup, mono and diglycerides and other impossible-to-pronounce substances. Our bodies don't have a clue about what to do with this stuff. Does it make us healthy? Are you really asking? Look, if we really want to be healthy and live a life not dependent on doctors, prescriptions, and Tums®, we have to start ignoring all the advertisements. What is it about Americans that we buy so much into the advertising scams?

If the Dairy Council says ‘milk does a body good,’ people run to buy it, ignoring the fact that it causes clogged arteries, big-time mucus production and osteoporosis, just what it’s supposed to help you avoid. When we were told to replace fats with sugars, we did so, causing more weight gain and stress on the body. When you think about it, if something has to be advertised, it probably isn’t good for us. We have to go back to eating ONLY foods that will rot—yeah, that’s right—foods that rot. If it rots, it isn’t preserved. If it doesn’t, it is. If it’s preserved, it’s likely to make us sick in the long run. Eat raw foods grown by humans or foods cooked by humans, not created in commercial machines. Eat the way nature intended – eat real food, not too much, and make it mostly plants.

Can I make it simpler? Absolutely: if it comes from a plant, eat it. If it was made in a plant, don’t.

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.

By Prof. Rosalie Stafford

Tamanu Oil: A Necessary Item for Your First-Aid Kit

In last month's issue of Bio-Natural Healing College's internet magazine, we looked at activated charcoal, an inexpensive and highly effective item which deserves a place in everybody's first aid kit. This month (July 2020), we will look at *tamanu oil*, another item which every bio-natural first-aid kit should contain.



What is Tamanu Oil?

Tamanu oil is pressed from the fruit kernel of the tamanu tree (*Callophyllum inophyllum*), a nut-bearing hardwood tree native to the coastal South Pacific.



The tamanu tree thrives in the region which used to be called *French Polynesia*, the sultry tropical islands of Tahiti and Fiji — where, for untold centuries, it has been used to soothe and heal both infections and injuries to the skin, including cuts, rashes, insect bites, and burns.

What Exactly is Tamanu Oil Good For?

Last month, we learned that activated charcoal (applied as a paste) treats insect bites by actually drawing out the poison: activated charcoal relieves pain while reducing swelling and inflammation. Tamanu oil (applied as a liniment) plays a somewhat different role: tamanu oil works by immediately soothing inflammation, easing pain, killing infectious agents, and then accelerating the growth of healthy new tissue. In addition to its use as first-aid for burns, people of the South Pacific islands have traditionally used tamanu oil to treat various chronic skin conditions, including psoriasis, eczema, fungal infections (“athlete’s foot”), acne, boils, and sores. Tamanu oil is even used to treat diaper rash.

Diaper Rash Should Not Be A Death Sentence

You might recall from our previous discussions of the pharmaceutical use of the toxic chemical element Mercury that, in Europe, Mercury was used for centuries to treat skin conditions, including diaper rash. The dreadful disease *acrodynia*, commonly called *Pink Disease*, suddenly became prevalent in Australia, North America, and Central Europe in the first half of the twentieth century. For several decades, Pink Disease was almost epidemic (Kerrie; Peluffo; Ravina; Stoneman). Doctors debated why Pink Disease was suddenly afflicting thousands of babies. It took decades for the medical establishment to admit that the horrific disease was directly caused by Mercury, especially patent diaper rash creams containing Mercury compounds. Before the toxic patent medication was taken off the market, thousands of infants died horrific and extremely painful deaths: the Mercury compound slathered on the infants’ skin actually corroded away the top layers of the dermis — hence the name *Pink Disease*, for the tormented babies were as red as boiled lobsters during the few days they suffered excruciating pain before they died. Not all of these poor babies died: some survived and even eventually became parents and grandparents. However, their children and grandchildren continue to suffer the effects of Mercury poisoning in that they suffer from autism at a rate fully three times that of the general population (Kerrie and Austin).

Sadly, those tragic deaths and inter-generational disabilities could have been avoided if only tamanu oil had been used on the babies' skin instead of corrosive Mercury —because the healing properties of tamanu oil were already known to the medical establishment. In the late 1800s, French scientists, conducting research in Tahiti (French Polynesia), learned of the healing and regenerative properties of the tropical oil and introduced it to France in the early 1900s. There, tamanu oil was hailed as a cure for a wide range of skin infections. Use of tamanu oil spread across Europe ... unfortunately not displacing the Mercury compounds which had been pushed by quacks since ancient times. (See earlier issues of Bio-Natural Healing College internet magazine for the story of Mercy.)

Tamanu Oil Heals

Tamanu has been used traditionally as a local medicine for many different purposes, including skin infections, wounds, ulcers, and even rheumatism (Dweck and Meadows). An unsigned 2011 article published by *Arizona Voice* notes:

The French medical literature of the era contains many records of tamanu's successful application for severe skin conditions, including one astounding story of an anonymous gangrene patient treated at the St. Louis Hospital in Paris. When the woman was admitted, she had a gangrenous ulcer on her leg that stubbornly refused to heal. Doctors were sure that amputation was inevitable, but as a last resort they opted to try treatment with tamanu oil dressings first. To their amazement, the dressings worked so well that the wound eventually healed completely leaving only a flat, smooth scar.

In 1918, the Society for the Propagation of the Faith published a report by the French nun, Sister Marie Suzanne, who devoted her life serving as a nurse in the leper colony on Makangai, a small island in the Fiji Islands, part of French Polynesia. By the 1920s, Sister Marie Suzanne was successfully using tamanu oil to treat leprosy (Callahan).

Throughout the twentieth century, as synthetic pharmaceuticals dominated the market, tamanu oil was virtually forgotten ... and needless tragedies such as Mercury-caused Pink's Disease occurred. However, since the millenium, researchers have once again turned their attention to tamanu oil.

In 2015, Researchers Teddy Léguillier *et al* published the results of their clinical studies of CIO (Calophyllum inophyllum or tamanu oil) and proudly proclaimed:

For the first time, this study provides support for traditional uses of CIO [tamanu oil]. These wound healing and antibiotic properties make CIO a valuable candidate to treat infected wounds especially in tropical areas.

The following year, researchers Jean-Luc Ansel *et al* proved that clinical use of tamanu oil showed cell proliferation, glycosaminoglycan and collagen production, and wound healing activity.

Tamanu's Benefits

Many times, I have used tamanu oil to treat kitchen burns: I notice immediate pain-relief and then rapid healing of the injury. For that reason, I keep a bottle of tamanu oil close at hand in the kitchen, alongside a jar of activated charcoal: they are both important elements of my bio-natural first-aid kit. It bears repeating: it's a good idea to include tamanu oil in your first aid kit!

Parting Thoughts

In conclusion, I extend my sincerest best wishes for your good health. Look to Nature for your health and healing. Remember to eat plenty of fresh, colorful fruits and vegetables, and give thanks always for this beautiful, bountiful world our Creator made for us.

Works Cited

- Ansel, Jean-Luc *et al.* “Biological Activity of Polynesian *Calophyllum inophyllum* Oil Extract on Human Skin Cells.” *Planta Medica*. 2016;82(11-12):961-966. doi:10.1055/s-0042-108205. <https://pubmed.ncbi.nlm.nih.gov/27280931/>
- Arizona Voice. “Tamanu-Seed.” 2011. <http://www.azvoicenow.com/tamanu-seed.html>
- Dweck AC, Meadows T. “Tamanu (*Calophyllum inophyllum*) – the African, Asian, Polynesian and Pacific Panacea.” *International Journal of Cosmetic Science*. 2002;(24):1–8. <https://pubmed.ncbi.nlm.nih.gov/18494888/>
- Callahan. B. “Sister Marie Suzanne's triumph in battle vs. Hansen's disease.” *Hospital Progress*. 1955;36(2):58-60. <https://pubmed.ncbi.nlm.nih.gov/13232649/>
- Kerrie, Shandley and David W. Austin. “Ancestry of Pink Disease (Infantile Acrodynia) Identified as a Risk Factor for Autism Spectrum Disorders.” *Journal of Toxicology and Environmental Health, Part A*. 2011 Sep; 74(18): 1185–1194. doi: 10.1080/15287394.2011.590097. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3173747/>
- Léguillier, Teddy, *et al.* “The Wound Healing and Antibacterial Activity of Five Ethnomedical *Calophyllum inophyllum* Oils: An Alternative Therapeutic Strategy to Treat Infected Wounds.” *PLoS One*. 2015;10 <https://pubmed.ncbi.nlm.nih.gov/26406588/>
- Peluffo, E., *et al.* “Acrodinia en un lactante luego de aplicación de pomada mercurial [Acrodynia in infant following application of mercurial ointment].” *Archives de Pedeatría de Uruguay*. 1952;23(10):691-696. <https://pubmed.ncbi.nlm.nih.gov/12987244/>
- Ravina, A. “Acrodynie et intoxication mercurielle [Acrodynia and mercurial intoxication].” *La Presse Medicale*. 1952;60(62):1322. <https://pubmed.ncbi.nlm.nih.gov/13026993/>
- Society for the Propagation of the Faith. *Annals of the Propagation of the Faith: Volumes 81-82, January 1, 1918.*
- Stoneman, M.E. “Pink disease after application of mercury ointment.” *Lancet*. 1958;1 (7027):938. doi:10.1016/s0140-6736(58)91688-x. <https://pubmed.ncbi.nlm.nih.gov/13540219/>



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).



**BioNatural Healing
College**

Online Distance Learning Based In California, USA

BNHC is a convenient way to earn your diploma. **BNHC** offers 5 diplomas under highly qualified professors. Time is a precious gift to every person, apply now!

DIPLOMA PROGRAM (30 CREDITS PER DIPLOMA):

- 1. BioNatural Pest Management (Diploma)**
- 2. Herbal Science and Master Herbalist (Diploma)**
- 3. BioNatural Health Practitioner (Diploma)**
- 4. Holistic Health Practitioner (Diploma)**
- 5. Nutrition and Brain Function Consultant (Diploma)**

Learn more and register at <http://www.bionaturalhealingcollege.org>

Phone: (909) 242-6342

Email: info@bionaturalhealing.org

***Learn the knowledge, share the knowledge,
and Implement the knowledge to benefit of
humanity! BNHC***

