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- **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 (BNHC), BNHC E-Magazine to our dear readers. Also, I would like to thank you all, especially the dear readers who send us their valuable feedback and support. The information in this magazine is solely for educational purposes.

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

Best 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.

Overview of Herbal Medicine

By: Mrs. Zarghuna Bashary B.A. (Student of Herbal Science & Master Herbalist Diploma) At BNHC

Introduction: Herbal medicines are medicines. These phytochemicals are obtained from plants and their compounds contain natural substances in their composition for health improvement.

Because the side effects of these medicinal plants are less or nonexistent, they have been receiving high attention in the current era health industry. These plants or one or some of their parts contain effective therapeutic substances. And has been used for treatment. Herbal medicine or Herbalism is the study of pharmacognosy (deals with medicinal drugs obtained from plants or other natural sources) and the use of medicinal plants in pharmaceuticals. Plants were the basis of medical treatment for most of human history and are widely used in traditional medicine today. Modern medicine uses many herbal compounds as the basis of effective chemical drugs. The history of herbal medicine or making medicine from plants is as old as mankind, that is, with the appearance of the first diseases, humans instinctively began to treat themselves with plants, and began this treatment with the surrounding substances, because of the many and different plants that were around and at their disposal. With time, man gradually became familiar with the miraculous power of plants in the treatment of diseases and illnesses and used them. Although the interest and attention to these useful plants were insignificant in the past years, fortunately, recently it has received more attention and care from different communities worldwide.

Herbal medicine, also known as phytomedicine, can be broadly defined as both the science and the art of using botanical medicines to prevent and treat illness, and the study and investigation of these medicines. The term ‘phytotherapy’ is used to describe the therapeutic application of herbal medicines and was first coined by the French physician Henri Leclerc (1870–1955), who published numerous essays on the use of medicinal plants (Weiss 1988). (1).

Significant medicinal plants in the Holy Quran: Plants are one of the main vital components of this beautiful planet of Earth (the universe). Therefore, treatment through these medicinal plants goes back to early human civilization. The Creator of creations (Almighty God) blessed humanity and its life partners (animals) with this precious gift (plants, fruits, vegetables) and was mentioned in the Holy Quran (the final book revealed to the final Prophet) and Hadiths (The teachings of the Final Prophet Muhammad Peace be upon him). Humans have used plants as food and medicine since ancient times in different parts of the world. Many observations and experiences show medicinal plants were recognized as medicinal sources for the treatment of various diseases. The Qur'an is mentioned in numerous Surah (chapters and verses), here are some examples date trees, grapes, onions, garlic, lentils, cucumbers, pomegranates figs, and olives. The Qur'an is a universal guide for humanity, for all aspects of life individual, social, moral, legal, worldly, and hereafter. However, for this health improvement, medicinal plants are discussed to express the importance and significant health improvements.

Also, Studies show on the use of medicinal plants dates back to the Paleolithic era, according to recent archeology approximately 60,000 years ago medicinal plants used and interestingly still are used for health improvement and disease prevention. Written evidence of herbal medicine dates back more than 5,000 years to the Sumerians who compiled lists of plants. From the Holy Qur'an's point of view, the importance of plants in human health and nutrition is more than other food items, so even in the description of heavenly food and blessings, God has prioritized fruits and vegetables over meat. In addition to human nutrition, plants are also used as medicine and treatment for diseases, and the Holy Quran refers to this role of plants in the story of Prophet Yunus (Jonah peace be upon him) and the story of the birth of Miraculously Prophet Jesus (peace be upon him). Therefore, according to the verses of the Holy Quran and related traditions, the importance of paying more attention to plants in the diet and preparing medicine, and treating diseases is revealed. Additionally, in brief, Ibn Sina, also known as Avicenna (980-1037) was a humble, well-known devout physician who always sought to gain knowledge, as the Quran emphasized the importance of education. With his dedication and contribution to humanity had started to practice medicine at an early age and years later, produced a book called "The Canon of Medicine ", which is renowned as one of the most significant books in medicine. Avicenna discussed a system considering factors such as diet and drugs to aid the treatment of patients. He was one of the first doctors to link the disease with mental health and used this method to prevent and treat depression in patients. (3). In the medical system of Abu Ali ibn Sina (Avicenna, 980-1037), indications for the use of more than 1,500 simple and about 800 complex medicines are presented as part of the "opposite to opposite" therapy tactics. (4).

Advantages and uses,

As mentioned above Medicinal plants are said to be plants that all or part of them contain effective substances that can have beneficial therapeutic effects on the body and help treat diseases by regulating the activity of human different body systems. Medicinal plant products are consumed in different forms such as fresh, dried or powdered, brewed, boiled, syrup, vegetable oils, and processed essences. The use of plants as medicine for the prevention and treatment of diseases has been the focus of traditional medicine specialists since ancient times.

Every year, many people turn to using these resources, because they believe that medicinal plants do not have any side effects. Medicinal plants have a wide range of uses in medicine because they are from nature and are more compatible with the human body. What shows the clear difference between chemical and herbal medicines is the duration of use, the method of use, the concentration of the medicine, and its side effects. The fact is that the many side effects of chemical drugs and the cost of providing them have influenced people's tendency towards herbal medicine. But it should be remembered that although the desire to use such herbs has increased during the last few decades, their unknown side effects are a serious threat to their arbitrary and excessive consumption. The important thing is that when using herbal medicines, we should not forget that herbal medicines have effective ingredients. So, it is clear that their effects will occur with less intensity and over a longer period. It should be remembered that although medicinal plants are closer to and more compatible with human nature because they are obtained from nature, they should be used with caution. We can easily grow some of these plants in our kitchen garden. In addition to having a pleasant aroma, fresh plants also contain a large amount of nutrients. According to studies, unpurified plant extracts are used for medicinal plants. The effectiveness of the whole plant is greater than the total. In addition, herbal medicines are prepared from the combination of several plants.

It has more delicious effects than using whole plants instead of isolated ones. According to doctors, the compounds in different proportions This generally does not cause clinical problems. In addition, the combination of herbs improves efficiency and reduces side effects. Medicinal plants are effective for treating diseases, they have other compounds necessary for detoxification. For example, if you consume parsley, mint, and sage, you will get the following minerals and electrolytes, Magnesium, manganese, phosphorus, potassium, selenium, sodium, metal, and zinc. For the health of the body, we need a strong immune system because it protects our body against pathogenic agents. The immune system works naturally and well by itself; But in some special cases, such as pregnancy or due to the use of certain drugs, a person faces a weak immune system. At this time, we should try to strengthen our immune system to protect ourselves from getting diseases. Some plants can help a lot in strengthening the immune system. According to today's science, our work has become easier, and herbal medicines have provided us with strengthening the immune system.

As having a strong immune system is one of the most important health factors; We need to know if the strength of the immune system is genetic or if can it be helped to strengthen it. We can say that some disorders of the immune system are partly genetic; But in general, it is us who strengthen or weaken the body's immune system with our lifestyle. For example, excessive stress, consumption of sugar and artificial sugar, inactivity, improper diet, and irregular sleep can harm the immune system; But some solutions that strengthen the body's immune system, include:

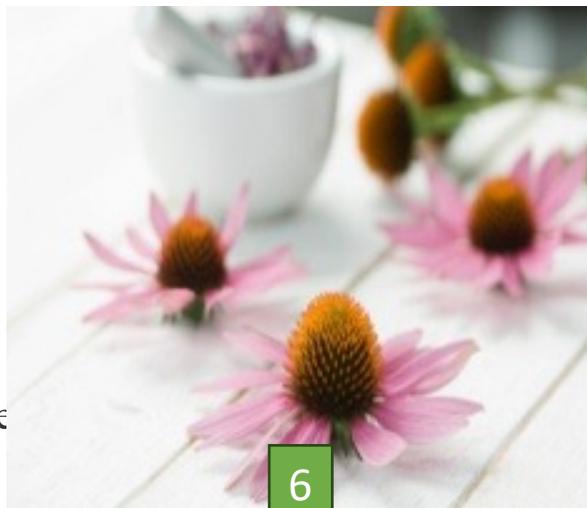
The use of herbal medicines to strengthen the body's immune system is at the discretion of the doctor. Staying away from stress, doing meditation and sports like yoga Exercising, and having a healthy lifestyle and diet. Getting enough and regular sleep. Consuming enough water and fluids (green tea).



As we said, one of the ways to strengthen the body's immune system is to use some herbal medicines. For this reason, I introduce some examples of these drugs. (5) **Turmeric:** [Turmeric](#) (*Curcuma longa*) is a vibrant yellow spice with a long history of use in [ayurvedic medicine](#) (the ancient Indian medical system) as a treatment for inflammatory conditions, [according to a review](#). “While the research is unclear, consuming anti-inflammatory foods may help reduce the tissue inflammation associated with cold and flu,” Dr. Bazilian says.

Curcumin, the primary active compound in turmeric, is especially potent. It offers powerful anti-inflammatory and antioxidant properties and has been shown to improve oxidative stress markers, per a [review and meta-analysis published in the Journal of Functional Foods](#).

Echinacea



Echinacea: a flowering plant that grows in North America, was traditionally used by Native Americans for medicinal purposes, according to the [National Center for Complementary and Integrative Health \(NCCIH\)](#). Today, this herb is promoted as a dietary supplement for the common cold and other infections, per the NCCIH. It's believed that echinacea contains active compounds that stimulate the immune system, helping shorten cold and [flu duration](#) and easing symptoms such as [sore throat](#), [cough](#), and fever, notes [Mount Sinai](#).



Ginger: Like many herbs and spices, ginger (*Zingiber officinale*) is a staple in traditional medicine. For centuries, people have turned to this warm spice for the treatment of headaches, colds, nausea, and vomiting, according to a [paper in Complementary Therapies in Medicine](#).



Cinnamon:

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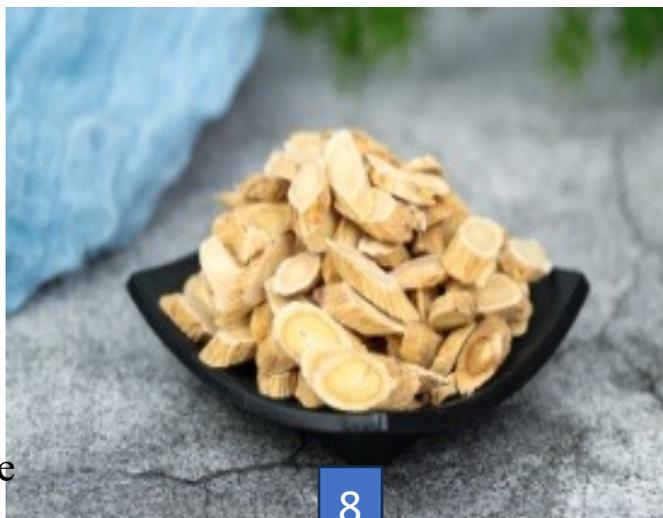
Cinnamon: Another warming spice, cinnamon is renowned for its antioxidant properties, Largeman-Roth says. Cinnamon has higher antioxidant properties than mint, ginger, and licorice, according to a [study](#).



Peppermint:

Peppermint: Peppermint is an herb (a natural cross between water mint and spearmint) containing various flavonoids. These are plant compounds that have beneficial effects on immune health. “I think of flavonoids as housekeepers that help tidy and put things away, enhance in some cases, repair when possible, and eliminate debris in the body,” Bazilian says. She adds that they help the body react to, process, protect, and repair daily.

Astragalus:



Astragalus: This native Chinese herb has traditionally been used as an adaptogen (a substance that protects the body from stress and disease), Largeman-Roth says. Astragalus (*Astragalus membranaceus*) is also used as part of an herbal combination to prevent or treat colds, according to Mount Sin ai.



Paprika: You may not associate paprika (red pepper) with immune health, but this fiery spice is packed with helpful compounds like vitamins C and A. For example, vitamin C (ascorbic acid) is an antioxidant that helps protect your body against free radicals, per the Mayo Clinic. It also helps keep your immune cells healthy, according to a [research article published in Nutrients](#).

Conclusion: To maintain a healthy lifestyle. Including herbal plants in the daily diet is the healthiest way. As People's trust in medicinal plants has increased because they do not cause side effects like chemical drugs in the body, But they should not be used excessively. Consult a doctor before taking herbal medicines. The correct use of herbal medicines includes the Follow the instructions on the label carefully as well as only the recommended dose, and In case of ineffectiveness, it is necessary to stop taking herbal supplements. The safety, regulations and standardization of herbal medicine are highly important. Also, there is a need for researchers and all related scientific communities to collaborate for discovering novel phytochemicals for the benefit of public health and environmental health improvement.

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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).

