

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.

A FORK INSTEAD OF A KNIFE?!

By Dr. Bera Dordoni, N.D.

Ok, so this dog named Protector walks into the corner bar panting, “Need water.” “Yo, Dog, did you use the hand & paw sanitizer at the door?” asked the bartender. “Those sanitizers don’t work as well as simple soap and water for disinfecting,” barked Protector. “Show me the suds and I’ll scrub my paws gladly.”



“Hey, Dog, what’re you doing out on the streets when there’s a ‘stay-at-home’ order? Don’t you have a family that would be looking for you?”

“They didn’t even notice when I left. They’re hunkered down in front of Fox News crying in fear every day now, thinking the world is ending because of Covid-19. Sheesh, you humans have had flu before, so why is this so different? I know it’s bad and it’s really scary, and a lot of people have died. But if this is a respiratory virus, why did you all go insane hoarding toilet paper? And why are you standing there scrubbing your bartop when you don’t have any customers anymore?”

“I just came in to sterilize the place and then shut it down until we’re allowed to reopen. With everyone in isolation or quarantine, who knows when the world will return to normal, if ever? No one seems to know how to contain this thing, whatever it is. Some say it’s not a virus, but it’s 5G. I sure dunno.”

“As long as you have a strong immune system you oughta be able to survive whatever it is. You humans are crazy. Aside from washing your hands like crazy, you’ve got masks to protect you, and you’ve got social distancing that oughta help contain it. But most of all, you can use tools with your hands that we can’t use with our paws – in fact, you can use your fork over your knife!”

“Huh?” said the confused-looking bartender.

“When most humans eat, they eat all wrong. My people grab garbage from plastic-wrapped packages made in chemical labs filled with junk. They’re sick all the time cuz they break down their immune systems with their junk food. I wish they’d plant an organic garden to make them healthy with live foods. Yum. And I’d be happy to chase the squirrels away.

“This thing scaring everyone nearly to death is something that won’t kill you if you have a strong immune system. First of all, eat real plants – remember how spinach made Popeye strong?!”

“Where are you coming up with this silly stuff, Dog?” asked the bartender.

“I’m known as Protector.” And my buddy Jake used to hang with a naturopathic doctor who taught him a lot before he passed on, and he told me a lotta stuff. He told me a virus needs a host to keep thriving, like a weakened immune system. He said you guys have to build it up by eating lots of natural foods and taking some good supplements. Then even if you get a virus you’ll be strong enough to fight it off.”

“Ok, Protector, what do you suggest we take?”

“Well, I’d be digging my food out of the ground if I could. I wish the two-leggeds that I live with had a garden. Fresh organic veggies have all sorts of vitamins and minerals.

At least they grow sprouts in the house and I get to eat some of those. They're packed full of more protein than meat, y'know. Some of the things you folks could take to help you get past this awful virus thingy would make a huge difference in ending this pandemic. I know you've heard of *vitamin C*, which viruses don't like. Also, while you're all in isolation, eat garlic to your heart's content (which will also benefit your heart!), because garlic kills viruses and all sorts of bugs. Then there's colloidal silver, which is a natural antibiotic. You folks need to get out in the sun and roll on your backs like I do for your vitamin D3. Oregano oil, olive leaf extract and ravintsara essential oil all pack a real punch and make viruses run in the other direction. And your powerful mushrooms like Lions Mane, shiitake, maitake, cordyceps, turkey tail, and more all have beta glucans, which build up the immune system so if you are exposed to a virus you're able to fight it off either completely or within a few days.

But the biggest thing that could help you humans is if you'd do what I said earlier – use your tools to your advantage – your fork over your knife.”

“What are you talking about, Dog, using a fork over a knife?”

“I told you Protector is the name.” And using a fork for your food instead of a knife means you don't have to chop up animals to feed yourselves. Right there you're enhancing your immune system. Do I really need to tell you how bad meat is for your health, and how horribly animals you eat are treated? The hormones and fear chemicals you eat from the animals affect your health on a daily basis. GMO foods, processed foods and dead animals tear down your immune system making you susceptible to infections and viruses like Covid-19. But eating living foods brings vitality to the living body. So that's how you use a fork over a knife for your health.”

“Ok, ok, I don't need a lecture this morning. But I do have to admit you're a pretty darn smart dog, y'know? Is there anything else you can recommend for us humans to help us get past this Covid-19 faster?”

“Well, yeah, eat that plant-based diet I was talking about. Stay hydrated. Stop panicking. Live in love instead of fear. Fear and stress weaken the immune system. Get as much sleep as possible. Dogs love to sleep because we know how good it is for us. And for now, maybe you guys oughta avoid sniffing each other’s butts until this is over. Pluto told me that.”

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

Activated Charcoal: A Necessary Item for Your First-Aid Kit

This month (June 2020), we will look at activated charcoal, an inexpensive and highly effective item which deserves a place in everybody's first aid kit.



What is Activated Charcoal? Although charcoal is one of the stages firewood or lumber passes through when it is burned, activated charcoal cannot be found in Nature: it is a man-made substance, produced since the early 1800s for medicinal purposes.

A very fine (“fly-away”) black powder, activated charcoal can be created from a variety of substances including bone char, coconut shells, peat, petroleum coke, coal, olive pits, or sawdust. The components are processed at high temperatures, thereby changing the internal structure of the combusted material, specifically reducing the size of its pores, increasing its surface area, and imparting a negative charge.

How Does Activated Charcoal Work?

Activated charcoal works by capturing and trapping toxins and waste products, without being absorbed or metabolized, after which it is simply excreted. You can think of activated charcoal as comprising a vast army of tiny energetic workers, running around wielding miniscule butterfly nets, catching and disposing of not delightful butterflies but *bad critters* — in other words, *poison* and *venom* — which would otherwise harm or even kill you.

Activated charcoal is a highly effective first-aid remedy for a variety of ingested poisons (such as overdoses of aspirin, acetaminophen, sedatives, and other pharmaceuticals) as well as for venomous stings and bites (such as from bees, wasps, and scorpions).

Activated Charcoal: Good Against Venom

Living as I do in the Desert Southwest, encountering critters that bite is a daily occurrence: horseflies, hornets, bees, scorpions, centipedes, spiders (black widows, brown recluses, and wolf spiders), even rattlesnakes and sidewinders abound in my big back yard. I routinely take precautions: I wear heavy shoes and socks, never reach into any place that I cannot see, and do not walk in the dark without a powerful flashlight and my famous snake-killing dog *Ruby*. Even so, I am all-too-often bit by aggressive bees and spiders. Because of that, I always have at hand activated charcoal.

When I am attacked by a bee, spider, centipede, or scorpion, I immediately make a paste of activated charcoal and apply it to the wound. I cover it with a square of plastic and tie a dishcloth around that to keep it in place. Every few hours, I remove the dressing and apply freshly-made paste.

Sometimes I have to repeat this procedure quite a few times. Whereas many people gain relief from pain and reduction of inflammation almost immediately — for example, when my husband was stung by a scorpion last week, he immediately applied charcoal and the pain and swelling just as immediately subsided — however, that is never the case for me. Even with charcoal, it always takes a while (actually, a few days) for me to recover. For instance, when I was bit on the arm by a deadly spider last year, I treated myself with charcoal (and also sulphur) for a week before the swelling and inflammation left my arm, leaving no scar whatsoever.

A week of treating a throbbing, grotesquely swollen, bright red arm might be unacceptable to some people but, when I compare my experience with that of other people in this area, I am satisfied: others I personally know went the route of the Emergency Room, of pharmaceuticals and, eventually, *surgery* to remove the necrotic tissue resulting from the bite of this fearsome spider!

Now, I am not a medical doctor, and I am certainly not suggesting that you forego the Emergency Room route (which, in some cases, is known to lead to surgery to remove dead tissue resulting from this spider's extremely toxic venom). Pharma or Nature is certainly a choice you must make for yourself. However, applying a paste of activated charcoal immediately after being bitten and then going to the Emergency Room might be a good idea!

Activated Charcoal: Good Against Poison

Dr. Axe says this about treating intestinal upsets with activated charcoal:

Adults take 25 grams at onset of diarrhea and nausea symptoms or when food poisoning is suspected, and children should be given 10 grams. Increase dosage as necessary. Remember, it's essential that adequate water is consumed when activated charcoal is taken.

And, in cases of pharmaceutical poisoning by over-the-counter drugs or by prescription drugs, Dr. Axe states:

Proper dosing is imperative. According to the University of Michigan Health System, 50 to 100 grams (not milligrams!) is used in cases of poisoning in adults and 10 to 25 grams for children.

Dr. Axe recommends stocking your first-aid kit with activated charcoal. Researcher David N. Juurlink's review of studies of treating acute overdoses with activated charcoal points out that a single dose of 50–100 grams of activated charcoal, taken within five minutes of drug ingestion, may reduce drug absorption in adults by up to 74%.

It bears repeating: it's a good idea to include activated charcoal in your first aid kit!

Parting Thoughts

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

For Further Reading

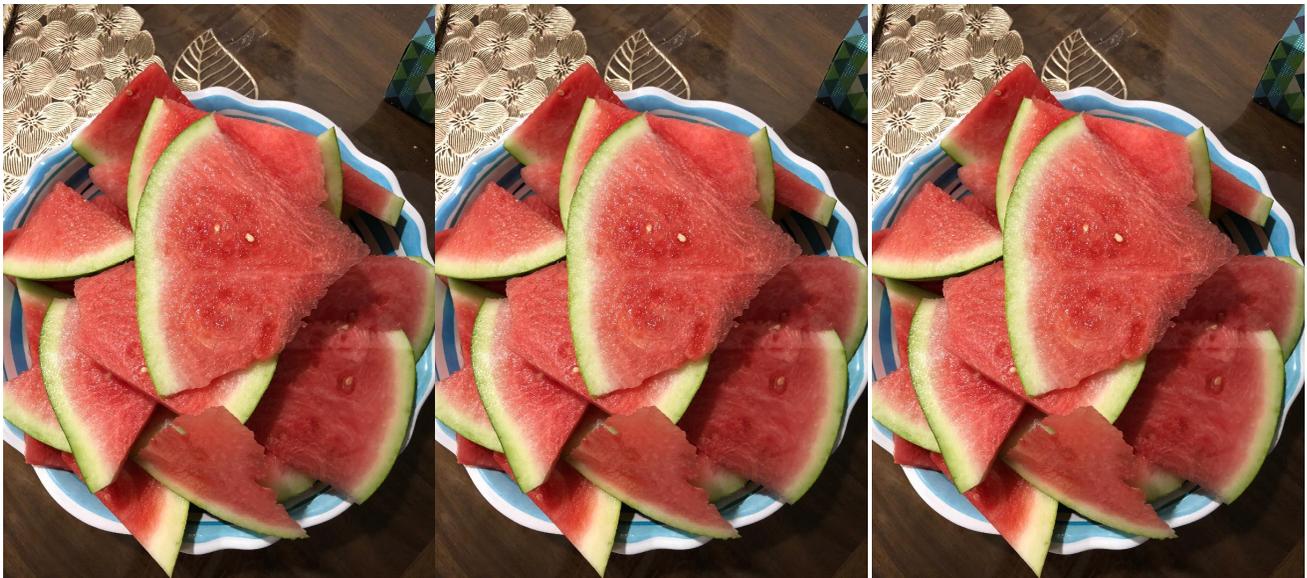
Axe, Josh. “Activated Charcoal Uses, Side Effects and Precautions.” *Dr. Axe*. 5 Jul 2019. <https://draxe.com/nutrition/activated-charcoal-uses/>

Dinsley, John. “Activated Charcoal for Insect Bites.” *Charcoal Remedies*. http://www.charcoalremedies.com/insect_bites

Juurlink, David N. “Activated Charcoal for Acute Overdose: A Reappraisal.” *British Journal of Clinical Pharmacology*. Mar 2016. pubmed.ncbi.nlm.nih.gov/26409027

Petre, Alina. “What Is Activated Charcoal Good For? Benefits and Uses.” 29 Jun 2017. *Healthline*. <https://www.healthline.com/nutrition/activated-charcoal>

Staughton, John. “Top 10 Benefits & Uses Of Activated Charcoal.” 04 Feb 2020. *Organic Facts*. <https://www.organicfacts.net/activated-charcoal.html>



Choose Love

By Dr. Bera Dordoni, N.D.

I love ho'oponopono, the ancient Hawaiian practice of forgiveness, love, releasing old baggage and negative beliefs, and embracing the divinity within ourselves. I love it even more when its concepts are validated by a dog. According to Kanoe, a dog who spoke to her human through animal communicator Maia Kincaid in *Dogs Say the Darndest Things*, all living beings on this planet are connected. We share a "collective mind." And from her canine perspective, human actions are negatively affecting the planet.

Humans, Kanoe says, tend to respond in a like manner: they match rudeness with rudeness and cruelty with cruelty, and are always bringing the past into the present to express it again. This approach doesn't share and nurture light upon the planet; instead, it perpetuates darkness and fear. That's because humans also tend to operate from fear, not love. Dogs love. Sure, they know primal fear, as all sentient creatures do. But unless they've been horribly abused or neglected, they mostly live in tail-wagging, face-licking love, throw-the-ball-throw-the-ball love.

Now, environmental and animal-rights organizations may have honorable, even Divine intentions, Kanoe says, but individual people's actions on behalf of those organizations mostly originate from fear. They're afraid if they don't act, if they don't do their part—and I mean right now!—it could spell doom for millions of animals—maybe even for the Earth itself.

Think about it. For example, are you vegan? Did you become vegan because you want to help save the planet? Has the harm humans have done to this world become more than you can bear? Are you so furious you want to join a protest, so outraged you've become an activist, so ready to take action you're armed and prepared to battle all the bad guys—not just corporations that promote GMOs, but anyone else who's destroying our planet, all, you've decided, in the name of greed?

Harm. Furious. Protest. Outrage. Armed. Battle. Destroy. Greed. Do any of those words portray an attitude of love to you?

No, not to me, either.

If fear brings along hate for the ride, then love, Kanoe claims, is accompanied by wisdom. We must learn not to take affronts personally, to stay in a state of love—treating all life forms with kindness and respect—no matter how poorly we have been treated. That doesn't mean being a doormat; it means not operating from fear. Kanoe challenges each of us join those protest lines without negativity or accusation, but with nurturing, loving, nonjudgment.

Does that sound too esoteric, too goody-goody to pull off? Maybe it is. After all, we're only human. But, as Kanoe reminds us, we have as much of the Divine in us as dogs have in them. We just don't give patience, understanding, and fostering a sense of peace the same dogged attention that canines do.

Some Laws Just Can't Be Broken

Jump off a 10-story building with no wings, no flying apparatus, and you're gonna splat. Simple as that. Law of gravity--can't be broken. Other laws are equally as powerful, including the laws of attraction. Fear attracts hate. Hate attracts violence. Violence attracts retaliation. Read history—this isn't just a law, it's an undeniable reality.

But love attracts thought, and thought attracts understanding, and understanding attracts peace.

If we want to draw beauty and peace to ourselves, filled with love and all the blessings we deserve, we need to exercise our God-given powers to forgive, to love, to release old baggage and negative beliefs, and to embrace the divinity within our own beings, within our own spirits and souls.

Set Your Vision

Focus on the beauty of the planet, and release media-generated visions of destruction. Choose to learn environmentalism from education from our loving collective mind. Use the power of your happiness and generosity to spread compassion and understanding to everyone you meet or even think about—no matter who you think they might be or what you think they might have done. Can we save the world by deciding to change our minds and operate out of love instead of fear? Who knows? Has anyone ever tried it before? I encourage you to join me in choosing love now more than ever in this time of uncertainty.

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).



**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***

