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# 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.

# WHAT IS THIS THING CALLED GRIEF?

By: Bera Dordoni, N.D.

Cole Porter's "What Is This Thing Called Love?"\* was about the magical and mysterious aspects of something funny, wonderful, and indefinable. If someone wrote a song to define grief, it probably wouldn't contain anything funny, but it might include the crippling aspects of trying to function normally or remember where you left your brain. It would likely have a verse about bursting into tears unexpectedly at the most inappropriate moments and another about feeling helpless and hopeless.

I'm sure there'd be a stanza about not sleeping, a bridge about walking confusedly in circles, and a chorus wondering how the world can still be going on when yours has ended. Maybe there'd be a refrain on how we do stupid things when we grieve, possibly to punish ourselves for still living. I hope there would also be one about how to redefine yourself when you've lost who you used to be.

I want to thank everyone who has reached out to me in the past months to ask what I'm up to I've disappeared off the face of the earth, and if I'm taking new clients now that the worst of the pandemic is behind us. I'm still here on earth, but you're right—I haven't posted anything in a very long time, due to events that occurred in my life that affected me personally and dramatically.

My husband was injured in a construction accident, and with medical help unavailable during the pandemic, he didn't recover and lost his life. Which left me devastated, feeling like I, too, had lost my life. For forty years, everything we did, we did together. We worked side-by-side as we held our retreats and workshops and cared for our special-needs animals. We were each other's right arm. Learning to function alone has been a much-too-real and blindingly painful education for me.

So no, I haven't held a retreat since I lost him. But I promise I will, just as soon as I feel capable of doing so. Also, in the near future, I will be teaching online classes at BioNatural Healing College and helping host a conference for the College in October 2023, for anyone interested in attending who might want to make contact with me there.

Those who know me are aware that, in the past, I was pretty firm about what I would and wouldn't eat, and what I recommended to my family, friends, and clients. The loss changed all that—for a while. Feeling sorry for myself, I thought maybe comfort food would fill the void, so I bought foods that would normally never make it into my grocery cart. Commercial donuts. Chips. Dips. Candy bars.

I'm a fanatic label reader. "Know what is in the foods you consume," I always say. Did I read the labels? Heck no. I justified my purchases: "Hey, I lost so much weight taking care of my husband, I can afford to eat whatever I want without suffering any consequences." Not true.

Our bodies truly do reflect what we eat. A few months of eating as much junk as I could with the hope it would somehow make me feel better emotionally definitely affected me physically—and even more definitely did not help me feel better emotionally. I'd forgotten that every cell in the body communicates with the cells around them. I'm not a kid anymore, and my cells were telling me that all the things I warn everyone about were going to happen to me if I didn't get my act together. I'm smart enough to know that the SAD (Standard American Diet consisting mainly of junk food) could easily introduce me to arthritis, diabetes, heart disease, high blood pressure, high cholesterol, and so much more in addition to the fatigue I was already feeling and insomnia I was experiencing every night. My trillions of cells weren't happy with what I was feeding them, so they fought back with physical pain. "You know better!" they screamed at me with brain fog and each ache and sprain and jab.

They were right; I did know better. And I knew if I wanted to *feel* better, I had to get rid of my new bad habits and return to my old, health-supporting ones. I had to give up the foods I knew were harming my body: the commercial donuts, chips, dips, candy bars, and other processed food-like substances that had found their way into my mouth. I had to replace them once again with organic veggies, fruits, beans, nuts, seeds, whole grains, and other plant-based foods that make happy cells so they could communicate with other cells and make them all happy.

It's not like there aren't good snack foods on the market. I've found baked crisps and chips, raw chocolate—very good for you—and dips made from healthful plant-based ingredients.

Generally, plant-based whole foods are the most easily assimilated and healthful. I know that. And the older I get, the more I need to pay attention to how foods affect me, negatively or positively. I'm already feeling the difference since I stopped consuming junk. My energy is increasing once again, and I'm getting a little more sleep. My skin has a better glow, my nose isn't running as much, and I feel good after I eat, rather than miserably bloated. I'm more inspired to use my creativity in different ways again, too, and I can tell my outlook on life is getting more positive as the days pass. Things are looking up.

- Or they were. But then I backslid. Yup. The paragraphs above were written before I went to an event where lots of prepackaged, non-vegan goodies were served—and I ate them. More like I stuffed my face with all those bad goodies. What would have been our anniversary had arrived and I felt sorry for myself so I ate almost everything I was given—which included some very sugary fudge and even some real cheese. Of course, I paid for it – not only did I feel guilty for consuming something that ought to be used for calves (a milk product), but I also paid for it with congestion—coughing up phlegm and dealing with sealed nostrils. I like breathing. That made it difficult.

I claim that I'm vegan. I love nature and all its little critters (ok, not so much the gnats and mosquitoes... and not cockroaches), and I don't like to consume animal products because I believe animals were not put on this earth for my use and abuse. I believe we're all here to learn from one another and co-exist peacefully, which means consuming a strictly plant-based diet. But when I looked at the product labels, I realized I'd been consuming eggs, cheese, butter, sugar, and all sorts of unpronounceable chemicals.

Grief had silently slid in and taken over again. I didn't care that I was abusing myself by eating all those processed and prepackaged products—until the night I couldn't breathe through my nose whatsoever, couldn't sleep, couldn't get away from my stomachache or headache. The next morning I had so little energy I didn't even want to get out of bed.

Life never promises that nothing bad will ever happen to us. I believe we're in school the entire time we live in our bodies on this planet. It makes much more sense to consume foods and drinks that support us during difficult times, rather than do what I did and attempt to fill a void with processed, harmful garbage foods. So here I go, starting over again. Saying goodbye to junk food. And mean it. I hope.

What is this thing called grief? It's a process we cannot avoid when we lose someone we dearly love. If we breathe and accept that we will never be the same, we'll get through it sooner or later. But if we nourish ourselves properly along the way, we might just come out a bit stronger as we recover. And if we backslide, as humans do, we don't need to beat ourselves up. We just start over again... and again... and do our best.

*\*"What Is This Thing Called Love?" is a 1929 popular jazz standard written by world-famous composer Cole Porter, and is one of Porter's most often played compositions.*



# BioNatural Healing College

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11/21/23, 12/19/23**

**Location: Pomona,  
California**

**FOR MORE  
INFORMATION  
PLEASE CONTACT US:  
PH: 909-242-6342**

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[www.bionaturalhealingcollege.org](http://www.bionaturalhealingcollege.org)**



# BioNatural Healing College

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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).

