

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 contribution and dedication of many other respected 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 elimination of COVID-19.

The Cycle of Life: Cycles within Cycles

By Prof. Rosalie Stafford



In previous issues of Bio-Natural Healing College's internet magazine, we have looked at the good or bad effects that different minerals and chemicals (ranging from zinc to the mercury family) play in our health, the use of various substance (such as activated charcoal and certain essential oils) in rendering first-aid, and the role of wild plants (such as creosote) in bio-natural health. In this issue (March of 2021), we will begin looking at some of the large and small natural rhythms which inform our lives and the role that these natural rhythms play in our health.

Spring is Here!

In the Northern hemisphere, this year the Spring Equinox falls on the 20th day of March. On that day, the length of the day and the night are each precisely equal according to the clock. That is: precisely 12 hours elapse between sunrise and sunset. The Spring Equinox is celebrated as the first day of Spring. During the Spring season, as each day is a little longer than the day before, the Earth warms, plants wake from their winter slumber, and animals become frisky. During the Spring season, flowers bloom and baby animals are born.

It's no coincidence that in America, during the Spring season, the holiday called "Mother's Day" is celebrated. All around the globe, major world religions observe important life-affirming holidays during the Spring season.

Cycles within Cycles

But the annual progression of the solar rhythm — Spring Equinox, Summer Solstice, Autumnal Equinox Winter Solstice — is not the only cycle that shapes our lives. Prof Alan Hedge notes that we are all subject to a variety of biological rhythms, cyclical changes in the level of a bodily chemical or bodily function which influence your health. The most apparent is the circadian cycle, named for the Latin phrase meaning "about a day": "about" (circa) and "a day" (dia).

The circadian cycle is also known as your sleep/wake cycle or your body clock (National Sleep Foundation). Your circadian cycle includes not just your sleep cycle and your pattern of various levels of alertness throughout the day, but also your patterns of fluctuating body temperature and blood pressure, as well as digestive and hormonal secretions (Gabbey). Thus we see that circadian rhythms include both behavioral patterns (when you work and when you sleep) and also physiological patterns (when your glands are more or less active and when your temperature and blood pressure go up or down).

You could think of your body clock as dozens of little clocks working in sync, keeping your body operating in just the manner it was designed to function. In other words, a properly-operating body clock is necessary to keep you function at your peak, even when you are sleeping.

Body Clock Cues

Your body clock is influenced by external cues, like sunlight and temperature, which help determine your energy level at different times of the day. If you have ever worked "graveyard shift" (the hours between midnight and sunrise, you know very well that, come the wee hours, you feel desperately sleepy.

Even worse, when your shift is done and you are at home, sleep will not come. This is because we are “programmed” to sleep at night and arise with the sun. That means that you go through the day (normal waking hours) in a state of mental fuzziness until finally sheer exhaustion permits to you drop off in the late afternoon or early evening. Then, after too little sleep, you needs must rise and go back to work yet another graveyard shift. Clearly, this is not a healthful way of making a living! HealthCloud has published a chronology of the average circadian cycle:

- 2am — Deepest sleep.
- 4am to 5am — Body temperature drops to its lowest point. Sleep is still very deep.
- 6:30am to 7:30am (typically with sunrise) — Sharp spike in blood pressure, followed by a reduction in melatonin secretion (a hormone which makes you feel tired). This causes sleep to lighten, metabolism to slightly increase, and you may naturally wake up around this period.
- 8am to 9am — Bowel movement is likely; testosterone levels are at their highest.
- 10am — Highly alert, the mind is very active around this time.
- 2pm to 4pm — During this period your hand eye co-ordination and reaction time are at their best.
- 5 pm — Cardiovascular system is at its most efficient, and possibly as a result, muscle strength is also at its highest.
- 6pm to 7:30pm — Blood pressure and body temperature are at the highest of the cycle.
- 7:30pm to 9:30pm (typically with sunset) — Melatonin secretion is stimulated, causing feeling of tiredness.

- 10pm — Bowel movement is slowed down until early hours of the next morning.
- The foregoing timeline is not only the average, it is close to the ideal: it indicates how we are naturally wired to get through the day (and night).

Throwing Off Your Body Clock
 However, none of us lead a completely bio-natural life. We live under electric light. We sit staring into computer screens. We work odd shifts or have weekend schedules which are quite different from weekday schedules. We drink caffeine or alcohol or artificial beverages (like energy drinks). We cross time zones. We eat at night. We have babies who need attending in the middle of the night.

We have noisy neighbors who disturb our slumber. Some people sedate themselves with over-the-counter sleeping pills like Sominex or paradoxically treat their psychological depression with prescribed drugs like Prozac (which act as depressants).

And, tragically, some people trash their bodies by taking illegal depressants (opioids) or stimulants (cocaine, methamphetamine).

No matter how bio-natural your personal regimen, there are always one or more factors (perhaps a nocturnally barking dog or just the alarm clock waking you up to face another workday) which interfere with the natural function of your body clock — and that, in turn, deleteriously affects your overall health, your mental condition, and your productivity.

The Role of Light

Your body clock can rather easily get thrown out of whack. Jon Rumens points out that one of the most important regulators of your body clock is light. We are designed to be active in the daytime (under natural light) and to sleep at night (in near-total darkness). But modern life makes that regimen impossible for most people.

And that is a problem. Researchers have found that sleep deprivation (caused by disruptions of the circadian rhythm) can cause potentially harmful conditions such as lowered immune system function (Ganz; Olsen; UofWA), chronic conditions such as diabetes and obesity (“Sleep”), and also organically-based psychiatric disorders (Anwar; Contie; Swaminathan).

Evidently, to be optimally healthy, you must get enough sleep!

Next

Month

In the next Bio-Natural Healing College’s internet magazine, we will look at the importance of a good night’s sleep. Until then, as we transition into the Spring of 2021, keep of your regimen of drinking plenty of clean water, of eating a rainbow of fresh fruits and vegetables, and of honoring our Creator Who so generously gave us this beautiful planet we live on.

Works Cited

- Anwar, Yasmin. “Sleep Loss Linked to Psychiatric Disorders.” UC Berkeley News. 22 Oct 2007. https://www.berkeley.edu/news/media/releases/2007/10/22_sleeploss.shtm
- “Lack of Sleep Disrupts Brain’s Emotional Controls.” NIH Research Matters. 5 Nov 2007. <https://www.nih.gov/news-events/nih-research-matters/lack-sleep-disrupts-brains-emotional-controls>
- Gabbey, Amber Erickson. “What Are Biological Rhythms?” Healthline. 1 Feb 2019. <https://www.healthline.com/health/biological-rhythms>
- Ganz, Freda DeKeyser Ganz, RN. “Sleep and Immune Function.” Critical Care Nurse. 1 Apr 2012. <https://aacnjournals.org/ccnonline/article/32/2/e19/20424/Sleep-and-Immune-Function>

HealthCloud. “The Circadian Rhythm - Your Body Clock.” 2017. <https://www.thehealthcloud.co.uk/circadian-rhythm-body-clock/>

Hedge, Alan. “Biological Rhythms.” Aug 2013. <http://ergo.human.cornell.edu/studentdownloads/DEA3250pdfs/biorhythms.pdf>

National Sleep Foundation . 2021. <https://www.sleep.org/circadian-rhythm-body-clock/>

Olson, Eric J., MD. “Lack of Sleep: Can It Make You Sick?” Mayo Clinic. 2021. <https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757>

Rumens, Jon. “Circadian Rhythm: the Ideal Time Schedule for Optimal Productivity.” FocusMe 21 Aug 2019. <https://focusme.com/blog/circadian-rhythm-for-optimal-productivity/>

“Sleep | The Nutrition Source | Harvard T.H. Chan School of Public Health.” <https://www.hsph.harvard.edu/nutritionsource/sleep/>

Swaminathan, Nikhil. “Can a Lack of Sleep Cause Psychiatric Disorders?” Scientific American. 23 Oct 2007. <https://www.scientificamerican.com/article/can-a-lack-of-sleep-cause/>

University of Washington Health Sciences/UW Medicine. “Chronic sleep deprivation suppresses immune system: Study one of first conducted outside of sleep lab.” ScienceDaily. 27 Jan 2017. www.sciencedaily.com/releases/2017/01/170127113010.htm



BioNatural Healing
College

1st BioNatural Healing Conference (Virtual) 2021

SAVE THE DATE: May 24-25, 2021- Online

Registration Opens March 1st

Abstract Submission Opens March 1st

**For more information, please contact Mr. Wais
Seddiqi info@bionaturalhealingcollege.org or call
909-242-6342 Pomona, California**



BioNatural Healing
College

1st BioNatural Healing Conference (Virtual)

Topics:

- Health and Nutrition
- Phytonutrients
- Stress in Community
- Health and Diseases
- Mental Health and Happiness
- Public Health
- Malnutrition
- Food Security
- Soil Health and Plant Health
- Environmental Health
- Engineering, Technology, and other related topics

Email:

info@bionaturalhealingcollege.org

Phone: 909-242-6342 Pomona, California



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***

