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Message: from the President of BioNatural Healing College (BNHC)

Greetings!



I am thrilled to express my heartfelt gratitude to the Almighty God for granting me the privilege to introduce the BioNatural Healing College (BNHC) E-Magazine March 2024 edition to our esteemed readers. Additionally, I extend my thanks to each one of you, especially our cherished readers, for your invaluable feedback and unwavering support. It's important to emphasize that the content within this magazine is intended solely for educational purposes, the author's perspectives are independent of any affiliation with BNHC.

We have high hopes that this BNHC E-Magazine will prove to be a valuable resource, made possible by the diligent contributions of esteemed researchers and colleagues from across the globe. With gratitude, I wish you all the best in health and a life filled with prosperity.

Warmest 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.

Brief Understanding of the Science of Acupuncture

By Mrs. Zarghuna Bashary B.A.

Introduction: Acupuncture is a form of Chinese treatment used for centuries at least 3,000 years ago to treat various problems. This treatment is based on the theory that energy (called Chi energy in traditional Chinese medicine) flows inside and outside the body in ways called energy channels. Acupuncture is a type of treatment that involves inserting very thin needles into the body. In this therapy, doctors insert needles at different places and depths to treat different health issues. It involves inserting needles into the body to stimulate sensory nerves in the skin and muscles. Acupuncture can help relieve pain and treat a wide range of other complaints. Some people believe that acupuncture works by balancing vital energy, while others believe it has a neurological effect. It may help treat chronic pain and other physical conditions. As mentioned, acupuncture has its roots in traditional Chinese medicine and is now a popular complementary therapy around the world. Yin and Yang theory is the most basic concept in acupuncture. In this treatment, it is believed that the universe continues to exist through the interaction and combination of these two complementary forces. Movement, activity, and movement can be attributed to Yang and rest, peace, and stillness to Yin. The doctors of acupuncture believe that a person gets sick when something blocks the path of energy (chi) to upset its balance. They believe that acupuncture helps remove the blocked path or restore the energy balance in the body. According to acupuncture, every organ of the body also has Yin and Yang dimensions inside. The set of yin and yang in the body is in an optimal and healthy state, but when the disease occurs, the balance between yin and yang is disrupted beyond the normal day and night fluctuations.

If yang increases (and yin decreases), the disease appears with a warm nature, and if yin increases (and yang decreases), the disease appears with a cold nature. Contrary to this opinion, western doctors believe that acupuncture stimulates nerves, muscles, and connective tissues by pressing on specific points. These stimulations increase the secretion of the body's natural painkillers and also increase blood flow in the body. Herbal remedies are also used along with acupuncture treatment in some cases because both are used to promote the tremendous natural healing capacity of the body, mind, and spirit. So to make the most effective treatment many practitioners use acupuncture and herbs. According to (WHO), acupuncture is used in 103 of 129 countries reported data. Also, data from the National Health Interview Survey showed that the number of acupuncture users was 50 percent increased in the United States between 2002 and 2012.

Health benefits: When talking about acupuncture, this question usually arises in the minds of everybody what made this treatment method so popular? The response to this question we can say that this treatment method has the following advantages:

- It is safe and has very few side effects.
- It is done without pain.
- It can cause recovery in the shortest possible time.
- It is used to reduce the pain of many diseases.
- Along with other treatment methods, it can have extraordinary effects.

Diseases treated by acupuncture: Each acupuncture session lasts between 60 and 90 minutes, and most of this time may be spent discussing the symptoms and concerns of the patient. The main part of the needle treatment may take about 30 minutes, although the needles will not necessarily be in your skin that long.

Also, the number of acupuncture treatment sessions depends on the body's condition, its severity, and how the body responds. Most people do a treatment session once a week, others more or less depending on how long the effects last. The acupuncturist will recommend a program that is right for you. On the first or the second treatment acupuncture sessions may not have the full benefits. If someone decides to try this method, he or she should do at least five treatment sessions for it.

Acupuncture is said to be beneficial for a variety of health conditions, such as Anxiety, Arthritis, Chronic pain (such as headache, back pain, and neck pain), Depression, Insomnia, Migraine, Nausea, Sciatica pain, Sinus congestion, Stress and anxiety, Tinnitus, and Weight Loss.

Some people use acupuncture to boost fertility. Also, it has been used in the past to quit smoking and as one of the components of treatment to quit other addictions. As well Facial (beauty) acupuncture is used to improve the appearance of the skin to improve the flow of energy called chi or qi to reduce signs of aging, and it's also called cosmetics acupuncture.

Conclusion: Can conclude that the benefits of using acupuncture to control and treat all kinds of pains have been proven in many people. Besides, research shows that acupuncture is more effective in people who believe in its effectiveness. Because the treatment of acupuncture has very few side effects, it is useful to at least try and check its effectiveness on you and reduce the pain, especially when your body does not respond to other pain reduction methods.

in pregnant women, some types of acupuncture are dangerous to use. Some people with chronic pain probably take medication and also go to acupuncture, but do not use acupuncture to delay seeing a doctor. For example person with cancer continues to receive cancer treatment, but he or she also uses acupuncture.

Even if acupuncture makes you feel good, use your medications. Every treatment has both risks and benefits. So people should always seek medical advice before undertaking any treatment. Acupuncture treatment has possible risks as follows:

Bleeding, bruising, and pain may occur at the injection sites.

Unsterilized needles may lead to infection.

Rarely, the needle may break and injure an internal organ.

The Food and Drug Administration regulates needles as medical devices. Their manufacture and labeling must meet certain standards. Needles should be sterile, non-toxic, and labeled by a licensed physician for single use only.

References:

1. <https://www.mayoclinic.org>
2. <https://www.healthline.com>
3. <https://kpc.com/articles>
4. <https://www.gettyimages.com>



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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).

