

BNHC E-MAGAZINE



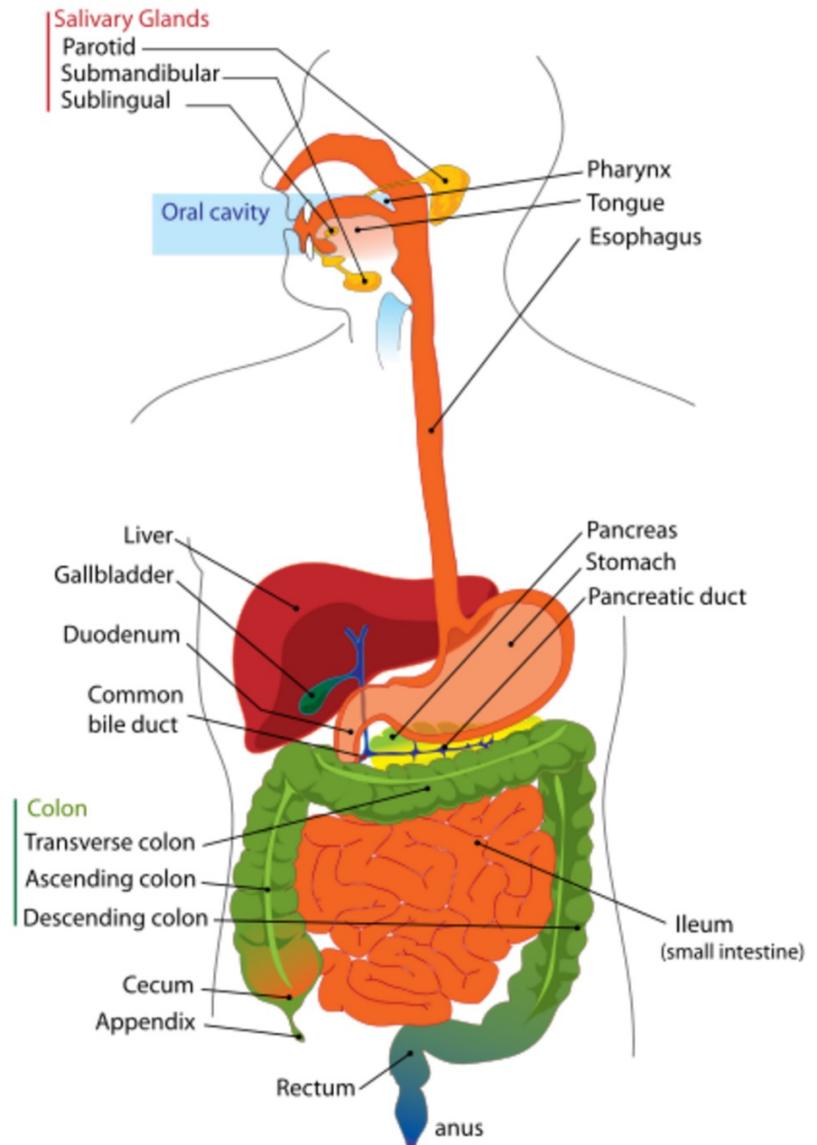
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Message: from the President of BioNatural Healing College (BNHC)



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.

Understanding Natural Remedies, Health and Digestive System

By: Dr. Nadir Sidiqi

Introduction: This study will focus on and emphasize digestive disorders, before the beginning of digestive disorders; it would be more useful to understand the basic anatomy and physiology of the human digestive system. The biology of the digestive system consists of the mouth, throat, esophagus, stomach, small intestine, large intestine, rectum, and anus. In addition, the digestive system includes organs that lie outside the digestive tract such as the pancreas, the liver, and the gallbladder¹. The digestive system is the series of tube-like organs that convert our meals into body fuel. This digestive tract (Gastrointestinal GI) length is about 30 feet (9 meters) of these convoluted pipeworks. Starting with the mouth and ending with the anus. Along the way, food is broken down, sorted, and reprocessed before being circulated in the body to nourish and replace cells and supply energy to our muscles. Furthermore, bacteria in the digestive tract play an important role, also called gut flora or microbiome, which help with digestion². For instance, Lactobacillus and Bifidobacterium are beneficial and play important role in the health improvement of immune systems and facilitate the breakdown of food into useful energy and nutrients³. Interestingly, humans are omnivores and monogastrics (humans have one stomach), however, herbivores can be monogastrics or ruminates, which have a complex four-chambered stomach. Herbivores (animals that feed on plants) digest cellulose which makes up most of a plant's cell walls from plant matter via fermentation.

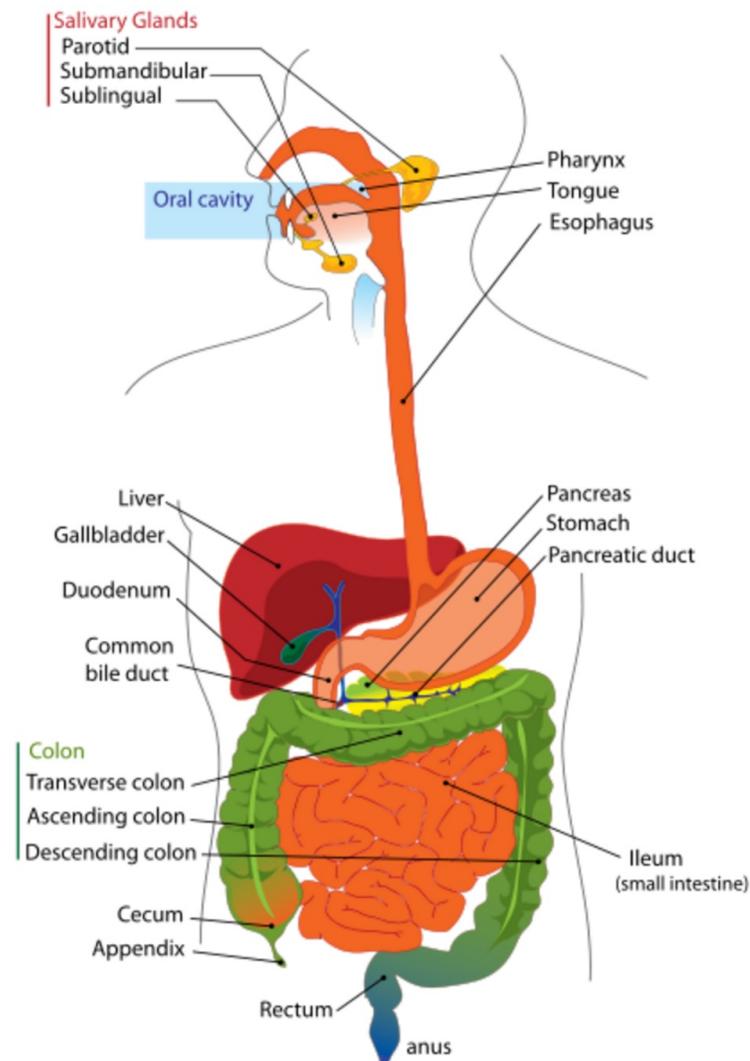
When humans eat cellulose, it can't be broken down by enzymes. Only a small part of the cellulose will be broken down by our gut microbes in the large intestine. The small quantity of cellulose we do eat is important to our health because it contains much-needed insoluble fiber, which helps move things along in our digestive systems. However, the fact remains that most of our nutrients still come from enzymatic digestion. To conclude this matter, humans don't digest like cows, and if we were to eat like a cow (i.e., only grasses), it would be virtually impossible to get all the nutrients we needed as reported by Dr. Rosane Oliveira Director of Integrative Medicine at the School of Medicine at the University of California Davis "Why You're Not a Cow or a Gorilla – (And You Don't Eat Like One Either)⁴". Indeed, human beings are noble creatures and Almighty God bestowed on them the power of wisdom and knowledge to ponder and discover complex compositions and functions. There is a strong connection between the digestive, nervous, and circulatory systems, which all play important roles in the digestive process that consists of mechanical digestion and chemical digestion.



Mechanical digestion: Involves physically breaking the food into smaller pieces. That consists of the mouth, salivary glands, teeth, and tongue. As such, the gastrointestinal tract is like a small tunnel that digestive process begins with the mouth and throat, where food is ground into pieces and prepared for delivery to the stomach. Salivary glands have three pairs of salivary glands that secrete saliva, for instance, a mixture of water, enzymes, and a glue protein called mucin, into the mouth to moisten the food. Enzymes in the saliva interact with food and begin the process of chemical digestion, Teeth: Adults normally have 32 teeth, bony structures that tear, chop, and grind for swallowing. Sharp incisors and pointed canines in the front of the mouth are designed to tear into tough foods, while flattened premolars and molars in the back grind grains and plant matter. Tongue: A muscular organ that maneuvers food with a distinctive sense of taste for example, the tip of the tongue is sensitive to sweetness, and behind the tip, on the lateral side gives us the flavor that food is salty. The central part of the tongue is sensitive to sour food and the root of the tongue is sensitive to bitter tastes, and the rear part of the root tongue enjoys the sensation of spicy tastes⁵.

Chemical digestion: To distinguish chemical digestion from mechanical digestion as mentioned above that begins in the mouth as the food is chewed. Chemical digestion involves breaking down food into simpler nutrients that can be used by the cells. Chemical digestion begins in the mouth when food mixes with saliva. Saliva contains an enzyme (amylase) that begins the breakdown of carbohydrates. (An enzyme is a protein that can catalyze certain biochemical reactions).

As such, Salivary glands (parotid, submandibular, sublingual) beneath and in the back of the tongue secrete the saliva that allows for easier swallowing of food and the beginning of chemical digestion. Pharynx: this is a tubular entrance in which chewed food enters and extends to the esophagus (food tube). As food is swallowed a flap-like valve, the epiglottis, closes over the trachea (windpipe) to prevent food from entering causing choking. Esophagus: Is a 10-inch-long (25-centimeter-long) that connects the pharynx with the stomach⁶. Contractions of the esophagus push the food through a sphincter (a ring of smooth muscle that closes off an opening in the body) and into the stomach, where the taste, smell, or even thought of food stimulates the secretion of hydrochloric acid and the enzyme pepsin which digest protein as pointed out by Dr. Earl Mindell and Virginia Hopkins “Prescription Alternative 2009”⁷.



Note: The digestive system moves food along by way of peristalsis a wavelike contraction of smooth (involuntary) muscle. Other than the chemical digestion of carbohydrates in the mouth, all digestion to this point has been mechanical. Sources: http://www.emissions.net/cybersurgeons/?/dig_teacher/ http://en.wikipedia.org/wiki/Digestive_system

Upper esophageal sphincter: This valve can be found just below the intersection of the throat and esophagus, it is a ring of muscles that relaxes to let food enter the esophagus. **Lower esophageal sphincter:** located just above the junction of the esophagus and stomach, this valve is made up of a ring of muscles that relaxes to let food enter the stomach. It then tightens to keep the stomach's contents from pushing back into the esophagus (Digestive System: National Geographic). **Stomach area:** This muscular organ resembles a bean-like shape and is responsible for holding and digesting food, as well as removing its nutrients. When food enters the stomach, its muscular walls contract and churn the food with powerful gastric acids that kill bacteria and break down proteins. As a result of that reaction, a creamy substance is formed known as chyme, which the stomach stores until it is ready to release into the small intestine. There are other parts connected that coordinate with each other such as the pyloric sphincter, gastric folds, muscular walls, greater curvature, lesser curvature, liver, gallbladder, and pancreas. **Pyloric sphincter:** This ring of muscles forms a valve between the stomach and small intestine. It opens and closes to control the passage of semi-digested food to the small intestine. **Gastric folds:** These folds on the interior of the stomach help grind and digest food and increase the surface area of the stomach. **Muscular walls:** Is the combination of three layers of muscle line the stomach walls. When they contract, the muscles squeeze and expand the stomach to churn food matter. **Greater curvature:** This is the curve along the lower edge of the stomach.

Lesser curvature: This is the curve along the upper edge of the stomach. Liver: The liver is an accessory organ for the digestive system and the average adult weighs about 3 pounds (1.3 kilograms) wedge-shaped organ is the body's largest gland. One of the main functions is the detoxification of the blood; it also creates bile, which is used to break down fats and other related functions. Gallbladder: This plum size, green muscular sac hangs from the liver. The gallbladder collects, stores, and concentrates bile from the liver. Pancreas: Is located in a long shape organ behind the stomach. The Pancreas produces insulin and enzymes that aid digestion. Pancreatic enzymes help digest food in the small intestine, while insulin helps regulate the amount of sugar in the blood. It would be useful to mention intestines because intestines also play an important role in the digestive system⁸.

Small intestine: The length of a small intestine is about 20 feet (6 meters) and 1 inch (2.5 centimeters) in diameter. There are thousands of folds and millions of fingerlike projections called villi which increase the surface area of the small intestine, which absorb 90 percent of nutrients and water the body will receive from digested food through other parts such as the duodenum, jejunum, and ileum. Duodenum: This is the first part of the small intestine, where secretions from the liver and pancreas are received and most of the chemical digestion takes place. Jejunum: This is the long part called the middle of the small intestine that stretches from the duodenum to the ileum. Ileum: This is the final part of the small intestine, where the remaining nutrients are absorbed and utilized. Large intestine: After all the large intestine absorbs the last bits of nutrients and water from indigestible foods, compacts the remaining matter, and eliminates the waste (feces) through the coordination of Ascending colon, transverse colon, descending colon, rectum, and anus. Ascending colon: This is the first portion of the large intestine which surrounds the small intestine like an inverted U and is situated vertically on the right side of the body.

The ascending colon extracts the remaining moisture from food before its excretion. Transverse colon: Connecting the ascending and descending colons, this part of the large intestine is situated horizontally above the small intestine. Descending colon: Situated on the left side of the body the descending, or left colon, stores stool that will be emptied into the rectum⁹. Rectum: With a length of 5 inches (12 centimeters) long. The rectum sits just above the anal canal. Feces are stored here for a short time before defecation. Anus: Ring of muscles, the external opening of the rectum, through which fecal matter is expelled. However, peristaltic waves in the colon and contraction of the abdominal muscles trigger defecation. It is important to understand that bowel movement every 12 to 24 hours is critical to good health. This frequency of elimination requires consuming foods high in dietary fiber such as fruits and vegetables, whole grains, legumes, nuts, and seeds¹⁰. As a result of that high fiber diets increase both the frequency and the number of bowel movements, and decrease the transit time of stools, which helps in the prevention of several diseases that affect the colon, including constipation, colon cancer, diverticulitis, hemorrhoids, and irritable bowel syndrome. **Stress, disorders, and digestion:** One of the marvelous jobs of the nervous system that controls all unconscious nervous activity. For instance, one part of it, the sympathetic nervous system stimulates the fight or flight response; the other part parasympathetic nervous system function for the processes of digestion repair, restoration, and rejuvenation. However, the sympathetic nervous system dominates over the parasympathetic during stressful times and directs the body to shunt blood and energy away from the digestive tract in favor of the skeletal muscles and brain. Any social activity (especially spiritual) that relieves stress and relaxes the mind is very important that would be relieving stress and improving digestion¹¹.

Indigestion: According to the National Institute of Diabetes and Digestive and Kidney Diseases: Indigestion, also known as dyspepsia, is a term used to describe one or more symptoms including a feeling of fullness during a meal, uncomfortable fullness after a meal, and burning or pain in the upper abdomen, epigastric pain (Between the lower end of the chest bone and the navel, a person may experience epigastric pain ranging from mild to severe). There are several causes: Indigestion can be caused by a condition in the digestive tract such as gastroesophageal reflux disease (GERD), peptic ulcer disease, cancer, or abnormality of the pancreas or bile ducts. If the condition improves or resolves, the symptoms of indigestion usually improve. Sometimes a person has indigestion for which a cause cannot be found. This type of indigestion, called functional dyspepsia, is thought to occur in the area where the stomach meets the small intestine. Another related to abnormal motility is the squeezing or relaxing action of the stomach muscle as it receives, digests, and moves food into the small intestine. For treatment of indigestion usually use antacids and acid blocker drugs¹². Acid blocker drugs are divided into two groups: The older group and the Newer group. The older group such as Zantac, Tagamet, and Pepcid AC. The newer group is a more potent group of drugs called proton pump inhibitors (PPIs), which includes Nexium, Prilosec, Protonix, Prevacid, and Aciphex. Frequently, the use of acid blocker drugs, especially newer drugs, is associated with an increased risk of osteoporosis, heart arrhythmias, intestinal infections, bacterial pneumonia, and multiple nutrient deficiencies¹³.

Understanding not to treat Acid Reflux with Acid- Blocking Drugs: About 40% of Americans suffer from heartburn attacks every month (with more than 20% experiencing attacks weekly) as well as worldwide.

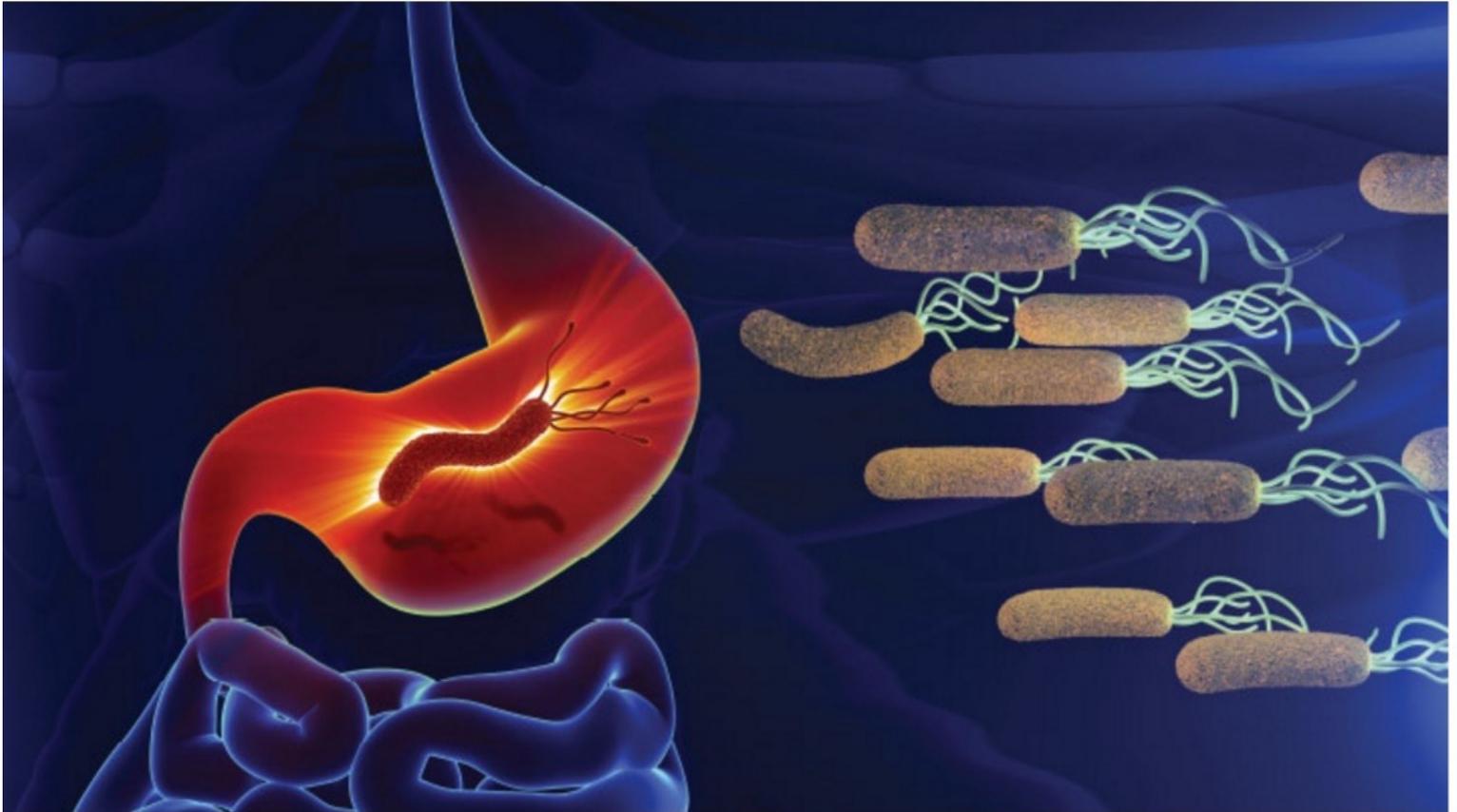
Long-term therapy is needed for those with more than occasional heartburn.¹⁴ With the newer group proton pump inhibitors (PPIs), are the most commonly prescribed drugs for acid reflux blockers. The mode of action of the PPIs by blocking the action of the cellular “proton pump” in stomach lining cells. That pump generates protons (hydrogen ions) from the bloodstream and pushes them out into the stomach. The harder that pump works, the more acidic the stomach contents become.

These newer acid blockers are very effective at blocking acid production in the stomach. These acid blocker drugs (PPIs) may sound like an appropriate remedy that stomach acid is creeping up your esophagus, but overall indeed, it’s the worst type of treatment. According to Dr. Mercola's “The Danger of Eating Late at Night,” there are over 16,000 articles in the medical literature showing that suppressing stomach acid does not address the problem. It only temporarily treats the symptoms. PPIs like Nexium, Prilosec, and Prevacid were originally designed to treat a very limited range of severe problems. According to Mitchell Katz, director of the San Francisco Department of Public Health, who wrote an editorial on this topic in 2010, PPIs are only warranted for the treatment of:

- Bleeding ulcers
- Zollinger-Ellison syndrome (a rare condition that causes your stomach to produce excess acid)
- Severe acid reflux, where an endoscopy has confirmed that your esophagus is damaged.

According to Katz, “about 60%-70% of people taking these drugs have mild heartburn and shouldn’t be on them” Part of the problem with PPIs is that when you suppress the amount of acid in your stomach, you decrease your body’s ability to kill the *Helicobacter* bacteria (H.pylori a spiral shaped bacteria is the primary offender, it suppresses acid production and creates holes in the stomach’s protective mucous layer, allowing acid to leak through and burn holes in delicate tissue underneath). So, if your heartburn is caused by H. pylori infection, it makes your condition worse and perpetuates the problem. In addition, reducing acid in your stomach diminishes your primary defense mechanism for food-borne infections, which will increase your risk of food poisoning. PPI drugs can also cause potentially serious side effects, including pneumonia, bone loss, hip fractures, and infection with *Clostridium difficile* (a harmful intestinal bacteria). Furthermore, continued use of PPIs will develop both tolerance and dependence on PPI drugs, so, if a person should not stop taking PPIs in some cases, the problem may end up being worse than before a person started taking the medication¹⁵.

Natural approach for digestive health: In the Life Extension Magazine October 2015 has been mentioned about the discovery that H. pylori infection leads to serious stomach problems enabled two scientists to win the Nobel prize for their breakthrough research. In addition, with remarkable contribution, it was found that eradication of H. pylori can relieve symptoms of stomach distress, including gastritis, and cancer prevention. The ulcer-inducing bacteria *Helicobacter. pylori* is now believed to affect up to 40 percent of Americans. Despite the newer group drugs (Acid blocker: Proton Pump Inhibitors PPIs) as mentioned earlier, therefore, Japanese researchers have discovered by adding natural cranberry, licorice extract, and picrorhiza. to provide synergistic support for digestive tract health, without the adverse side effects of counter and prescription stomach aids. Thus, the rest of this study will help us learn how this combination of novel agents protects stomach tissues from acids, the damaging effect of anti-inflammatory drugs, and helps inhibit inflammation and H. pylori.



Source: <http://www.lifeextension.com/Magazine/2015/10/Natural-Support-For-Stomach-Health/Page-01>

Prevention of excess stomach acid production: Response to acid reflux and sensitivities are different among the individuals, which requires them to take extraordinary measures to prevent their excess acid production. For instance, those who take drugs that damage the gastric lining, and or suffer chronic gastric infection, inflammation that may lead to cancer. The extreme acidity of the stomach provides a primary defense against infection and assists in the early stages of digestion. However, keeping these high levels of acidity in check represents a serious biological challenge and in fact, the body meeting this challenge could be described as miraculous.

First, the specialized surface mucous cells in the stomach's lining secrete a heavy coating of protective mucus. Second, a rapid turnover of cells in the lining itself keeps fresh as bodyguards are always ready. This great system gives us a sense of pondering and thought about how this delicate stomach tissue from the powerful acids it secretes and contains an organized system that requires precise balance. As such, any breach in these defenses rapidly grows into a major problem. Virtually everyone has experienced at least mild gastritis or the upset stomach that is individually commonly associated with overindulgence and stress. While these are usually thought of as annoyances, each episode causes a bit more lasting damage eventually resulting in cellular injury, which in turn causes inflammation. This inflammation then produces free radicals that go on to create still more tissue destruction, eventually damaging DNA and potentially leading to cancers of the stomach, which are among the most lethal malignancies.¹⁶

Infection with the *H. pylori* bacterium produces all these effects and more. *H. pylori* is now recognized as a major cause of stomach and upper intestinal disorders, including ulcers of the stomach and duodenum (the beginning of the small intestine), gastric cancer, and gastritis. It is important to understand the short-term consequence of a lifestyle of alcohol, medications, fast food, and chronic stress is often gastric distress but the long-term consequence is serious damage to delicate stomach tissue. Indeed, these threats induce the spread of the ulcer-inducing agent *H. pylori*, now believed to affect up to 40 percent of Americans. Many natural therapies help in the improvement of stomach health. For instance, zinc-carnosine, cranberry, licorice extract, and picrorhiza. The following research is based on the Life Extension Magazine October 2015¹⁶:

Zinc-Carnosine: Studies have shown that zinc supplementation provides potent gastroprotective effects and improves the response to therapy of certain cancers. Carnosine is another nutrient that can boost more productively. Japanese researchers have led the way in developing a unique zinc-carnosine compound, sold as a prescription anti-ulcer drug in Japan. This simple nutrient compound (Zinc-Carnosine) is available in the United States as a nonprescription dietary supplement that is safe for long-term use. **How does it work?** Researchers found that this zinc-carnosine combination adheres to the stomach wall much more tightly than either zinc or carnosine alone allowing the beneficial effects of both components to be delivered directly to the site where protection is most needed. Zinc-carnosine has a protective effect against ulcers that were found to be its free-radical-neutralizing effects and its capacity to boost the production of a growth factor that may be important for gastric wound repair according to studies report.

Also, found to prevent the fragmentation of DNA in stomach lining cells that can cause them to become cancerous. Animal and laboratory studies showed that zinc-carnosine stabilizes the membranes of inflammatory cells, preventing them from releasing cytokines and enzymes that can cause the stomach to begin digesting itself. A 2013 preclinical study published in Life Sciences concluded that a zinc-carnosine combination protects against gastric mucosa damage not only by reducing inflammatory cytokines and increasing expression of free radical quelling enzymes and growth factors but also through the cytoprotective effects of increasing the level of heat shock proteins (HSP). In another, clinical trial, 10 healthy volunteers took 50 mg of indomethacin three times daily with either a placebo or zinc-carnosine. Indomethacin increased gut permeability and impaired barrier function of the gut's lining that allows inflammation to get its start by a factor of three in the placebo group. But in the zinc carnosine-supplemented group, there was no significant increase in permeability. The researchers concluded that zinc-carnosine stabilized the cells of the mucosal lining of the stomach and small intestine, suggesting potent gastroprotective effects. Zinc-carnosine is one of the four important nutrients shown to protect gastric tissue from excess acid and the serious risks involved. **Cranberries:** Studies indicate that cranberries and their potent compounds inhibit H. pylori a dangerous link in the infection inflammation cancer chain. In research reported in the Journal Helicobacter, about two cups of cranberry juice or a placebo were given to 189 adults with H. pylori infection per day. **How does it work?** After 35 and 90 days of treatment, more than 14 percent of the cranberry group but just 5 percent of the placebo group showed test results that suggested complete eradication of the H. pylori organism.

A **double-blind** randomized, clinical study was carried out in which 177 patients with H. pylori infection were asked to take 250 mL of either cranberry juice or a placebo drink twice daily for three weeks.



Cranberry



Licorice extract,



Picrorhiza.

During the first week only, all participants also took a triple therapy drug treatment for this infection consisting of two antibiotics (amoxicillin and clarithromycin) and one proton pump inhibitor (omeprazole). *H. pylori* was eradicated in more than 95 percent of the female subjects who took the cranberry juice, compared with only 80 to 86 percent of the non-supplemented patients. The *H. pylori* eradication rates were also lower in male subjects supplemented with the juice, but the sampling was not large enough for statistical significance. A systemic review concluded that regular intake of cranberry juice and other dietary products might constitute a low-cost, large-scale alternative solution applicable for populations at risk for *H. pylori* colonization. Researchers found that the array of potent compounds in cranberries such as anthocyanins, flavonols, flavan-3-ols, proanthocyanidins, and phenolic acid derivatives, appears to be responsible for the cranberry property of preventing many diseases and infections, including cardiovascular diseases, various cancers, infection urinary tract, dental health, and *Helicobacter pylori*-induced stomach ulcers and cancers. **Licorice:** Studies have shown that licorice extracts are as effective as the Nonsteroidal anti-inflammatory drug (NSAID), diclofenac (Voltaren) in reducing inflammation, human and animal studies demonstrated that deglycyrrhizinated licorice can reduce aspirin-induced damage to the stomach lining and healing of duodenal ulcers.

How does it work? Researchers enrolled 100 patients with endoscopically confirmed gastric ulcers and gave them either a leading antacid medication or a deglycyrrhizinated licorice extract medication called Caved-(S). At 12 weeks, 91 percent of patients were healed, as proven by endoscopy examination, with no significant difference between the drug and the licorice compound and there were still no differences even when long-term effects were examined in a follow-up study several years later. Without eradication of *H. pylori* infection, peptic ulcer disease has a 50 to 80 percent recurrence rate within six to 12 months after initial healing. A double-blind trial on 60 patients with peptic ulcer disease demonstrated that licorice is as effective as bismuth at eradicating *H. pylori* promoting researchers to suggest licorice as a safe alternative for patients for whom bismuth may be contraindicated.

Picrorhiza: A well-known herb in Ayurveda medicine, as studies have found that potent free radical quenching, immune-stimulating, and anti-inflammatory properties activities central to gastric protection.

How does it work? Scientists administered this extract to rats with ulcers induced by the potent Nonsteroidal anti-inflammatory drug (NSAID), indomethacin. Compared with the untreated group, picrorhiza supplemented rats had much faster rates of ulcer healing, accompanied by a profound drop in levels of oxidized tissue components. While free radical quenching enzyme activity decreased in the untreated animals, it was boosted in treated rodents. Similarly, in a study on mice with acute stomach ulceration induced by indomethacin, the healing capacity of picrorhiza was tested.

After three days, biochemical analysis of stomach tissues showed that ulcer induces were reduced by 45 percent in the picrorhiza subjects, compared to the untreated mice. Therefore, let us, put together, zinc-carnosine, cranberry, deglycyrrhizinated licorice, and picrorhiza to provide a tremendous benefits approach to gastric protection, improved stomach health, and cancer prevention.

Side effects of common anti-acid drugs: Over-the-counter antacids can be very effective against acid damage. However, they do come with many potentially serious side effects, especially with prolonged use. As an alternative, zinc-carnosine, cranberry, licorice extract, and picrorhiza are natural agents that powerfully protect stomach tissue from acids. This issue is a concern to everyone, especially those individuals with esophageal reflux who often need to reduce stomach acid and block stomach contents from reaching the delicate tissues of the esophagus.

Class of Acid-Blocker	Drug Name	Long Term Effects
Aluminum-Containing Antacids	Maalox ^R , Mylanta ^R	Bone-softening
H2 Blockers	Cimetidine, Ranitidine, Famotidine	Vitamin B12 deficiency
Proton-Pump Inhibitors (PPIs)	Omeprazole, Esomeprazole	Vitamin B12 deficiency, Reduced medication bioavailability, C. difficile, associated diarrhea, Pneumonia, Osteoporosis and vertebral and hip fracture, Rebound acid over secretion

Source: <http://www.lifeextension.com/Magazine/2015/10/Natural-Support-For-Stomach-Health/Page-01>

Conclusion: Proper function of every human system, depends on a healthy digestive system, which includes mechanical digestion and chemical digestion. We can't fix the health problems such as dyspepsia, one or more symptoms including a feeling of fullness during a meal, uncomfortable fullness after a meal, burning or pain in the upper abdomen, epigastric pain (Between the lower end of the chest bone and the navel, a person may experience epigastric pain ranging from mild to severe). There are several causes: Indigestion can be caused by a condition in the digestive tract such as gastroesophageal reflux disease (GERD), peptic ulcer disease, cancer, or abnormality of the pancreas or bile ducts. It is important to understand the biological connection between two parts of the nervous system for instance, one part of it, the sympathetic nervous system stimulates the fight or flight response; the other part parasympathetic nervous system functions for the processes of digestion repair, restoration, and rejuvenation. *Helicobacter pylori* (H. pylori) is one of the biggest digestive tract health problem, lifestyle changes, especially avoiding late dinner habits is very important in the prevention of acid reflux. Also, it is important to be concerned and consult with the assigned physician regarding using the newer group, acid blocker drugs (proton pump inhibitors (PPIs)). We can prevent many digestive system disorders with natural therapies to help in the improvement of stomach health. For instance, zinc-carnosine, cranberry, licorice extract, and picrorhiza, and more research are needed sustainably.

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**BioNatural Healing
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**IN-PERSON SEMINARS
AS WELL AS ONLINE
FOR CALIFORNIA
DEPARTMENT OF
PESTICIDE
REGULATION**

**DATES: 5/30/23, 6/27/23,
7/27/23, 8/20/23, 9/28/23,
10/26/23, 11/21/23,
12/19/23**

**Location: Pomona,
California**

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

**CONTACT US: PH: 909-242-6342 OR
EMAIL: info@bionaturalhealingcollege.org
www.bionaturalhealingcollege.org**



BioNatural Healing College

BIONATURAL HEALING COLLEGE (BNHC)

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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).

