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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 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.

# By Prof. Rosalie Stafford

## Iodine: A Necessary Nutrient & Useful Chemical for the First-Aid Kit

Last month, in the October 2019 issue of Bio-Natural Healing College's internet magazine, we looked at *sulphur*, a mineral necessary for good health as well as a chemical useful for controlling pests and pathogens in the home and on your skin. This month, we will look at *iodine* (I), another element absolutely necessary for good health as well as a chemical which deserves a place of honor in your first-aid kit, both for small injuries to the skin and for counter-acting the life-threatening effects of exposure to nuclear radiation.



### Iodine: a “New” Element

The National Institute of Health observes that “due to its important role in fetal and infant development and thyroid hormone production, iodine is a critical nutrient for proper health at all life stages.” Jane Higdon *et al* of the Linus Pauling Institute point out that iodine is a “key component of thyroid hormones, which are required throughout life for normal growth, neurological development, and metabolism” and that insufficient iodine intake “results in a range of adverse health disorders with varying degrees of severity, from thyroid gland enlargement (*goiter*) to severe physical and mental retardation (*cretinism*).”

Healthwriter Ryan Raman lists the effects of inadequate intake of iodine resulting in symptoms indicating iodine deficiency: goiter; weight gain; fatigue; weakness; hair loss; dry, flaky skin; slow heart beat; sluggish circulation; low body temperature; and cognitive problems (trouble learning and remembering), Iodine deficiency presents particular effects in women: menstrual bleeding which is heavy and irregular; and also problems in pregnancy resulting in developmental problems in the baby. In addition, iodine deficiency is also implicated in breast tenderness, cysts, and cancer (Teitelbaum) as well as heart disease (Cann Hoption).

David Brownstein, a physician in private practice states that it is “impossible to achieve your optimal health if you do not have adequate iodine levels.” In short, sufficient intake of iodine, throughout your entire lifespan, is absolutely essential for healthy development and metabolism in every body system, especially the hormonal, neurological, and circulatory systems.

### Iodine Deficiency: a World-Wide Health Problem

Even iodine-rich landscapes may have pockets which are deficient in the essential nutrient: thus two Irish farms just a hundred miles apart may give radically different iodine readings. This happens because iodine is readily leached from soil (Teagasc). Leaching explains why river valleys of Southeast Asia are among the most iodine-deficient regions of the world. Other iodine-deficient terrains include mountainous regions such as the Himalayas, Alps, and Andes (National Institute of Health). The north-eastern part of North America and all of Canada are also iodine-deficient regions (American Thyroid Association). Dr. Gabriel Cousens reports that one and a half billion people suffer some form of iodine deficiency: “over one fifth of the global population is living on iodine deficient soils.” Iodine deficiency is endemic in many third-world countries.

Even the peoples of developed, Western nations are subject to significant iodine deficits. Dr. Mark Sircus tested five thousand of his patients and found 95% of them to be deficient in iodine; moreover, he reports that other iodine researchers have found similar trends in their patients as well. This iodine deficiency is particularly troubling in light of the vast amounts of nuclear emissions originating in Chernobyl's explosion (David Ruzic) and the still ongoing melt-down at Fukushima (News Direct). An ample intake of iodine is necessary to protect against the cancer-causing effects of nuclear emissions.

If that weren't bad enough, the Iodine Global Network reports that foods containing *glucosinolates* (such as broccoli) and foods containing *cyanogenic glucosides* (such as lima beans and sweet potatoes) actually compete with iodine for thyroidal uptake. This points up the necessity of eating a varied diet: there might be such a thing as too much broccoli!

### What Happened to Iodine in Bread?

“Until recently,” explains Jacob Teitelbaum, “about 25% of the iodine in the diet was from wheat, because iodine was used in the processing of flour.” When that was the case, most American bread-consumers ingested a steady ration of iodine.

“Now, however,” continues Dr. Teitelbaum, “a lot of flour in the U.S. is processed with a chemical cousin of iodine, bromide (*potassium bromate*), which helps makes flour doughier, rise higher, and gives the loaf a better appearance. But bromide is a double-edged sword: not only has it replaced iodine, it may block the activity of iodine. That's also true for two more of iodine's chemical cousins — *chlorine* and *fluoride*, both of which are common in drinking water.”

A word to the wise is sufficient: bromide, chlorine, & fluoride (all toxins) block the activity of iodine (a necessary nutrient). It's somewhat difficult — but not impossible — to cut back on the amount of bromide, chlorine, and fluoride in your diet. Regarding chlorine and fluoride, I drink only filtered well-water and avoid canned foods (which contain chlorinated, fluoridated water.) This keeps my intake of chlorine and fluoride as low as possible.

If you eat bakery bread or pastry, you might be ingesting bromide. Thus two courses of action are required: either find a brand of non-bromated bread (guaranteed made without bromide) or make iodine supplementation a regular part of your daily diet.

Actually, it's not an either/or solution. Personally, I do both.

I never eat pastry and when I buy bread, I reject any loaf which notes *bromide* or *bromated* on the label.

Also, I daily ingest several drops of good quality iodine. (My two favorite brands of dietary iodine are made by the Health Ranger and by Infowars.) Whatever brand you choose, carefully research the manufacturer and reject any formulations which do not specifically state that they source no ingredient from China, as ingredients from China are notoriously contaminated with heavy metals and organophosphates.

In addition, I pay attention to my selenium intake. Nutritionist Chris Kresser states that some research indicates that supplementing with iodine could be counter-productive is if selenium (a necessary nutrient) is lacking in the diet. Consuming a diet which is fresh, varied, colorful, and organic, and judiciously supplementing that diet with essential nutrients such as iodine, selenium, and magnesium will help you maintain the vibrant life force which I believe Our Creator intended us to enjoy throughout a long and productive life.

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# By Dr. David Isley- Maintaining an Active Lifestyle



As we get older, we often find ourselves thinking about our existence, our life and try to find ways to prolong our life. Sometimes, there are illnesses that prevents us from being active or maintaining an active lifestyle. We watch commercials about vitamins to help boost our immune system, testosterone levels, or sex pills to increase the libido. We spend hundreds of dollars on these pills when you only need to make some lifestyle changes.

Improving one's health does not mean you have to run a marathon. If we give our heart a workout, maintain a healthy weight, and do a little strength training, this is really all that is required to staying healthy. When we find something that we enjoy doing, such as having someone to workout with at a gym, walking around a shopping center or a park, riding a bike, these become ingredients to having an active and healthy lifestyle.



It is always best to start slow if you have not been active in months or years. According to Harvard School of Public Health “Getting regular physical activity is one of the best things you can do for your health. It lowers the risk of heart disease, diabetes, stroke, high blood pressure, osteoporosis, and certain cancers, and it can also help control stress, improve sleep, boost mood, keep weight in check, and reduce the risk of falling and improve cognitive function in older adults.” A good goal to start with is 30 minutes each day. Be sure to mix up the routines about every other day. Some exercises you may want to incorporate at home may consist of:

- Pushups
- Squats
- Jumping jacks
- wall sating
- dancing
- using resistance bands

When you stretch before or after a workout, this is considered part of your routine. Stretching helps to improve your flexibility and your range of motion. Most importantly, stretching improves circulation throughout your body. You may ask, what if I’m unable to walk or run? You can still exercise. There are chair exercise videos in which you can use. With assistance, you can also do water aerobics in a pool. You should always make being active fun, not a chore. Remember, your mind needs exercise as well. I’m not referring to watching television or playing games on your cell phone. You should try to plan at least 15 minutes for quiet time; to refocus and quiet your mind. Using meditation, listening to soft music, writing in a journal are good ways to relax and have some “mind down time.” Be sure to check with your doctor before beginning any new exercise regime to make sure that it’s appropriate for your current physical condition.



**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).



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