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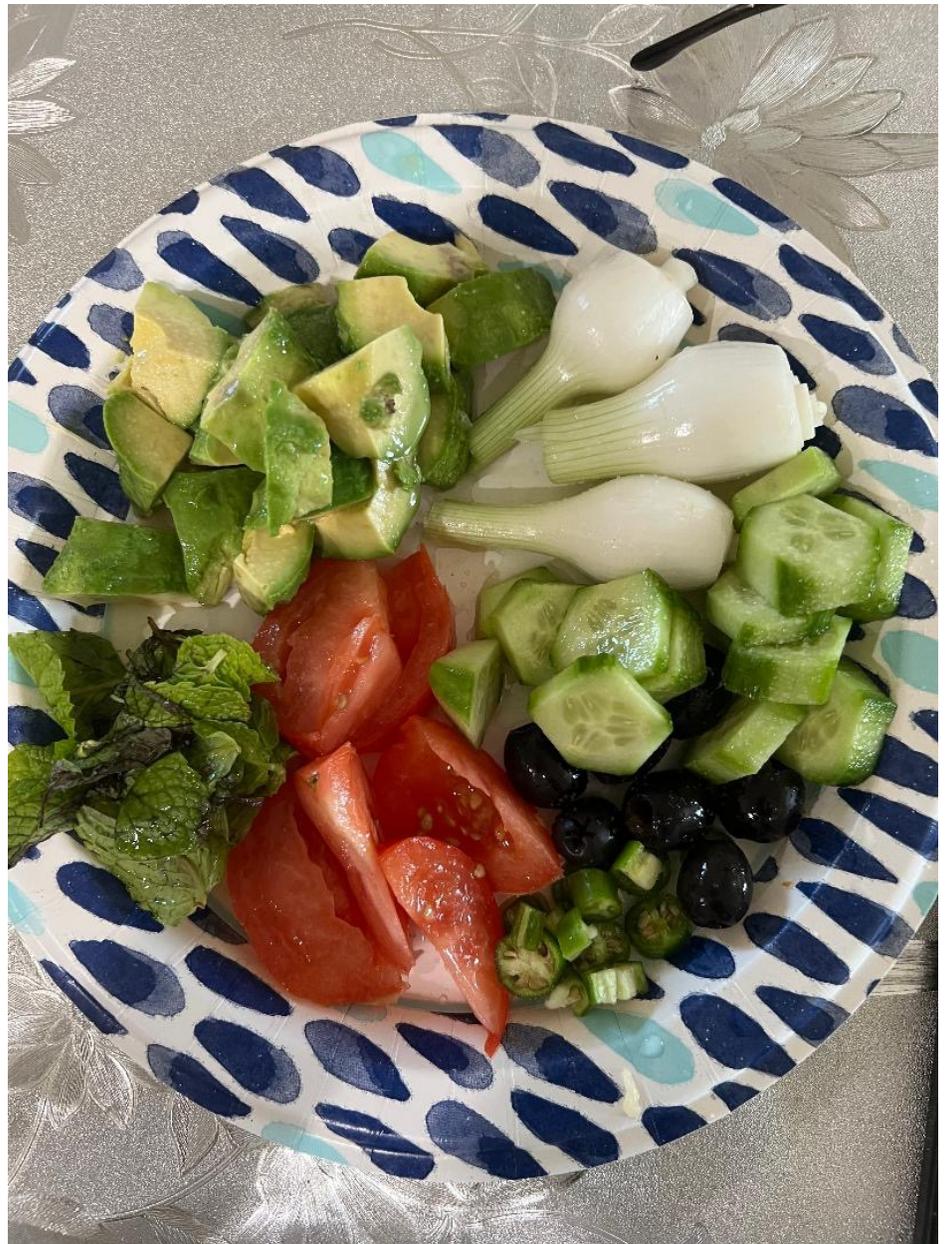


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# Message: from the President of BioNatural Healing College (BNHC)



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** 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. Vaccination, 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 D<sub>3</sub>, vitamin C), and 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.**

# Prof. Rosalie Stafford, Twigs and Sprigs



This month, I will talk about “twigs and sprigs,” live food readily available from (1) a wild bush and (2) a domesticated shade tree, both commonly found in the American Southwest: Creosote (*Larrea tridentata*) and Eucalyptus (*Eucalyptus globules*).

**Enzymes and the Life Force:** First, however, a few comments regarding the benefits of eating live foods, victuals bursting with life force and which provide a diet rich in enzymes. Nutritionist Steven Lang writes: “Enzymes are complex organic substances that originate from living cells. By initiating chemical changes in surrounding organic substances, they help to transform and digest them. ... Live foods are treasure troves of living enzymes, phyto-nutrients and other compounds that are essential to proper digestion, absorption, elimination, immunity, and health. Unfortunately, virtually none of these delicate entities can survive temperatures greater than 116° Fahrenheit (most enzymes start to degrade at about 106°), so they are generally destroyed by the heat of cooking and most commercial processing.” The Food Enzyme Institute observes: “Enzymes are the construction workers of the body. Protein, carbohydrates, fats, vitamins, and minerals are simply the building materials.... Food enzymes are a natural and important component in our food supply, yet they are systematically removed.” Others have spoken of enzymes as performing the role of *prana* or *chi* — what is called in the Western tradition *the life force*.

Certainly, the Standard American Diet (SAD), consisting of processed foods methodically stripped of life force, contributes to endemic poor health. By destroying enzymes, food processors render food *dead*. Eating live food rather than the “dead food diet” promoted by SAD actively reverses the trend toward obesity, malaise, and chronic disease.

## **Creosote**

In Arizona where I live, *Larrea tridentate* is ubiquitous: everywhere you look, you see miles and miles of *Creosote* bushes. Throughout the Mojave, Sonoran, and Chihuahuan Deserts of western North America (covering southeastern California, southern Nevada, southwestern Utah, Arizona, New Mexico, Texas, and northern Mexico), Creosote is a dominant species of this desert biome. Creosote is tough, clinging to life in an extraordinarily harsh environment, a land where summer temperatures commonly hover at 120F, where not a drop of rain might fall for years on end, and where hurricane-force sandstorms strip paint from automobiles. Creosote clings to life so tightly that it should be no surprise to learn that one of the oldest plants on earth is an eleven thousand year old Creosote plant, christened *King Clone*, found in California’s Creosote Rings Preserve. Creosote is the vegetation which perfumes the desert air after precipitation: the cherished desert-after-a-rainstorm scent so beloved by desert-dwellers. (The refreshing smell of creosote comes from the resinous coating of its small, fuzzy leaves.) Not only is Creosote a dominant species in the desert Southwest, native peoples have long lauded the plant as a “cure-all,” the go-to herb for a wide variety of diseases and conditions, from fever, colds, sinus infections, fungal infections, stomach pains, and diarrhea to arthritis and cancer.

Creosote is known to be analgesic, antioxidant, and antimicrobial. Creosote contains NDGA (nordihydroguaiaretic acid), a bio-active plant compound which clinical studies have shown to inhibit cancerous growths. Creosote is also known to be toxic in large quantities: if you ingest creosote daily for two months, you will very likely experience liver damage. But certainly, the same thing could be said for many pharmaceuticals! *Moderation in all things* is the watchword.

I consume Creosote very judiciously: every month or so, I snip off a glowing green sprig and slowly chew and swallow. Many people consider Creosote entirely unpalatable (with the flavor of burning truck tires); I prefer to consider the resinous taste *bracing*. In my opinion, the opportunity to partake of freshly-plucked live food brimming with life force trumps the admittedly unpleasant flavor.

## **Eucalyptus**

Another leaf which has a rather unpalatable flavor (unless you are a koala) is *Eucalyptus globules*, a shade tree native to Australia and now naturalized throughout California and Arizona. Tall and graceful, the Eucalyptus has long, leathery leaves which rustle in the breeze; when the sun shines through the newest little leaves, they glow like thin-cut jade and seem to me to sing out a celebration of sun and soil and the joy of life. Eucalyptus leaves are known to contain cyanide compounds and, if eaten in large quantities, are toxic — again, *unless* you are a koala. It happens that a number of foods, from lima beans to apple seeds (which I consider a delicacy and treat), contain cyanide compounds; however, when eaten in *moderation*, these foods present no hazard, and, I trust, neither does Eucalyptus.

Eucalyptus appears to have anti-inflammatory, antibacterial, and antioxidant effects. Bachir and Benali observe: “*Eucalyptus globulus* ... [presents] a folk remedy for abscess, arthritis, asthma, boils, bronchitis, burns, cancer, diabetes, diarrhea, diphtheria, dysentery, encephalitis, enteritis, erysipelas, fever, flu, inflammation, laryngalgia, laryngitis, leprosy, malaria, mastitis, miasma, pharyngitis, phthisis, rhinitis, sores, sore throat, spasms, trachalgia, worms, and wounds.” Like Creosote, I consume Eucalyptus leaves very judiciously: every month or so, I snip off a glowing green sprig from the very end of a branch, and slowly chew and swallow, actively savoring the unpleasant flavor, knowing that the gracious essence of the graceful Eucalyptus is becoming part of my being.

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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).

