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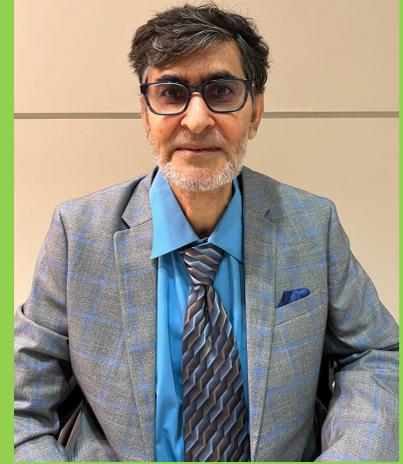
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- **Phone:** (909) 242-6342 P.O. Box 218 La Verne, California 91750 USA.
- [BioNatural Healing College.org](http://BioNaturalHealingCollege.org)

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

Greetings!



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 November 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.

# Understanding Brain Disorder

## By Dr. Nadir Sidiqi Ph.D.

**Introduction:** The human brain is the most complex and comprehensive living organ structure and diverse storage of information. This delicate semi-jelly substance organ with a three-pound mass of tissue in the human body has the ability, to create a network of connections that makes human brain functions far more sophisticated information storage than even a supercomputer. The human brain controls many aspects of human body activities, such as learning, memorizing, heart rate, talking, walking, and many other related daily life activities that are directly or indirectly linked to this vital precious human brain. Human biology describes that the brain is made of three main parts: the forebrain, midbrain, and hindbrain. The forebrain consists of the cerebrum, thalamus, and hypothalamus (part of the limbic system). The midbrain consists of the tectum and tegmentum. The hindbrain is made of the cerebellum, pons, and medulla. Collectively, the midbrain, pons, and medulla are known as the brainstem. To better understand the human brain, the cerebrum or cortex (which is divided into four lobes: the frontal lobe, parietal lobe, occipital lobe, and temporal lobe) is the largest part of the human brain, associated with higher brain functions such as thought and action. Let us share the fact relationship between mild brain trauma, from the real story of this study author on April 28 2,000 a very serious accident happened to the author of this study, with a mild brain injury along with multiple spinal cord injuries between C4, C5, and C6, as well rip fractures and other related health problems, and for more than a month remained in a coma in UCLA (Los Angeles, California) hospital.

As a result, the author of this study suffered his cerebrum or cortex function, which consists of four lobes such as the frontal lobe associated with reasoning, planning, speech, movement, emotions, and problem-solving. The parietal lobe is associated with movement, orientation, recognition, and perception of stimuli. The occipital lobe is linked with visual processing. The temporal lobe is linked with the perception and recognition of auditory stimuli, memory, and speech. However, that serious accident led the author of this study to remain hospitalized for more than two years and be discharged from Casa Colina Rehab Center Pomona, California in July 2002. Despite the physical limitation (wheelchair) and constant nerve pain, his positive attitude and hope to pursue his desire for education (because before his accident graduate student), prevailed and he obtained his M.S degree in Plant Sciences from California State Polytechnic University, Pomona in 2003, He received his second MS degree in Biology from New Mexico State University. Afterwards, he received his Ph.D. degree in Agriculture Science from Atlantic International University in 2009. As such, this study was a part of his second Ph.D., in Natural Medicine, indeed, thanks to Almighty God for granting second life, as well as all the health care team, family, friends, and academic professors for their help and support to think positively, shaping our thoughts productively, hopes for betterment, dreams for a bright future, and imaginations for using the brain ability for healing with full potential for growth and development. That is the way that the human being is created and is referred to as a noble creature among all the creatures of Almighty God, with wisdom, knowledge, and intellectual power to distinguish between right and wrong and also the ability to praise the Creator of all creations. However, all these essential life issues are associated with human health, especially mental health or illness, the terms “mental illness” mental disorder” and “brain disorder” are used interchangeably as pointed out in the “Understanding Mental Illness (2011) by the Missouri Department of Mental Health.

The recommended book is entitled: The Diagnostic and Statistical Manual of Mental Disorders, by the American Psychiatric Association (2013). This assigned book defines A mental disorder as a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning. Mental disorders are usually associated with significant distress or disability in social, occupational, or other important activities. An expectable or culturally approved response to a common stressor or loss, such as the death of a loved one, is not a mental disorder. Society's deviant behavior (e.g., political, religious, or sexual) and conflicts that are primarily between the individual and society are not mental disorders unless the deviance or conflict results from a dysfunction in the individual, as described above. However, many questions arise such as how the brain develops. How do genes and the environment affect the brain? How do different parts of the brain communicate and work with each other? How do changes in the brain lead to mental disorders? Regarding brain anatomy and physiology, to answer these complex questions further research is necessary, however, in brief, we will highlight the National Institute of Mental Health, their publication "Brain Basics".

**Brain networking:** Inside the brain many complex activities and networking are taking place for instance, neurons are the basic working unit of the brain and nervous system. The neuron cells are highly specialized for the function of conducting messages through three basic parts: The cell body: is composed of the nucleus, cytoplasm, and cell organelles. The nucleus contains DNA and information that the cell needs for growth, metabolism, and repair. Cytoplasm is the substance that fills a cell, including all the chemicals and parts needed for the cell to work properly including small structures called cell organelles.

Dendrites: branch off from the cell body and act as a neuron's point of contact for receiving chemical and electrical signals called impulses from neighboring neurons<sup>3</sup>.

Axon: range length reaches from a fraction of an inch to several feet. That can send impulses and extend from cell bodies to meet and deliver impulses to another nerve cell. Synapses are tiny gaps between neurons, where messages move from one neuron to another as chemical signals or synapses are the connection between neurons and the receptors. Interestingly, the brain begins as a small group of cells in the outer layer of a developing embryo. As the cells grow and differentiate, neurons travel from a central “birthplace” to their final destination. Chemical signals from other cells guide neurons in forming various brain structures. Neighboring neurons make connections with each other and with distant nerve cells (via axons) to form brain circuits. These circuits control specific body functions such as sleep and speech.

Researchers indicate that the brain continues maturing well into a person’s early 20s. Thus, knowing how the brain is networking and how the normal brain’s structure develops and matures helps scientists understand what goes wrong in mental illnesses as the above report points out. It would be relevant to mention how important is the role of neurotransmitter chemicals in brain health or illness if these neurotransmitter chemicals do not properly function.

**Serotonin:** A neurotransmitter biochemical that regulates many functions, including mood, appetite, and sleep. Research shows that people with depression often have lower-than-normal levels of serotonin. The types of medications most commonly prescribed to treat depression act by blocking the recycling, or reuptake, of serotonin by the sending neuron. As a result, more serotonin stays in the synapse for the receiving neuron to bind on to leading to more normal mood functioning. **Dopamine:** A neurotransmitter biochemical mainly involved in controlling movement, managing the release of various hormones, and helping the flow of information to the front of the brain. This association represents the thoughts and emotions of a person. Studies suggest that having too little dopamine or problems using dopamine in the thinking and feeling regions of the brain may play a role in disorders like schizophrenia or attention deficit hyperactivity disorder (ADHD), also problems in producing dopamine can result in Parkinson’s disease.

# PARTS OF THE HUMAN BRAIN

**The frontal lobe Function control**

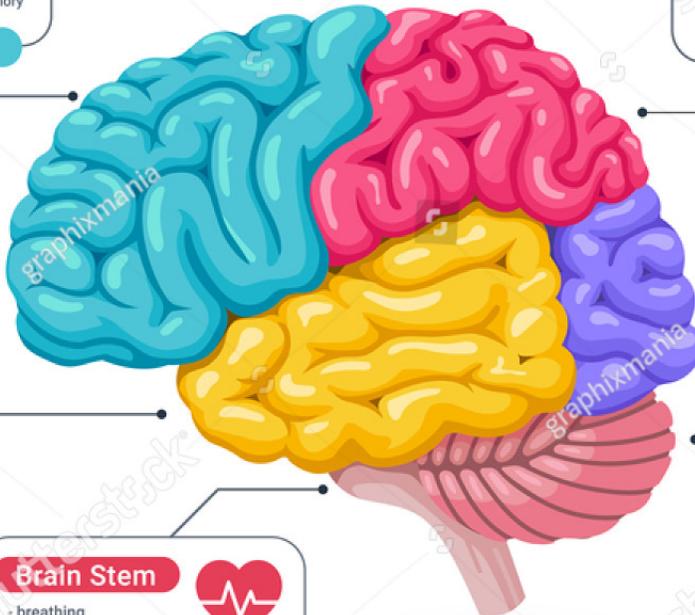
- Reasoning
- Thinking
- Planning
- Language
- Emotions
- Judgment
- Motor Function
- Movement
- Short Term Memory

**Frontal lobe**

**The Parietal lobe Function control**

- Knowing Right from Left
- Hearing
- Sensation
- Reading
- Smell
- taste
- touch

**Parietal lobe**



**The Temporal lobe Function control**

- Understanding language
- Memory

**Temporal lobe**

**The Occipital lobe Function control**

- Vision
- Visual processing
- Colour identification

**Occipital lobe**

**Brain Stem**

- breathing
- temperature
- heart rate

**The Brain Stem Function control**

**Cerebellum**

- coordination
- balance
- vestibular
- attention

**The Cerebellum Function control**

**Glutamate:** The most common neurotransmitter biochemical in a person's body, which increases neuronal activity, is involved in early brain development, and the nervous system, and may also assist in learning and memory. Glutamate is an excitatory transmitter; when it is released it increases the chance that the neuron will fire. This enhances the electrical flow among brain cells required for normal function and plays an important role during early brain development. Glutamate also assists in learning and memory. Research shows that problems in making or using glutamate have been linked to many mental disorders, including autism, obsessive-compulsive disorder (OCD), schizophrenia, and depression.

**Mental health and disorders:** According to the World Health Organization (WHO), mental health is an integral part of health and well-being, as reflected in the definition of health in the Constitution of the WHO. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."<sup>4</sup> However, mental illness refers to a group of brain disorders that cause severe disturbances in thinking, feeling, and relating, often resulting in an inability to cope with the ordinary demands of life<sup>5</sup>. The data from the US Center for Disease Control and Prevention (CDC) report that one in 10 American adults report some form of depression<sup>6</sup>. Eleven percent of the US population over the age of 12 is on antidepressant medication<sup>7</sup>. In 2011 Marcia Angell, former editor-in-chief of the New England Journal of Medicine, discussed how a shocking 46 percent of Americans fit a diagnosis for one form of mental illness or another<sup>8</sup>. However, mental illness is not limited to the United States this problem is on the rise across the globe. A study report from the 2010 Global Burden of Diseases, Injuries, and Risk Factors Study, which includes data from 187 countries. Depressive disorders were the most common, followed by anxiety disorders, drug use disorders, and schizophrenia as reported by Dr. Mercola "Mental Health Disorders Now Leading Cause of Non-Fatal Illness Worldwide"<sup>9</sup>. Many factors are contributing to the rise of mental health disturbances, from poor livelihood, poor health, poor daily stress management, high tension due to regional wars, and many other related life circumstances that increase tension and depression.

However, the effects of genes and the environment are also important in the health or illness of the brain. A gene is a segment of DNA that contains codes to make proteins and other important body chemicals. DNA also includes information to control which genes are expressed and when in all the cells of the body. As such, the term environment includes not only our physical surroundings but also factors that can affect our bodies, such as sleep, diet, or stress<sup>10</sup>.

**Anxiety disorders:** generally, used words such as “stress out”, “anxious”, and “out of control”, however, more than 40 million Americans suffer from anxiety disorders in today’s fast-paced world. “Researchers are learning that anxiety disorders run in families and that they have a biological basis, much like allergies or diabetes and other disorders. Anxiety disorders may develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events” (ADAA.org). Genetic, social, and environmental factors play an important role in anxiety disorders. Another risk factor people with anxiety disorders have a high risk of developing alcoholism and other substance dependence disorders. People with anxiety disorders also complain about medical conditions such as arthritis, asthma, ulcers, and increased rates of hypertension<sup>11</sup>.

**Generalized anxiety disorder (GAD):** This is the manifestation of chronic, exaggerated worry about routine life events and activities. This worry could extend to six months, a person always anticipates the worst events, even without reason that something worse can happen. That can lead a person to physical symptoms such as fatigue, trembling, muscle tension, headache, nausea or Temporomandibular Joint Syndrome (TMJ). **Obsessive-Compulsive Disorder (OCD):** Children are mostly affected by OCD, three percent of people in the United States have OCD, making it more common than schizophrenia, bipolar disorder, or panic disorder. OCD is characterized by repeated, intrusive, and unwanted thoughts that are impossible to control, and linked to ritualized behavior. Obsessive -Obsessive-compulsive personality Disorder is a distinct disorder characterized by “a pervasive pattern of preoccupation with orderliness, perfectionism, and control.” as Understanding Mental Illness points out.

**Panic disorder:** many signs and symptoms are responsible for panic attacks such as sudden feelings of fear of dying, that lead to chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, and feelings of unreality. Panic attacks may be caused by medical conditions such as hyperthyroidism and cardiac conditions. Substance abuse (intoxication with stimulants such as caffeine, cocaine or amphetamines) or withdrawal from depressants (e.g. alcohol or barbiturates) also may induce panic attacks. Agoraphobia is a fear of going into places that might cause harm or panic attacks. Many million people suffer from panic disorders around the globe especially women are more likely to suffer from PD than men. Let us share a real-life case study associated with mental illness, and how depression affects on Sarah brain health as reported by the National Institute of Mental Health: **Case study:** Sarah is a middle-aged woman who seems to have it all. She was happily married and successful in business. Then, after a serious setback at work, she lost interest in her job. She had no appetite most of the time. Weeks later, Sarah realized she was having trouble coping with the stresses in her life. She began to think of suicide because she felt like things weren't going to get better and that there was nothing, she could do about it. Worried at the changes she saw, Sarah's husband took her to the doctor, who ran some tests. After deciding her symptoms were not caused by a stroke, brain tumor, or similar conditions, Sarah's doctor referred her to a psychiatrist, a type of medical doctor who is an expert on mental disorders. Other medical professionals who can diagnose mental disorders are psychologists or clinical social workers. However, the psychiatrist asked Sarah and her husband questions about Sarah's symptoms and family medical history. Epigenetic changes from stress or early life experiences may have made it harder for Sarah to recover normally from her low mood. It is important to remember that everyone gets "the blues" from time to time. In contrast, major depression is a serious disorder that lasts for weeks. Sarah told the doctor that she had experienced long periods of deep sadness throughout her teenage years but had never seen a doctor about it. She has faced a few bouts since then, but they have never been as bad as her current mood. The psychiatrist diagnosed Sarah with major depression and gave her a prescription for a type of antidepressant medication called a selective serotonin reuptake (SSRI).

SSRIs are the most common type of medication used to treat depression. SSRIs boost the amount of serotonin in the brain and help reduce symptoms of depression. Sarah also has several follow-up visits scheduled with the psychiatrist to check how she's responding to the treatment. She also begins regular talk therapy sessions with her psychiatrist, to learn how to change the way she thinks about and reacts to things that may trigger her depression. Several months later, Sarah feels much better, and sharing her experiences with others also dealing with depression help for better cope with her feeling. However, like Sarah many people suffer around the world, to make this broad subject of mental illness brief and focus on schizophrenia and bipolar for the rest of this study according to the National Institute of Mental Health<sup>12</sup>.

**Schizophrenia:** Is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People who suffer from schizophrenia may seem like they have lost touch with the reality of life. Schizophrenia is not as common as other mental disorders; however, the symptoms can be very disabling, especially between ages 16 and 30 years old in rare cases may children have schizophrenia.

**Signs and Symptoms:** “Positive” symptoms are psychotic behaviors, people with positive symptoms may “lose touch” with some aspects of reality such as hallucinations, delusions, thought disorders (unusual or dysfunctional ways of thinking), and movement disorders (agitated body movement). Negative symptoms: are associated with disruptions to normal emotions and behaviors such as flat affect (reduced expression of emotion via facial expression or voice tone), reduced feelings of pleasure in everyday life, difficulty beginning and sustaining activities and reduced speaking. Cognitive symptoms include poor “executive functioning” (the ability to understand information and use it to make decisions). Trouble focusing or paying attention and problem with “working memory” (the ability to use information immediately after learning it).

**Risk factors:** A wide variety of factors contribute to the risk of developing schizophrenia.

**Genes and environment:** scientists understand that schizophrenia sometimes runs in families. However, there are many people who have schizophrenia who don't have a family member with the disorder, and conversely, many people with one or more family members with the disorder who do not develop it themselves. Scientists believe that many different genes may increase the risk of schizophrenia, but that no single gene causes the disorder by itself. It is not yet possible to use genetic information to predict who will develop schizophrenia. Scientists also think that interactions between genes and aspects of the individual's environment are necessary for schizophrenia to develop. Examples of environmental factors may include exposure to viruses, malnutrition before birth, problems during birth, and psychosocial factors.

**Different brain chemistry and structure:** Scientists think that an imbalance in the complex, interrelated chemical reactions of the brain involving the neurotransmitters (substances that brain cells use to communicate with each other) dopamine and glutamate, and possibly others, plays a role in schizophrenia. Some researchers also think problems during brain development before birth may lead to faulty connections. The brain also undergoes major changes during puberty, and these changes could trigger psychotic symptoms in people who are vulnerable due to genetics or brain differences.

**Treatments and therapies:** Scientists still are researching to find out the causes of schizophrenia, and treatments focus on eliminating the symptoms of schizophrenia.

**Recommended treatments by National Institute of Mental Health: Antipsychotics:** Are usually taken daily in pill or liquid form. Some antipsychotics are injections that are given once or twice a month. Some people have side effects when they start taking medications, but most side effects go away after a few days (because he or she addicted to antipsychotics medication added by the author of this study). Doctors and patients can work together to find the best medication or medication combination, and the right dose. For further information check the U.S. Food and Drug Administration (FDA) for latest information (<http://www.fda.gov/>).

**Psychosocial treatments:** These treatments are helpful after patients and their doctor find a medication that works. Learning and using coping skills to address the everyday challenges of schizophrenia helps people pursue their life goals, such as attending school or work. Individuals who participate in regular psychosocial treatment are less likely to have relapses or be hospitalized. For more information see the [Psychotherapies webpage](#) on the NIMH website.

**Coordinated specialty care (CSC):** NIMH proposed the integrated medication model for treatment such as psychosocial therapies, case management, family involvement, and supported education and employment services, all aimed at reducing symptoms and improving quality of life. The NIMH Recovery After an Initial Schizophrenia Episode (RAISE) research project seeks to fundamentally change the trajectory and prognosis of schizophrenia through coordinated specialty care treatment in the earliest stages of the disorder. RAISE is designed to reduce the likelihood of long-term disability that people with schizophrenia often experience and help them lead productive, independent lives. **Caring and helping with schizophrenia:** It is difficult to handle seeing a loved one with schizophrenia and how he or she responds to someone who makes strange or clearly false statements. We should provide some of the criteria for schizophrenia which is a biological illness:

- Patients with schizophrenia are needs to get them treatment and encourage them to stay in treatment.
- Remember that their beliefs or hallucinations seem very real to them.
- Collaborate with them and acknowledge that everyone has the right to see things their own way.
- Handle and deal with them in a respectful, supportive, and kind manner with tolerating dangerous or inappropriate behavior.
- Contact support groups in the local area.

**Bipolar disorder:** Also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. NIMH describes that there are four basic types of bipolar disorder; all of them involve clear changes in mood, energy, and activity levels. These moods range from periods of extremely “up” elated and energized (known as manic episodes) to very sad, “down” or hopeless periods (known as depressive episodes). Less severe manic periods are known as hypomanic episodes.

**Bipolar I disorder:** defined by manic episodes that last at least 7 days, or by manic symptoms that are so severe that the person needs immediate hospital care. Usually, depressive episodes occur as well, typically lasting at least 2 weeks. Episodes of depression with mixed features (having depression and manic symptoms at the same time) are possible. **Bipolar II disorder:** defined by a pattern of depressive episodes and hypomanic episodes, but not the full-blown manic episodes described above. **Cyclothymic disorder (also called cyclothymia):** defined by numerous periods of hypomanic symptoms as well numerous periods of depressive symptoms lasting for at least 2 years (1 year in children and adolescents). However, the symptoms do not meet the diagnostic requirements for a hypomanic episode and a depressive episode. **Other specified and unspecified bipolar and related disorders:** defined by bipolar disorder symptoms that do not match the three categories listed above.

**Signs and symptoms:** This mental illness problem usually begins with intense emotion, changes in sleep patterns and activity levels, and unusual behaviors. These distinct periods are called “mood episodes”. Mood episodes are drastically different from the moods and behaviors that are typical for the person. Extreme changes in energy, activity, and sleep go along with mood episodes.

**People having a manic episode may:**

- ▶ Feel very “up,” “high,” or elated
- ▶ Have a lot of energy
- ▶ Have increased activity levels
- ▶ Feel “jumpy” or “wired”
- ▶ Have trouble sleeping
- ▶ Become more active than usual
- ▶ Talk really fast about a lot of different things
- ▶ Be agitated, irritable, or “touchy”
- ▶ Feel like their thoughts are going very fast
- ▶ Think they can do a lot of things at once
- ▶ Do risky things, like spend a lot of money or have reckless sex

**People having a depressive episode may:**

- ▶ Feel very sad, down, empty, or hopeless
- ▶ Have very little energy
- ▶ Have decreased activity levels
- ▶ Have trouble sleeping, they may sleep too little or too much
- ▶ Feel like they can’t enjoy anything
- ▶ Feel worried and empty
- ▶ Have trouble concentrating
- ▶ Forget things a lot
- ▶ Eat too much or too little
- ▶ Feel tired or “slowed down”
- ▶ Think about death or suicide

Source:

[http://apps.who.int/iris/bitstream/10665/92455/1/9789241506090\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/92455/1/9789241506090_eng.pdf?ua=1)

NIMH explains that sometimes a mood episode includes symptoms of both manic and depressive symptoms. This is called an episode with mixed features. People experiencing an episode with mixed features may feel very sad, empty, or hopeless, while at the same time feeling extremely energized. Bipolar disorder can be present even when mood swings are less extreme. For example, some people with bipolar disorder experience hypomania, a less severe form of mania. During a hypomanic episode, an individual may feel very good, be highly productive, and function well. The person may not feel that anything is wrong, but family and friends may recognize the mood swings and/or changes in activity levels as possible bipolar disorder. Without proper treatment, people with hypomania may develop severe mania or depression.

**Diagnosis:** People with bipolar need a proper diagnosis and treatment that can bring health and happiness to their lives. The first step is to visit a doctor or other licensed mental health professional for anyone who thinks he or she may have bipolar disorder. The doctor goes through a complete physical exam to rule out other conditions. If the problems are not caused by other illnesses, then the doctor may conduct a mental health evaluation or provide a referral to a trained mental health professional, such as a psychiatrist, who is experienced in diagnosing and treating bipolar disorder. **Bipolar disorder and other illnesses:** For a doctor to make it difficult to make a diagnosis, because some bipolar disorder symptoms are like other illnesses. For instance, many people have bipolar disorder along with other illnesses such as anxiety disorder, substance abuse, or an eating disorder. Individuals, with bipolar disorder are also at higher risk for thyroid disease, migraine headaches, heart disease, diabetes, obesity, and other physical illnesses. **Risk factors:** Researchers are studying the possible causes of bipolar disorder. Most agree that there is no single cause. However, it is likely that many factors contribute to the illness or increase risk. **Brain structure and functioning:** Some studies show how the brains of people with bipolar disorder may differ from the brains of healthy people or people with other mental disorders. Learning more about these differences, along with new information from genetic studies, helps scientists better understand bipolar disorder and predicate which types of treatment will work most effectively.

**Genetics:** Researchers suggest that people with certain genes are more likely to develop bipolar disorder than others. However, genes are not the only risk factor for bipolar disorder. Studies of identical twins have shown that even if one twin develops bipolar disorder, the other twin does not always develop the disorder, even though identical twins share all of the same genes. **Family history:** bipolar disorder tends to run in families. Children with a parent or sibling who has bipolar disorder are much more likely to develop the illness, compared with children who do not have a family history of the disorder. However, it is important to note that most people with a family history of bipolar disorder will not develop the illness as explained by NIMH.

## **Recommended treatments by the National Institute of Mental Health:**

**Treatments and therapies:** There is a good for many people, even those with the most severe forms of bipolar disorder, treatments and therapies bring them back to better mood control. An effective treatment plan usually includes a combination of medication and psychotherapy (also called “talk therapy”). Bipolar disorder is a lifelong illness. Episodes of mania and depression typically come back over time. Between episodes, many people with bipolar disorder are free of mood changes, however, some people may have lingering symptoms. Long-term, continuous treatment helps to control these symptoms. Medications generally used to treat bipolar disorder include Mood stabilizers, Atypical antipsychotics, and Antidepressants. It is important to consult with a doctor to understand the risks and benefits of the medication. Psychotherapy can provide support, education, and guidance to people with bipolar disorder and their families. These include Cognitive behavioral therapy (CBT), Family-focused therapy, Interpersonal and social rhythm therapy, and Psychoeducation. In addition, there are some other treatment options as well such as Electroconvulsive therapy (ECT), and sleep medications, it is important to notify the doctor about all prescription drugs, over-the-counter medications, and supplements a client is taking. Certain medications and supplements taken together may cause dangerous effects. **Brain research and brain imaging:** Modern technology along with research gives scientists more information and understanding of the brain than ever before.

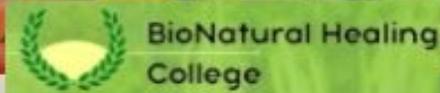
Brain imaging using technologies such as magnetic resonance imaging (MRI), which uses magnetic fields to take pictures of the brain's structure, studies show that brain growth in children with autism appears to peak early. Another type of brain scan called magnetoencephalography (MEG), can capture split-second changes in the brain. Using MEG, some scientists have found a specific pattern of brain activity that may help predict who is most likely to respond to fast-acting antidepressant medications.

**Conclusion:** The human brain is the most complex and comprehensive living organ structure and diverse storage of information. This delicate semi-jelly substance organ with a three-pound mass of tissue in the human body has the ability, to create a network of connections that makes human brain functions far more sophisticated for information storage than a supercomputer. The health and illness of the brain can determine a person's life as healthy, productive, happy, and filled with growth and development; or worried, depressed, sad, isolated from social activity, which can be miserable to handle for an individual by himself or herself, family, friends, and society. Mental health or illness depends on proper cerebrum or cortex function which consists of four lobes such as the frontal lobe which is associated with reasoning, planning, parts of speech, movement, emotions, and problem-solving. The parietal lobe is associated with movement, orientation, recognition, and perception of stimuli. The occipital lobe is linked with visual processing. The temporal lobe is linked with the perception and recognition of auditory stimuli, memory, and speech. Any lobe with disorder and illness can lead a person to mental illness. Many factors are contributing to the rise of mental health disturbances, from poor livelihood, poor health, poor daily stress management, high tension due to regional wars, and many other related life circumstances that increase tension and depression. However, the effects of genes and the environment are also important in the health or illness of the brain. It would be useful for a researcher to find out the genes that are responsible for schizophrenia, bipolar disorder, depression, anxiety disorder, and other related mental illnesses.

The most important part of integrated treatments in mental illness is always to have a strong faith ask for recovery and easiness in the making of any task from Almighty God along the doctor treatments, consuming healthy food, exercise, alongside family and friend's support.

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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).

