BioNatural Healing College

BNHC E-MAGAZINE # 80

NOVEMBER 2025

DIGITAL WELLNESS

HARAMINIZING TECHNOLOGY & NATURE

BioNatural Healing College (BNHC ONLINE)

Contents

On behalf of BioNatural Healing College (BNHC), it is with great pleasure that we extend Thanks & appreciation to **Mr. Ataulhaq Bashari, and Ms. Marmar Quraishi** *for their very informative research articles and contribution to this November 2025 BNHC E-Magazine edition. We look forward to receiving their invaluable contribution in the future and wish them all much success in their future endeavors.*

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

Greetings,

With great humble praise to the Creator of creations (Almighty God) for the opportunity. We are pleased to welcome you to the November 2025 edition of the BioNatural Healing College (BNHC) E-Magazine, It is with sincere gratitude that we present this publication to our valued readers. We extend our heartfelt appreciation to all contributors, including our dedicated researchers and engaged readers, for their invaluable feedback and steadfast support.

This magazine is designed as an educational resource, offering diverse insights and expert perspectives from around the world. Please note that all content is intended solely for informational purposes, and the views expressed are those of the individual authors, independent of any official affiliation with BNHC.

We hope this edition serves as a valuable source of knowledge and inspiration, supporting your ongoing journey of learning and the sharing of wisdom throughout life's seasons. On behalf of the BNHC team, we wish you continued health, happiness, and prosperity.

Warmest regards,
Dr. Nadir Sidiqi, Ph.D.
BioNatural Healing College

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BioNatural Healing College

Stands on 7 Core Pillar Foundations as follows

1. All living organisms are made from 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, viruses, 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,

6. The brilliant human mind can be irrigated with balanced 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. BNHC provides a high-quality science-based 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.

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CORE PILLAR FOUNDATIONS

RESEARCH EXCELLENCE
Advancing scientfic knowledge.

INNOVATION & TECHNOLOGY
Fostering new solutions & tools

COMMUNITY ENGAGEMENT
Partnerships for health

Sartnermips for health

EDUCATION & OUTRACH
Partnerships for health

ETHICS & INTEGRITY
United for health worldwide

GLOBAL COLLABORATION
Empovñar health worldwide

Empowering through learning

ETHICS & INTEGRITY
Principled practice & conduct

HOLISTIC WELL-BEING
Mind, body, and spirit health

From Soil to Society: How Soil Health Influences Human Nutrition and Disease

By Ataulhaq Bashari MS degree Student BioNatural Health Sciences at BioNatural Healing College (BNHC)

Introduction: Soil is more than just the medium where plants grow. It is a living, dynamic system that directly and indirectly shapes human nutrition, disease risk, and population health. While the connection between soil and food is obvious, the pathways linking soil to human health are multifaceted, spanning microbiological, chemical, and ecological dimensions. In recent years, scientists have begun to more deeply explore how soil health — its biological diversity, nutrient status, structure, and contaminant load — can influence the nutritional quality of our diets and the prevalence of disease in human populations.

Key Pathways Linking Soil Health to Human Nutrition and Disease

- Soil as a Source of Essential Nutrients (Micronutrient Cycling)
- Contaminants, Toxins, and Soil-borne Diseases

Soil can accumulate toxic elements (like cadmium, lead, arsenic) due to natural geology or anthropogenic pollution (industrial waste, agrochemicals). These contaminants can be taken up by plants or leach into water, posing health risks including cancer, kidney damage, and neurological disorders.

Soils may harbor pathogens (bacteria, viruses, helminths) that can infect humans directly via ingestion, inhalation, or skin contact. For example, soil-transmitted helminth infections rely on contaminated soil as a reservoir.

The misuse or overuse of antibiotics in agriculture contributes to antibiotic resistance genes entering soil ecosystems, which may amplify the spread of superbugs

Water and Soil Interactions: Soil filters, retains, and cycles water. Poor soil structure or contamination can lead to runoff , erosion , and leaching of nutrients or pollutants into waterways, affecting both drinking water quality and aquatic ecosystems . Contaminated water used for irrigation can indirectly reintroduce soil contaminants or pathogens into the food chain. **Impacts on Human Health and Nutrition**

Nutritional Effects: Micronutrient deficiencies : When staple crops are grown in micronutrient-poor soils, human diets may lack sufficient levels of zinc, iron, iodine, selenium, etc. This contributes to anemia, stunting, and weakened immunity. **Dilution effect:** Intensive agriculture aimed at maximizing yield sometimes produces crops with lower nutrient concentration (i.e., the same volume of crop carries fewer nutrients). This can exacerbate the gap between caloric sufficiency and nutritional sufficiency. **Disease Outcomes:** Heavy metal toxicity : Chronic exposure to metals taken up from contaminated soils can lead to organ damage, cancer risk, neurological impairments, and developmental defects. Infectious disease burden : Soil-transmitted diseases (worms, some bacterial infections) are tied to soil conditions, sanitation, and exposure pathways. **Immune impacts:** A healthy microbiome (diet + environmental exposures) is linked to proper immune regulation. Soil degradation may indirectly reduce exposure to beneficial microbes that "train" immune systems, possibly influencing allergy and autoimmune disease rates (a hypothesis derived from "hygiene hypothesis" extensions). **Challenges and Gaps in Linking Soil to Human Health:** Complex, multivariate systems : Human health is influenced by countless variables (diet, genetics, healthcare, environment). Disentangling soil's role is difficult. Temporal mismatch : Soil changes gradually over years, while health outcomes can vary by life stage or exposure window. - Heterogeneity : Soil properties vary greatly over small spatial scales; linking a person's health to the soil beneath their feet is not straightforward.

Post-harvest and processing effects : Nutrient losses during storage, cooking, or processing can mask soil-driven differences.

Lack of large-scale, long-term studies explicitly tracking soil → crop → human health outcomes. Regulatory and measurement standardization: There is no global standard for "soil health indicators" that connect to human health. **Strategies to Strengthen the Soil → Society Health Connection**

In Agriculture & Land Management: Promote regenerative practices such as cover crops, crop rotation, reduced tillage, organic amendments, agroforestry, which support soil biology and nutrient cycling.

Use biofortification : breeding or agronomic techniques to increase micronutrient uptake (e.g. zinc-enriched varieties).

Monitor and limit contaminant inputs (industrial waste, overuse of fertilizers with heavy metals, pesticide runoff). Employ precision agriculture to optimize inputs and reduce nutrient losses. **In Research and Monitoring:** Develop a coordinated monitoring network linking soil health metrics (organic matter, microbial diversity, micronutrient levels, contaminant loads) with health and nutrition data across populations. [4]. Use multi-disciplinary approaches: combining soil science, nutrition, epidemiology, micro biome research. Investigate the micro biome continuum : how soil microbes influence plant microbes and human gut microbes. Prioritize causal and intervention studies , not just correlational work. **Policy & Education:** Raise awareness among policy makers, farmers, health professionals about soil health as foundational to public health. Integrate soil health goals into nutrition, public health, and environmental policy frameworks. Provide incentives for landholders to adopt soil-friendly practices (e.g., payments for ecosystem services). Develop standards for acceptable levels of soil contaminants related to food safety and human exposure.

Conclusion: Soil Health Institute. "Connections Between Soil Health and Human Health .

If you'd like a version translated into Dari or Pashto, or a shorter summary for a presentation, I can prepare that too. A healthy society depends on healthy soil. While the pathways linking soil to human nutrition and disease are complex, mounting evidence suggests that degraded soils erode not just crop yields but the very nutritional and health foundations of communities. Addressing these links requires bold interdisciplinary action: better farming practices, coordinated monitoring, scientific collaboration, and policies that treat soil health as a public health priority. By shifting from thinking of soil merely as a production substrate to viewing it as part of a "biotic continuum" bridging ecosystems and human health, we can begin to restore balance and resilience to both land and people.

References for Further Reading

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Nutrition, Health and Disease: Foundations of Preventive Care

By Marmar Quriashi Diploma Student Nutrition & Brain Function Consultant at BioNatural Healing College (BNHC)

Abstract: Nutrition is a cornerstone of human health and a critical tool in the prevention and management of diseases. Adequate intake of essential nutrients, including proteins, carbohydrates, fats, vitamins, and minerals, is vital for maintaining physiological functions, supporting immune responses, and preventing chronic diseases such as cardiovascular disease, diabetes, obesity, cancer , and neurodegenerative disorders. Preventive nutrition emphasizes the proactive use of dietary strategies to maintain health and reduce disease risk, integrating evidence-based recommendations, public health interventions, and personalized approaches based on age, health status, and genetic factors. This work provides a comprehensive overview of the roles of different nutrients, their applications in disease prevention, and practical dietary guidelines for promoting health across the lifespan.

Introduction: Nutrition affects nearly every aspect of human health. From supporting cellular function to regulating hormone production and immune responses, nutrients are the building blocks of life. Preventive nutrition focuses on optimizing nutrient intake before disease occurs, reducing the risk of chronic conditions, and promoting overall wellness. Modern societies face a dual challenge: while malnutrition and micronutrient deficiencies persist in some regions, overnutrition, poor dietary patterns, and sedentary lifestyles are leading causes of obesity, type 2 diabetes, and cardiovascular disease. Proper nutrition plays a preventive role by:

- Supporting normal growth and development
- Enhancing immunity and infection resistance

• Reducing inflammation and oxidative stress
• Preventing chronic disease onset
• Supporting mental health and cognitive function

Preventive nutrition must consider socioeconomic, cultural, and environmental factors that influence access to healthy foods. Effective strategies require education, public policy, and community-based programs to ensure that healthy diets are accessible and sustainable for all populations. **Macronutrients: Roles, Benefits, and Uses**

Proteins: Proteins are essential for building and repairing tissues, producing enzymes and hormones, and maintaining immune function. Sources include: Animal: meat, poultry, fish, eggs, dairy. Plant: legumes, beans, nuts, soy products **Benefits:** Muscle growth and repair. Hormone regulation. Immune system support. **Applications for Disease Prevention:** Adequate protein prevents muscle wasting in aging. Supports wound healing and recovery from illness. Plant-based proteins are linked to reduced cardiovascular risk. **Carbohydrates:** Carbohydrates are the primary energy source for the body, particularly for the brain and muscles. Emphasis should be on complex carbohydrates: Whole grains: brown rice, oats, quinoa. Vegetables and fruits. Legumes Benefits: Sustained energy release. Blood sugar regulation. Digestive health via fiber. **Applications for Disease Prevention:** Reduces risk of type 2 diabetes. Improves cardiovascular health. Supports healthy gut microbiota. **Fats:** Healthy fats are essential for brain function, hormonal balance, and absorption of fat-soluble vitamins (A, D, E, K). **Types:** Unsaturated fats: olive oil, avocado, nuts → reduce LDL cholesterol. Saturated fats: butter , fatty meats → limit intake. Trans fats: avoid → strongly linked to cardiovascular disease. **Applications for Disease Prevention:** Omega-3 fatty acids reduce inflammation and improve heart health. Monounsaturated fats lower risk of stroke. Balanced fat intake supports cognitive function.

Micronutrients: Vitamins and Minerals:

Vitamin A: Source: carrots, sweet potatoes, spinach. **Benefits:** vision, immunity, cell growth. **Disease Prevention:** deficiency leads to impaired vision and immune function. **Vitamin C:** Source: citrus fruits, strawberries, bell peppers. **Benefits:** antioxidant, collagen synthesis, immune support. **Disease Prevention:** reduces susceptibility to infections. **Calcium:** Source: dairy products, leafy greens, fortified foods. **Benefits:** bone and teeth strength. **Disease Prevention:** prevents osteoporosis. I**ron:** Source: red meat, beans, lentils, spinach. **Benefits:** hemoglobin formation, oxygen transport. **Disease Prevention:** prevents anemia. **Zinc:** Source: meat, nuts, seeds. **Benefits:** immunity, wound healing, enzyme function. **Disease Prevention:** reduces infection risk and supports growth. **Fruits and Vegetables: Benefits and Uses:** Fruits and vegetables are rich in vitamins, minerals, antioxidants, and dietary fiber. **Benefits:** Reduce cardiovascular disease risk. Improve digestive health. Support weight management. Provide phytochemicals that protect against cancer. **Practical Applications:** Leafy greens (spinach, kale) for iron and folate. Cruciferous vegetables (broccoli, cauliflower) for detoxification. Berries for cognitive function and memory enhancement. **Preventive Nutrition for Specific Diseases**. **Cardiovascular Disease**. Emphasis on unsaturated fats, whole grains, fruits, vegetables, and low sodium. Omega-3 fatty acids reduce triglycerides and inflammation. Fiber lowers LDL cholesterol. **Diabetes:** High fiber intake from whole grains, legumes, fruits, and vegetables: Complex carbs prevent blood sugar spikes. Regular protein intake supports metabolic balance. **Obesity:** Calorie-controlled diet with nutrient-dense foods. Emphasis on high fiber , lean protein, healthy fats. Combines nutrition with physical activity. Cancer: Phytochemicals and antioxidants in fruits and vegetables. Cruciferous vegetables reduce risk of colon and breast cancer. Limiting processed meats reduces colorectal cancer risk.

Mental Health: Omega-3 fatty acids for brain health. B-vitamins (B6, B12, folate) support neurotransmitter production. Diets rich in fruits, vegetables, and whole grains linked to lower depression risk.

Practical Dietary Guidelines for Preventive Care

1. Consume 5–7 servings of fruits and vegetables daily
2. Include lean proteins in every meal
3. Prefer whole grains over refined grains
4. Include healthy fats (nuts, olive oil, fatty fish)
5. Drink 6–8 glasses of water daily
6. Limit added sugars and salt
7. Engage in regular physical activity

Conclusion: Nutrition is a preventive tool that can reduce disease risk, enhance immunity, and improve overall well-being. Understanding the roles, sources, and applications of macronutrients, micronutrients, and bioactive compounds empowers individuals to make informed dietary choices. A balanced, nutrient-rich diet, combined with lifestyle interventions, is the foundation of preventive care and long-term health.

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Online MS Degree in BioNatural Health Sciences (Focuses on Human Health Improvement & Disease Prevention, Nutrition, Phytonutrients, Lifestyle Biological Modification, Holistic, Ecological Approaches)

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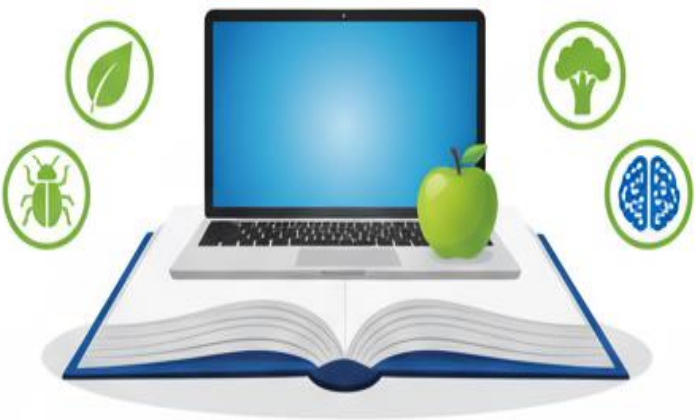

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DATES: 11/18/25, 12/12/25

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Mission: BioNatural Healing College (BNHC) 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, workshops, 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.

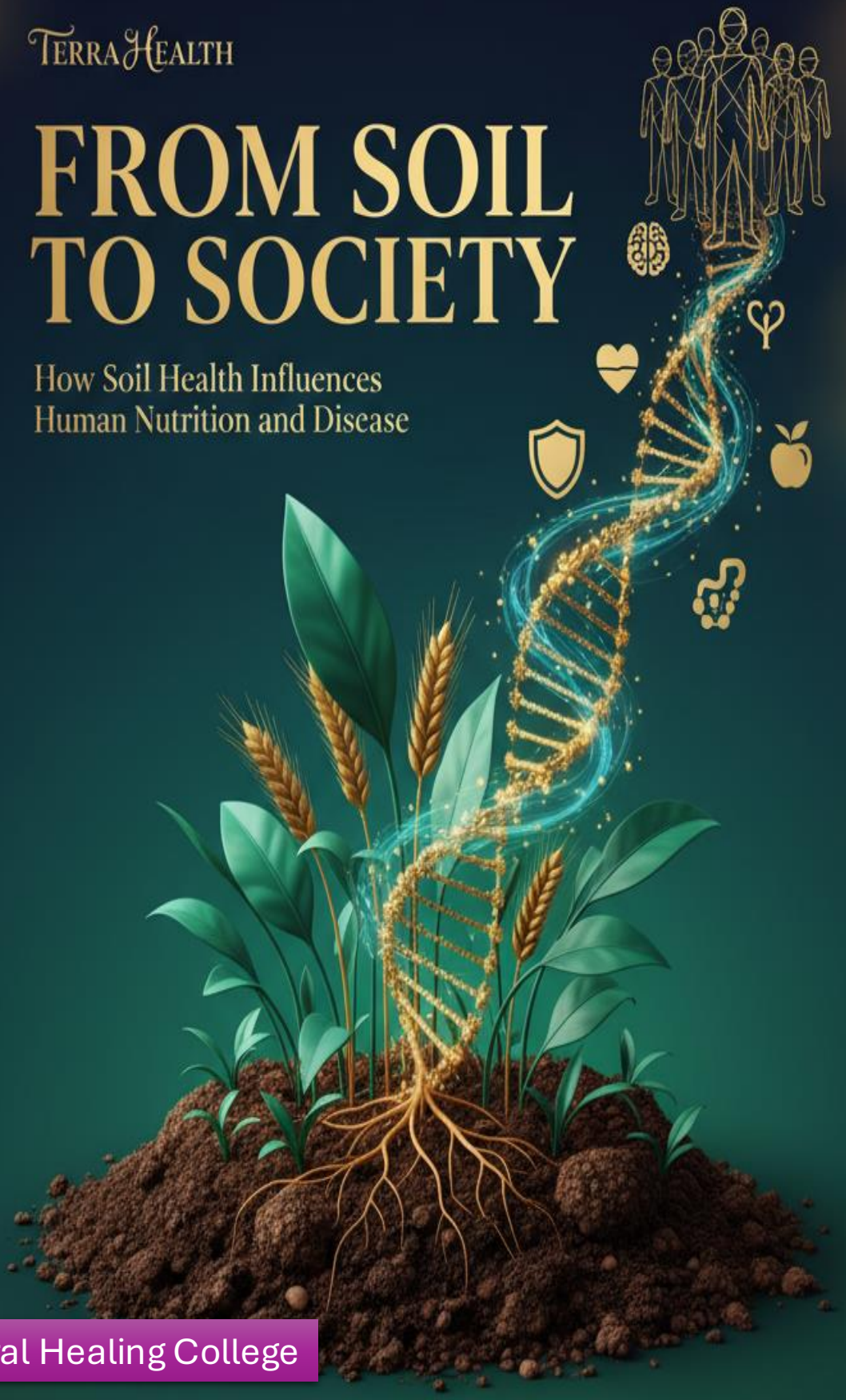
Vision: The faculty, staff, and management team of BioNatural Healing College (BNHC) are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate, and explain the importance of this field to prospective students so that they may make an informed decision 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 (BNHC), based in California, is dedicated to providing high-quality online education, and vocational online distance learning to students worldwide. As a legally recognized institution, it is authorized to operate by the State of California's Bureau for Private Postsecondary Education, by the established educational code. While BioNatural Healing College is not accredited by the United States Department of Education, BNHC is a member of the Agronomy Society of America, Crop Science Society of America, Soil Science Society of America and American Holistic Health Association (AHHA), reflecting its commitment to a holistic and ecological approach to human health and environmental health improvement education.

TERRA HEALTH

FROM SOIL TO SOCIETY

How Soil Health Influences Human Nutrition and Disease



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