

BNHC E-MAGAZINE

Introducing a convenient way! *Earn your diploma online with one of the most comprehensive study programs available in social network*



**BioNatural Healing
College**

5 Diplomas

Offers a dynamic quality education to change and improve your quality of life by offering online education In convenient way.



***FIND YOUR KEY
TO SUCCESS!***

Contents

- **Message:** from the President of BNHC
- **BNHC Directory: Board of Directors:** Dr. Nadir Sidiqi Ph.D., Mrs. Aziza Sidiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus Siddiqi, Mr. Naveed Siddiqi
- **Staff & Faculty:** Mr. Wais Siddiqi, Prof. Rosalie Stafford, Dr. David Isley, Dr. Christine F. Irene, Dr. Augustine A. Okukpe, Dr. Tanveer Alam , Dr. Amna Parveen and Dr. Vivek Sharma.
- **Learning:**
- **BioNatural Healing**
- Medicinal plants, Nutrition, Health, Diet, Body, Mind, Spirit, Sleep, Exercise and related issues.
- **Science Research:**
- Agriculture, Environment, Public Health, Technology
- **Innovation, Educational Announcement (Conference, Workshop):**
- **BNHC News & Advertisements:**
- **About US:** Mission, Vision
- **Contact US:**
- **Email:** info@bionaturalhealingcollege.org
- **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!

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

Sulphur: A Necessary Nutrient & Useful Domestic Chemical



Last month, in the September 2019 issue of Bio-Natural Healing College's internet magazine, we looked at *skin*, your first line of defense against environmental assaults ranging from pathogens to ultra-violet radiation. This month, we will look at *sulphur* (*sulfur*), a mineral necessary for good health as well as a chemical useful for controlling pests and pathogens in the home & on your skin. Sulphur

“Sulfur,” explains Lynn Atchison Beech, “occurs naturally as the pure element [*elemental sulphur*, aka *flowers of sulphur*] and as sulfide and sulfate minerals... Abundant in native form, sulfur was known in ancient times, mentioned for its uses in ancient India, ancient Greece, China, and Egypt. Fumes from burning sulfur were used as fumigants, and sulfur-containing medicinal mixtures were used as balms and antiparasitics.” This element, whose chemical symbol is *S*, has the traditional name of *brimstone*, meaning *burn-stone*. The term *brimstone* refers to the relationship between sulphur and volcanism: sulphur is almost always found in the vicinity of volcanoes. The relationship between brimstone and volcanism is visually pointed out by the traditional alchemical symbol for sulphur:



At the bottom, we see the figure-eight *lemniscate* symbolizing two things: the spiritual idea of eternal flux and also the physical phenomenon of magma chambers found under volcanoes. Rising out of the magma chambers is the vertical vent-tunnel of the volcano while, crossing the vent-tunnel are two lines demarcating the three-dimensional physical shape of a volcano and, furthermore, indicating lava flows from the crater of the volcano and from side-vents. The symmetrical image is beautifully balanced and symbolizes, in one element, the perfect balance of Nature.

Sulphur: a Necessary Nutrient

- “Sulfur,” Laura Wagner explains, “is involved in hundreds of physiological processes.” She lists the processes:
- Sulfur is required for the synthesis of *glutathione*, one of our premier endogenous antioxidants. .
- Sulfur, in the form of *disulfide bonds*, provides strength and resiliency to hair, feathers, and feathered hair.
- Sulfur is required for taurine synthesis. *Taurine* is essential for proper functioning of the cardiovascular system, our muscles, and the central nervous system.
- Sulfur binds the two chains of amino acids that form *insulin*, a substance absolutely necessary for life.
- Sulfur is found in *methionine* and in cysteine.

The scientific journal *Nutrition and Metabolism* summarizes the work of Marcel E Nimni *et al.*:

“Sulfur, after calcium and phosphorus, is the most abundant mineral element found in our body. It is available to us in our diets, derived almost exclusively from proteins, and yet sulphur is contained in only two of the twenty amino acids normally present in proteins. One of these amino acids, *methionine*, cannot be synthesized by our bodies and therefore has to be supplied by the diet.”

In their article, Marcel E Nimni *et al* point out that *cysteine* “is synthesized by us, but the process requires a steady supply of sulfur.”

Dietary Sources of Sulphur

Rich sources of dietary sulphur include: apricots, peaches, and figs; onions, spinach, broccoli, cabbage, brussel sprouts; brazil nuts and peanuts; black pepper; eggs (particularly raw or poached); cow liver and heart; shellfish (crab, lobster, prawns, and scallops) and some types of fish (“Food Data Chart – Sulphur”).

A steady supply of dietary or supplemental sulphur which supplies inorganic sulfates and other forms of organic sulphur is absolutely necessary for proper metabolism and optimal functioning of your musculo-skeletal system, your neurological system, and your respiratory system.

Ingesting sulphur is not the only route to benefiting from this essential nutrient. Inhalation and topical applications are also beneficial

Medical Uses of Sulphur

I have noticed that when I have been working with *flowers of sulphur* (another name for *powdered elemental sulphur*), a necessary ingredient in making sulphur soap, my hands absorb the distinctive aroma of the chemical. At rest, I put my hands to my face and inhale the sulphur scent, an aroma which I personally quite like. Smelling flowers of sulphur never fails to instantly give me a sense of deep peace and calm relaxation. It is not surprising that sulphur baths have long been recognized as health-inducing. For hundreds or even thousands of years, topical applications of sulphur either through ointment or immersion in sulphur-baths (water or mud containing large amounts of elemental sulphur) been utilized to treat chronic disorders of various systems: the musculo-skeletal, the respiratory, and the neurological. Last month we discussed the fact that your skin is your largest organ and is part of your neurological system. Topical applications of sulphur are known to be of benefit in the treatment of a number of chronic skin disorders, including psoriasis, eczema, dandruff, and even fungal infections.

Hundreds or perhaps thousands of sulphur springs exist around the world. Just before his death, the great geologist Gerald A. Waring published an authoritative list of the world's thermal springs, many of which have long been used by humans seeking the medical benefits of soaking in warm sulphur water. Today, attractive spa-destinations include Terme di Saturnia in Italy, Myvatn, in Iceland, Széchenyi Baths and Spa in Hungary, and Beitou Hot Springs and Jinshan Hot Springs in Taiwan (Josh Lew).

You yourself can access the health benefits of sulphur and enjoy your own spa-at-home by making sulphur soap which will readily dissolve in water. I enjoy making sulphur soap and soaking in it! Before I explain how easy it is to make sulphur soaking soap, a few words of warning are in order:

- Soap-making requires the use of lye (sodium hydroxide) and lye is extremely corrosive: if you get it on your body, it can severely injure your flesh!
- Keep vinegar close at hand to counter-act the lye: in case you get powdered or liquid lye on your skin or clothing, immediately flush the afflicted area with plenty of vinegar.
- When you work with lye, be sure to keep kids and pets out of the room, and make sure that the room is well-ventilated.
- Be careful when you wash your soap-making tools, and don't use them for food.
- One more thing: always *weigh out* your lye on a very precise food scale (do not attempt to guesstimate or even to use measuring spoons)!
- Once again: be very careful with lye, as it is very dangerous to work with, and sure to precisely weigh out all ingredients (oil, water, lye) on a scale: never ever "guesstimate"!

How to make Sulphur Soaking Soap

To make sulphur soaking soap, you need 16 ounces of oil. Nine ounces *soft oil* (olive, sunflower, or grapeseed) and six ounces *hard oil* (coconut) is a good ratio. Put the room-temperature oil in a glass or stainless steel flat-bottomed bowl and set it aside. Put six ounces of cold purified water in a tall flat-bottomed glass bowl or large mason jar. Wearing gloves (and perhaps even eye-goggles), add 2.5 ounces of lye to the water, which will instantly become very hot. Note: always add the lye to the water, not the other way around. Carefully stir the lye-water, being very careful to not splash any on yourself. If you do get splashed, immediately flood the affected part with vinegar. When the lye water is clear and has cooled down to about 105 degrees Fahrenheit, carefully — without splashing! — add the lye water to the oil. Stir the mixture with a stainless steel spoon or a metal egg-beater or an immersion blender. Add 2 or 2.5 ounces flowers of sulphur to the oil and stir, stir, stir. When the mixture has attained the consistency of thin yogurt or cream, carefully pour it into a silicone loaf pan or silicone cupcake tray, or a paper-lined glass cake pan, or a metal muffin tray lined with fluted paper baking cups. Set the filled container aside in a warm closed cabinet. In a day or two, the soap mixture will be solid and can be cut into whatever size and shape you prefer. Enjoy your sulphur soaking soap!

Sulphur: a Traditional Pesticide

I can't end this brief article without mentioning the use of sulphur as a pesticide. Topically applied to the skin in a viscous medium (cream or lotion) or as an ingredient in soap, sulphur combats fungal infections on the surface of the skin as well as *sarcoptes scabiei* infections under the surface of the skin. *Scabies* is a very unpleasant dermatologic condition caused by eight-legged microscopic mites which burrow into the skin where they eat and lay their eggs; sulphur is a traditional, age-old remedy.

In addition to skin infections, sulphur has long been used to treat infestations of household pests. Wendy Anderson points out that the ancient Egyptians, the Greeks, and the Romans employed sulphur as medicine and to fumigate their granaries and homes. In 1923, A. E. Black, Chief Entomologist of the United States Department of Agriculture, provided information regarding the use of sulphur in combating wool-eating moths:

Very often, the use of sulphur candles offers a most welcome method of moth control, because of the availability of sulphur candles at drug stores. Naturally, where fumes are used, rooms or houses must be tightly closed and ... [sulphur must be used at the] recommended [rate of] 13 ounces of sulphur for each 1,000 cubic feet of space to be fumigated. Prof. Black's advice reflects the fact that a century ago, "sulphur candles" were readily obtained at drug stores. A deceased English antiquarian, David A. Cushman, used to manufacture sulphur candles and published an interesting article about how now-obsolete fumigants were made.



David A Cushman. "Sulphur Fumigation Candle"

Sulphur: In Closing

The yellow element sulphur is not only a necessary nutrient, essential to metabolic processes, but has been utilized by humans for millennia in a number of ways which promote health and happiness. Be sure to eat copious amounts of sulphur-containing foods and give yourself the healthful treat of the occasional sulphur soak.

Personal Note

Thank you for reading this article. I would enjoy hearing from you. I'm sure that you are an idea person and I would appreciate the opportunity to learn from you. Please send your comments and questions to me at: rosaliestafford@therapist.net

Works Cited

Anderson, Wendy. "Flowers of Sulfur' Candles for Fumigating." *E-How*. https://www.ehow.com/info_12148588_flowers-sulfur-candles-fumigating.html

Beech, Lynn Atchison. "Sulfer of [sic] Sulphur." *Symbols.com*. <https://www.symbols.com/symbol/sulfer-of-sulphur>

Black, A. E. *Clothes Moths and Their Control*. | *Farmer's Bulletin* No.1353. U. S. Department of Agriculture, Bureau of Entomology. 1923, rev 1928.

Cushman, David A. "Sulphur Fumigation Candle, Originally Manufactured by Apex Enterprises." 2011. <http://www.dave-cushman.net/bee/fumcandle.html>

"Food Data Chart - Sulphur." *Asia Pacific Journal of Clinical Nutrition*. <http://apjcn.nhri.org.tw/server/info/books-phds/books/foodfacts/html/data/data5g.html>

Lew, Josh. "9 spa destinations with healing waters." *From The Grapevine*. 21 Aug 2014. <https://www.fromthegrapevine.com/health/spa-destinations-actually-have-healing-waters>

Nimni, Marcel E., Bo Han, and Fabiola Cordoba. "Are we getting enough sulfur in our diet?" *Nutrition and Metabolism*. Nov 2007. doi: 10.1186/1743-7075-4-24

Wagner, Laura. "Sulfur Rich Foods: Why You Should Eat Them." *Women.com*. 17 Nov 2017. <https://www.women.com/laurawagner/lists/the-complete-list-of-foods-high-in-sulfur>

Waring, Gerald, A. *Thermal Hot Springs of the United States and Other Countries of the World: A Summary*. Rev 1982, 1983. Reginald R. Blankenship and Ray Bentall. Geological Survey Professional Paper 492. United States Department of the Interior. GPO. 1965. <https://pubs.usgs.gov/pp/0492/report.pdf>

By Dr. David Isley- Tension Type Headache

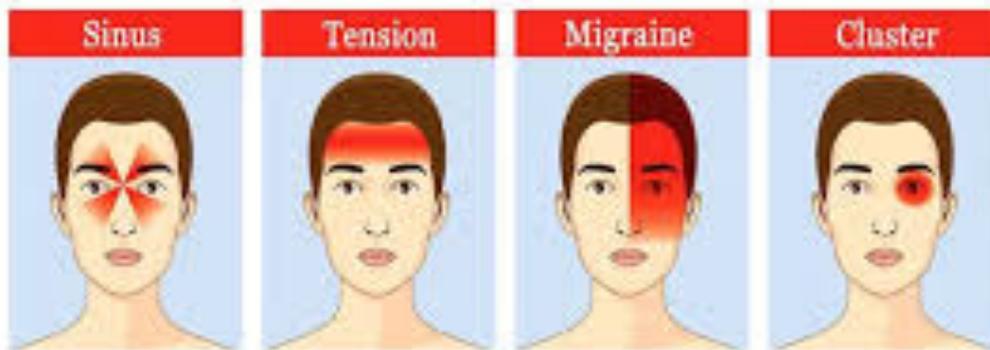


Tightening in the muscles of the face, neck, or scalp as a result of stress or poor posture can cause one to have a tension headache. Drug reactions and magnesium insufficiency are other important causes.

The tightening of the muscles results in pinching of the nerve or its blood supply, which results in the sensation of pain and pressure. Relaxation of the muscles usually brings about immediate relief. By applying hand pressure to trigger points on the neck muscles, the headache can be worsened (or improved). A trigger point is the central area of tension in the muscle. A tension headache only rarely mimics other types of headaches of a more serious nature, such as those associated with a stroke or brain tumor. Consult a physician immediately if a headache feels different from a tension headache or migraine, or if the headache is continuous.

Modern drug treatment of headache, whether migraine or tension, is ultimately doomed because it fails to address the underlying cause and as a result produces significant risk for side effects. Rather than focusing on identifying and eliminating the precipitating factor, the goal with headache medications is simply to provide symptomatic relief. Particularly interesting are several clinical studies estimating that approximately 70% of patients with chronic headaches suffer from drug-induced headaches, a result of the medications they are taking to suppress the symptoms of headache. In other words, the headache medications are giving them headaches, and if they quit taking the drugs their headaches go away. In one study of 200 patients suffering from analgesic rebound headache, discontinuation of these medications resulted in 52% improvement in the total headache index. Specific improvements occurred in headache frequency and severity, general well-being, and sleep patterns, and there was also reduction in irritability, depression, and lethargy.¹

Headache Type

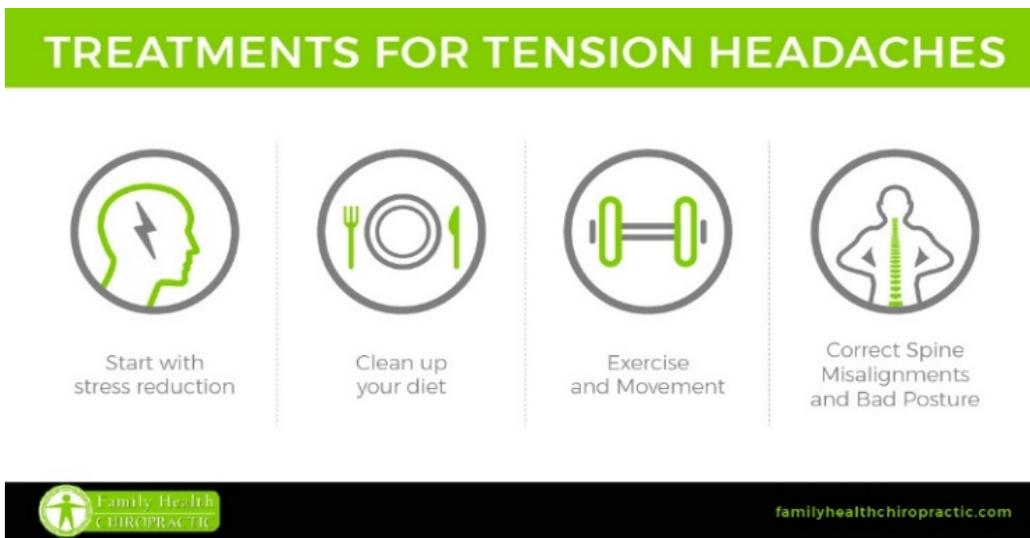


Tension headaches have been shown to respond to a number of natural therapies. Physical treatments such as massage, chiropractic, and other forms of bodywork are helpful when combating a tension headache. In the treatment of both acute and chronic tension headaches, all bodywork techniques are ideal treatments. In 1996, the RAND Corporation analyzed all of the scientific evidence from 1966 to 1996 on chiropractic treatment of tension headaches. Their conclusion was that chiropractic care probably provides at least short-term benefits for some patients with neck pain and headaches. A follow-up analysis provided additional support for the value of chiropractic care.

It is always best to address the cause rather than suppressing the symptoms with chronic use of aspirin and other pain relievers. It is a good idea to strive for a goal to learn how to relax the tight muscles by alternating tension and then relaxation in the muscle. Learning how to relax has been shown in clinical studies to provide exceptional benefits without side effects. Chronic tension headaches share some features with migraine headaches:

- Both can be the result of chronic use of aspirin and other pain relievers
- Tension and migraine headaches are often triggered by food allergies
- Magnesium supplementation can help both
- 5-hydroxytryptophan (5-HTP) has been shown to help with both

Occasional use of aspirin or acetaminophen is safe and effective in the treatment of an acute headache. The key is not to rely too heavily on these medications. Other natural treatments one can use are:



- Eating healthy
- Exercising
- Improving your posture
- Managing you stress levels
- Using acupuncture and massage therapies (Bodywork therapy)

Ref:

1. Matthew NT, Chronic refractory headache. *Neurology* 1993;43 suppl 3:S26-S33
- MT Murray and J Pizzorno; *Encyclopedia of Natural Medicine*
Google Images
2. Hurwitz EL, PD Aker, AH Adams, et al. Manipulation and mobilization of the cervical spine. A systematic review of literature. *Spine* 1996;21:1746-1760
3. Haas M, Bronfort G, Evans RL. Chiropractic clinical research: progress and recommendations. *Journal of Manipulative and Physiological Therapeutics* 2006;29(9):695-706



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).



**BioNatural Healing
College**

Online Distance Learning Based In California, USA

BNHC is a convenient way to earn your diploma. BNHC offers 5 diplomas under highly qualified professors. Time is a precious gift to every person, apply now!

DIPLOMA PROGRAM (30 CREDITS PER DIPLOMA):

1. Herbal Science & Master Herbalist (Diploma)
2. BioNatural Health Practitioner (Diploma)
3. Holistic Health Practitioner (Diploma)
4. Nutrition & Brain Function Consultant (Diploma)
5. Wellness & Lifestyle Consultant (Diploma)

Learn more and register at <http://www.bionaturalhealingcollege.org>

Phone: (909) 242-6342

Email: info@bionaturalhealing.org

*Learn the knowledge, share the knowledge,
and Implement the knowledge to benefit of
humanity! BNHC*