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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 contribution and dedication of many other respected 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.



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. 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 C), 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 prevention of COVID-19.

Bees, Honey, & Venom

By Prof. Rosalie Stafford

In the last issue of Bio-Natural Healing College's internet magazine, we looked at *Datura*, a member of the nightshade family. In particular, we concentrated on one deadly species of *Datura*, the Desert Thornapple, known for its eye-catching apricot-sized seed pods covered with sharp spines and packed with poisonous seeds.



The Desert Thornapple is also known as Moonflower because it is a night-bloomer, unfurling in the evening and closing back up in the morning. During those cool low-light hours, its sweetly scented big beautiful white blossoms attract bees. Poison and sweetness ... that dichotomy brings us naturally to our next topic: bees, honeybees, honey — and bee venom.



Bees: Busy Workers: Around the world, there are — amazingly — thousands of different kinds of bees (“Types”). Many of their names reflect their character as busy workers: there are carpenter bees, digger bees, mason bees, mining bees, leafcutter bees (CUES). Bees occupy an important place in the web of life — the world would starve without them. Although wind pollination and self-pollination are both important agents in plant reproduction, about 35% of the world’s food crops must be pollinated by living creatures, of which bees are first and foremost. NRCS states: “More than 3,500 species of native [wild] bees help increase crop yields. Some scientists estimate that one out of every three bites of food we eat exists because of bees, butterflies, and moths...” In addition to wild bees, there are *industrial bees* (Bartlett), also known as *managed bees* (Rucker). Industrial or managed bees are bumble bees and honey bees owned by commercial beekeepers and rented out to pollinate specialty crops. Bumble bees are used commercially to pollinate greenhouse tomatoes (Banda and Paxton) because their relatively long tongues and “buzziness” — energetically vibrating wings — make them efficient pollinators: tomato pollen does not loosen easily and each tomato flower must be vibrated to ensure pollination (“Bumble”). Honey bees — with shorter tongues, lighter weight, and lesser “buzziness” — are ineffective pollinators of greenhouse tomatoes. Honey bees are, however, widely employed for pollination of field crops. Honey bees are also the source of honey, beeswax, and the rather exotic substance called *propolis* or *bee glue*. Managed honey bees are housed in movable hives. In my area, it is common to see beekeepers stacking their hives next to fields of crops needing to be pollinated. Their bees work industriously, disseminating pollen as they buzz from flower to flower, returning to their mobile hives with their legs coated with yellow pollen (i.e., with full “pollen baskets”), out of which other hardworking bees in the hives will create honey.

Honey — and Bee Venom — in Traditional Medicine

Traditional medicine, for thousands of years, has used raw honey for food and medicine: Honey contains sugars, small quantities of proteins, enzymes, amino acids, minerals, trace elements, vitamins, aroma compounds, and polyphenols. It is widely accepted as food and medicine by all generations, traditions, and civilizations, both ancient and modern. Honey is heavily used by Asian countries such as Sri Lanka, India, Nepal, and Pakistan in their traditional medicinal systems. It is used as a remedy for burns, cataracts, ulcers, diabetes, wound healing, etc. Many researchers have scientifically validated most of the traditional claims (e.g., usage for diabetes, diarrhea, inflammation, gastrointestinal, and cardiovascular diseases) for honey using scientifically controlled experiments. (Arawwawala and Hewageegana)

The therapeutic use of honey is established through thousands of years of empirical practice and through clinical trials. Likewise, the therapeutic use of bee venom has dates back thousands of years in Eastern cultures (Broadman), where it has long been used to treat arthritis, cancer, and inflammation (Im). Today, the therapeutic use of bee venom is trending, with scientists looking into the use of the active ingredient of bee venom to treat ailments ranging from musculoskeletal pain to neurological disease to cancer. In fact, in 2017, the peer-reviewed journal *Evidence-Based Complementary and Alternative Medicine* published a special issue focusing on medical benefits of honeybee products, including bee venom.

Bee Venom

The Mayo Clinic summarizes how a bee stings, what it injects, and what happens to the person who has been stung:

To sting, a bee jabs a barbed stinger into the skin. Bee sting venom contains proteins that affect skin cells and the immune system, causing pain and swelling around the sting area. In people with a bee sting allergy, bee venom can trigger a more-serious immune system reaction.

According to the CDC, an average of 80 people per year in the United States of America die from anaphylactic shock brought on by being stung by a hornet, wasp, or bee. Some people who have experienced a serious allergic reaction to a bee sting don't leave the house without an *EpiPen*, a physician-prescribed inoculation kit. The *EpiPen* allows the bee sting victim to inject himself with a potentially life-saving dose of *epinephrine*, a chemical that narrows blood vessels and opens airways in the lungs, thus relieving hives, wheezing, and even — in the worst-case scenario — fatal anaphylactic shock. My go-to first-aid item for bee sting is activated charcoal to draw out the venom (see my July column) and oil of wintergreen to ease the pain of the sting (see my August column). However, if you have been prescribed an *EpiPen*, I urge you to remember to carry it with you at all times! Anecdotal evidence indicates that even people who have never had an allergic reaction to bee stings can succumb to anaphylactic shock as a result of a series of bee stings (Vazquez-Revuelta and Madrigal-Burgaleta).

Medical Use of Bee Venom:

But bee venom is not all downside — *apitherapy* is attracting attention: “Apitherapy is an alternate therapy that relies on the usage of honeybee products, most importantly bee venom for the treatment of many human diseases. The venom can be introduced into the human body by manual injection or by direct bee stings” (Wehbe). *Bee acupuncture* is the whimsical term some people use to describe apitherapy by direct bee stings ... more on that later.

Melittin, the chemical derived from bee venom, is the subject of trending research. One just-published study investigated the use of melittin in treating breast cancer in women who are genetically-resistant to the pharmaceuticals which are particular favorites of chemotherapists.

Hannah Sparks quotes Ciara Duffy, lead researcher the just released study: “We found that the venom from honeybees is remarkably effective in killing some of these really aggressive breast cancer cells ... [killing] 100% of triple-negative, as well as HER2-positive, breast cancer cells.” In addition to killing breast cancer cells, melittin has been scientifically shown to combat carcinoma cells in the skin, cervix, larynx, prostate, and liver (Gajski; Liu; Mayo; Oršolić; Sisakht; Son; Yu; Zarrinnahad), as well as HIV (Carboni) and even central nervous system diseases, such as Parkinson's disease, Alzheimer's disease, and amyotrophic lateral sclerosis (Wehbe). Bee sting therapy for pain relief is also being investigated (Lim).

BVT: Bee Venom Therapy: In the West, BVT (*Bee Venom Therapy*, or what is sometimes referred to as *bee acupuncture*) has captured the interest of some who embrace the bio-natural lifestyle, in particular, some who seek non-pharmaceutical relief from the symptoms of arthritis. Organic beekeeper Ross Conrad is expert in the practice of BVT. He explains:

The primary purpose of BVT is to stimulate the body's immune system so that it can begin to heal itself. Once the stinger is imbedded in the skin, it pumps venom into the sting site. In reaction to the foreign substance entering its system, the body sends large amounts of blood to the area. This concentrates the healing properties within the blood around the sting site. In order to receive a full dose of venom, the stinger is left in the skin for at least 10-15 minutes.

It is worth quoting Mr. Conrad at length: While no medical treatment works on everyone 100% of the time, most forms of rheumatic disease seem to respond to BVT including gout, osteoarthritis, bursitis, tendinitis, fibromyalgia, lupus, and scleroderma. However, the use of BVT for treatment of rheumatoid arthritis is the area most widely documented (Kwon 2001, Kang 2002, Lee 2004, Park 2004, Yin 2005, Hong 2005).

He claims to have successfully treated many people with BVT, bringing them relief from symptoms of rheumatic disease and even stimulating the subject's body to begin the natural healing process.

Recognizing the very real danger of a life-threatening allergic reaction to BVT, Mr. Conrad warns: "It is prudent to always have an epinephrine injector (brand name: *EpiPen*) on hand when giving or receiving BVT." The EpiPen is truly a life-saver when a bee sting brings about a severe allergic reaction which would quickly result in anaphylactic shock.

"Beeware!" Remember: bee venom is powerful stuff! Every year, a small number of people die from bee stings (CDC). It is possible to undergo a series of BVT sessions — with only positive effects — and then suddenly succumb to an allergic reaction which quickly progresses to anaphylactic shock. BioNatural Healing College *cannot endorse BVT* but is simply presenting this information as one aspect of the role of bees in our lives. As noted earlier, approximately one out of every three bites of food you eat is produced by crops pollinated by bees. Life without bees would be very different: certain foods would be scarce, expensive, or unavailable.

Live and Let Live: I happen to have a swarm of bees living inside the walls of my home and, knowing that bee venom allergy can manifest suddenly, I always do my best to avoid being stung! This summer, the bees suddenly became very aggressive and, for a period of several months, attacked me whenever I went outdoors. I felt rather put upon because I have always made sure to provide fresh clean drinking water for the bees— even when they were so aggressive that I had to brave the rattlesnakes (which come out after dark) and go out in the dead of night to refresh the bees' drinking water. I got so tired of being stung by those ungrateful bees that I considered destroying the hive.

However, I decided against that drastic step: bees work hard every day pollinating flowers and, as life here in the desert is very hard for all living creatures, I did not want to interfere with my local ecosystem. Therefore, I decided to put up with the bees' "bad behavior" until they calmed down naturally. Eventually, they did so and now we once again peacefully coexist.

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GO AHEAD AND CRY IN MY SOUP

By Dr. Bera Dordoni, N.D.

Food. Men. We can't live with or without them. Well, at least the food we can't do without. Right, ladies? Oh, my, did I just say that? And now that we've already had our first snowfalls in New Mexico and Colorado, we're looking for our comfort foods. And it happens every day. I mean, we want to eat every day. Sometimes more than once a day – even three times a day along with some snacks. Why not? Even if we're not hungry, we usually love to eat. It tastes good.



Why? Often it's all the chemicals that entice us if it's a fast food designed to addict us (like sugar). Yum, good chemicals. But after a while, if you're like most Americans caught up in the rut of eating just because you're frustrated with lockdowns and quarantining created by the Covid-19 virus, you might not want to give up something you like. It's quick. It's convenient. It's immediate comfort. Other than the accompanying bloat or discomfort. You've grown accustomed to its taste, even if it doesn't provide you with energy, increased mental capacity or joy for living. Oddly enough, however, there are foods that come mostly straight from gardens that can do just that. Consuming foods designed for our bodies actually does provide us with joy for living, with increased energy or mental clarity, and they taste dang good if you're willing to give them a try. Recently I've had long-term clients staying with us and we've been making a lot of soups with the changing weather – simple comfort foods. Observing social distancing, we're all still able to share meals from our 'farm-to-table' foods.

Several of the people here have asked me to write down the recipes, and I'd gladly do so here, but I'll only include what was in each dish and not the amounts, which I recommend each person/family do according to their size and if they want to have leftovers. I have to apologize – I simply don't measure like normal people do or read cookbooks. I love to let my intuition do the commanding – and follow its guidance in putting in the ingredients and amounts. If you love to eat and don't mind spending time in your kitchen instead of running to a fast-food joint, then your own creativity will take over. As you prepare your foods, taste test for flavor and texture you want. Salads are my favorite 'go-to' dish throughout warm weather – all summer long I can live on what's fresh from the garden. But once the weather changes so does my palate, and now I hanker for warm foods in addition to the salads, and the salads tend to become a bit heavier (including beans or whole grains). I love to have some form of soup available all winter long (so if you come visit us, you can expect to be served a bowl of soup). **Southwestern Harvest Soup:** This soup was prepared for one of our lunches. We steamed in a large stock pot some fresh pumpkin, eggplant and celery. At the same time we lightly sautéed onions, garlic, jalapeños and potatoes in organic virgin coconut oil (yum!), then combined the sautéed items into the stock pot with the steamed veggies. We added to that some dulse and kombu (kelp) – both salty-flavored sea vegetables. Once those flavors were combined, we added coconut manna and nutritional yeast to taste. How much? I recommend tasting it as you're preparing it for flavor and texture. Nutritional yeast has a slightly salty, cheesy, nutty flavor that lends a wonderful taste to a variety of dishes (it's our 'go-to' along with the coconut oil for making popcorn). When we were about to serve the soup, we added raw, finely chopped kale and asparagus so there would still be some live enzymes remaining intact (not heated above 120 degrees) to nourish the body.

The only thing not remaining when we finished lunch was any soup. Of course the soup had to be accompanied by salads, so we threw together two easy salads that anyone can make in a hurry, both including foods that had just come from the garden. **Garbanzo/Quinoa Salad:** The garbanzos and quinoa didn't come from any of our local gardens; they had to be purchased from a health-food store. After preparing them and allowing them to cool, we added fresh-from-the-garden tomatoes and spinach, finely chopped, diced onions and garlic, cilantro, organic corn, cayenne pepper, olive oil, fresh-squeezed lemon and ume plum vinegar. We also had no leftovers from this salad.

Cabbage Salad

When cabbages are in season, they are so crunchy and delicious. I love to make fresh sauerkraut, add cabbage to my soups, or make a delicious cabbage salad (some might call it cole slaw). You might enjoy making my version with the following ingredients:

Large cabbage (organic, of course), fresh garlic, sliced almonds, toasted sesame seeds, red bell peppers, small amounts of liquid aminos, ume plum vinegar, coconut nectar (sugar), toasted sesame oil and apple cider vinegar (raw, unfiltered). Shred the cabbage, and mince the red bell peppers. Mix with the remaining ingredients and serve.

Munch Time: Grab some organic black corn chips and make a pico de gallo. Finely chop up tomatoes, cilantro, garlic, onions and jalapeños, mix together, dig in your chips and enjoy.

Oat Seed Clusters: Attention: Mothers who give your kids snacks... You can make these clusters with your own choice of nuts or seeds. Take approximately a cupful of uncooked oats, some sesame seeds, pumpkin seeds, sunflower seeds, coconut oil, maple syrup (real, not artificial) and almond butter (approx. ¼ cup) (or sunflower butter, peanut butter – your choice). Heat them in a pan long enough for them to moosh together, take them out and press them flat (½ inch thick), let cool, cut into clusters and enjoy. Good fiber, good taste.

Feel the Love & Cry

Everything that comes out of my kitchen has a big helping of love thrown in, which gives a warmie feeling. Interestingly, more than one person who has come up the mountain where I live has cried in their soup. They couldn't explain what brought on the emotions, but they have each felt like they were being nurtured and loved, and said it brought on memories from their childhoods and 'better times.' Imagine that! You can make a soup for family and friends and make them cry.

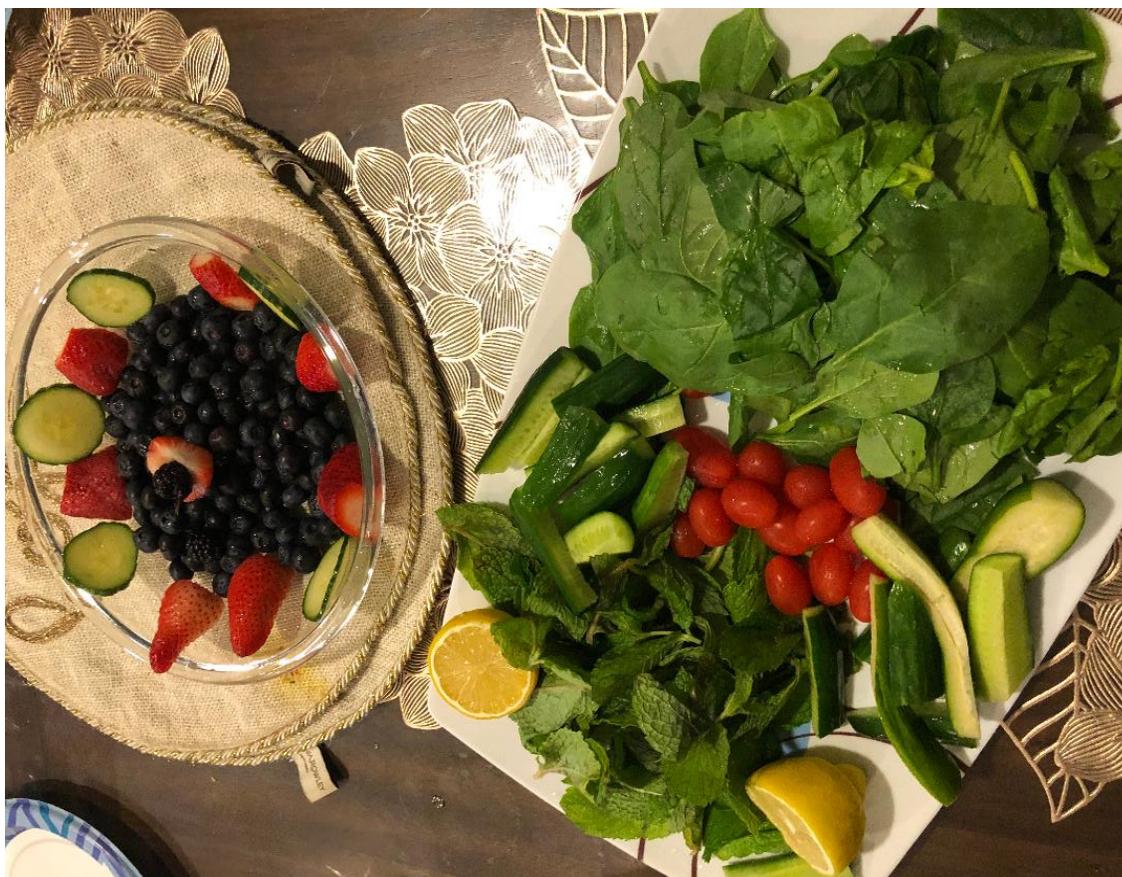
Gifts are often most appreciated when they're homemade. Share some of your creations with family and friends and spread the wealth about health. I love receiving gifts that come from the heart – that took time to prepare – and have a purposeful intent. My favorite gift to give someone is sweet – I take some raw, organic coconut nectar and heat it very gently, just enough to allow it to become more liquid than solid (certainly NOT up near 120 degrees) and add some of my favorite chili powder to it, put it in a cute little jar with a ribbon and voila, here's a gift of chili coconut nectar. As Jackie Gleason always said, 'How sweet it is!'

We have to eat in order to live, although many of us live to eat that next bite of something full of addicting toxic chemicals; then we pay for it. We know we're heading toward holiday time and we're gonna junk out more often than not, and end up getting sick if we don't counteract the junk food with nourishment. So why not eat something that can nourish you and sustain your health that you know was made with love and everything else good. Make a nice pot of soup and accompany it with a fresh garden salad. Share them with those you love. I wish you great health, happiness, and more blessings than you can count now and always, and a good cry in your soup!

About the author

Dr. Bera “The Wellness Whisperer” Dordoni, N.D.

With over 35 years of serving as a vegan/vegetarian-oriented Naturopathic Doctor/nutritionist, Dr. Bera now focuses primarily on teaching Ho’oponopono in workshops and at retreats in her home in the Zuni mountains. She provides gourmet vegan meals and a relaxing stay where deer and wild turkeys play... as well as instruction in plant-based living, immune-system building and how to make the laws of attraction work for you. To learn more or book your stay, visit drberatl.com or bastis.org, or call (505) 783-9001.





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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