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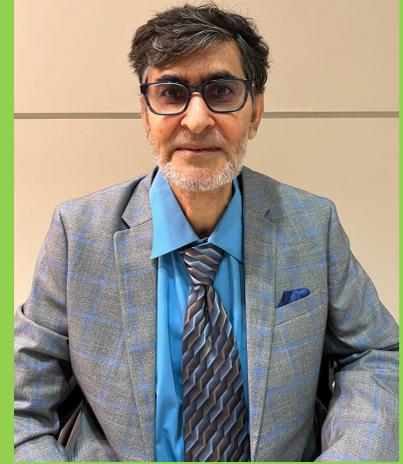
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# Message: from the President of BioNatural Healing College (BNHC)

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 October 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 authors 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.

# Pomegranate: A Natural Medicine

By: Mrs. Zarghuna Bashary B.A. (Student of Herbal Science & Master Herbalist Diploma) At BNHC

**Introduction:** The pomegranate (*Punica granatum*: Plant Family: *Punicaceae*) is one of the 5 heavenly fruits (olives, grapes, dates, fig) in the world, which is mentioned as a heavenly fruit in the (Noble Qur'an in verse 68 of Surah (chapter 55) Al-Rahman.) also It is a symbol of healthy life, longevity, and immortality. According, to the Bible, mentioned that the Prophet Suleiman (peace be upon him) had a garden of pomegranates. Most researchers have written that pomegranate is native to Iran and has gradually spread to the regions of Central Asia up to the Himalayas, the Middle East, Asia Minor, and the Mediterranean area. The wild pomegranates on the shores of the Caspian Sea, as well as in the plains and steppe forests. Pomegranate cultivation and its exploitation have certainly been common, in most religious books have been mentioned. The pomegranate and its tree are also mentioned in Roman books of three centuries BC. Pomegranate is divided into two groups in terms of growth and fruit and three categories in terms of taste. The first type is sweet pomegranate (Emelsi), which has a cold to moderate and moist nature. The second type of pomegranate is sweet and sour or mikhush (in Arabic, mez), which is moderately cold and sour, the third type is sour pomegranate (in Arabic, sour), which is cold and dry temperament.

**Health benefits:** Pomegranate fruit is low in calories and fat, but it's high in fiber, vitamins, and minerals. Flowers, leaves, tree bark, root bark, and pomegranate seeds are used for medicinal purposes.

❖ Sweet pomegranate is a diuretic

- ✚ It is a laxative.
- ✚ Sweet pomegranate juice is useful for urinary tract diseases.
- ✚ Increases bile secretion.
- ✚ Pomegranate juice relieves diarrhea.
- ✚ If you mix pomegranate with honey and put a few drops in your nose every day, you will prevent the growth of polyps in your nose.
- ✚ Purifies the blood.
- ✚ It is the best medicine for the elderly to strengthen the kidneys.
- ✚ Pomegranate juice is cooling.
- ✚ Refreshes the color of the face.
- ✚ It makes smooths the voice and removes the congestion of the voice.
- ✚ Eat pomegranate to gain weight.
- ✚ Pomegranate juice is a heart and stomach tonic

**Pomegranate a natural remedy for disease:** The medicinal use of pomegranate fruit dates back to the distant past. In Ayurvedic medicine, Pomegranate is used as hematopoietic, anti-pest, anti-wound, anti-diarrheal, and anti-parasitic. In traditional medicine, this fruit is known as an antitussive, laxative, choleric, blood-forming, and liver and kidney booster. It is a nutritious fruit and these properties are related to the presence of polyphenolic compounds with antioxidant properties.

It is interesting to know that not only the pomegranate juice but also the extracts prepared from its skin are rich in these antioxidant compounds. Pomegranate has anti-cancer properties through the effect on the antioxidant capacity of the body, Oxidative stress, which is caused by the imbalance between the production of free radicals and the antioxidant defense system, because exposure to factors such as environmental pollutants, drugs, and agricultural toxins, preservatives, electromagnetic waves, etc. increases the production of free radicals in the body. These free radicals play a role in the occurrence of more than 100 types of diseases, including cancer and diabetes. Since pomegranate contains 100 types of anti-oxidants, its consumption. It can be recommended to prevent hypertension because is antihypertensive, studies have shown that the many antioxidants present in the pomegranate juice of this fruit cause the level of blood pressure to decrease significantly. In this way, daily consumption of 45 grams of pomegranate has no side effects and can reduce systolic blood pressure by 5%. Decreased systolic and diastolic blood pressure is observed in the people who use pomegranate juice increasing the body's defense against free radicals and diseases. Besides Pomegranate is cholesterol-lowering because drinking pomegranate juice helps reduce bad cholesterol levels and increase good cholesterol levels, and this is due to the many antioxidants present in pomegranates. The habit of eating the juice of this fruit prevents the formation of plaques that cause clogging of arteries and even breaks the formed plaques. As mentioned, pomegranate is Effective in all types of hepatitis, high blood pressure, diabetes, urticaria, facial pimples, and many diseases related to the predominance of bile. Against all types of gastrointestinal cancers, arteriosclerosis, hot diabetes, and blood purifiers. and can be used as an Appetizer drug, mix 100 ml of sour pomegranate juice with 75 grams of sugar and boil it on a low flame until it thickens. Let it cool, and then cut it into pieces the size of chocolate. Daily, depending on the need, Put some of it in your mouth and suck it.



It is especially suitable for anorexia caused by a hot stomach and liver upset. Although it fights diabetes, because of the abundance of sugar in pomegranate pomegranates is a preventive fruit. If you have diabetes, avoid eating more pomegranates. Pomegranate is an anti-prostate cancer. A study on mice has shown that pomegranate can stop prostate cancer. Additionally, a 2008 study found that pomegranate juice not only shrinks the size of cancerous tumors but also inhibits the growth of new blood cells that help cancer cells grow. Of course, this property has also been proven in the case of breast and lung cancer. Pomegranate is good for Alzheimer's, Studies on mice have shown that consuming pomegranate juice slows down the progress of Alzheimer's, so those who are prone to this disease should include pomegranate juice in their daily diet. Pomegranate is anti-aging, the many antioxidants present in pomegranate (phenolic compounds and vitamin C) neutralize free radicals in the skin and in this way delay the aging process, so the habit of eating this fruit will keep the skin fresh.

Pomegranate is good for diarrhea, and it is one of the fruits that is recommended for those who suffer from diarrhea, although excessive consumption of this fruit can cause constipation. Pomegranate is anti-obesity, Pomegranate is full of compounds called phytonutrients and vitamin C, but it has very few calories; by eating half a glass of pomegranate, 80 kilocalories of energy are received without fat entering the body, so if you are overweight, you can add a portion of your daily fruit to Pomegranate. An experienced prescription for chest pain and cough, Because a sweet pomegranate head is pierced and sweet almond oil is poured into it repeatedly until it has enough space and put on fire so that it absorbs the oil and reaches a point where it cannot absorb anymore; Sucking it for chest pain and cough is one of the best practices. Also, drinking its juice with sugar, starch, gum Arabic, and almond oil (half a gram) has the same effect. Also, to treat pumpkin worms, soak 60 grams of fresh root bark or dry powder with 750 ml of water for 6 hours. Boil it until the volume of water is reduced to half a liter. Flatten and divide into three parts. Drink each part with an interval of 1.5 hours. After 2 hours, a laxative such as castor oil is taken to expel the worm. (Its dosage for children: 1.6 to 1.3 adults). Additionally, The best time to eat pomegranate is morning fasting. Pomegranate is a Strong anthelmintic medicine; Pomegranate bark extract is considered a strong anthelmintic due to the presence of the alkaloid isopellethrine. Pomegranate root also has anthelmintic properties against pumpkin worms. The pomegranate is one of the 5 heavenly fruits in the world, which is mentioned as a heavenly fruit in the (Noble Qur'an in verse 68 of Surah Al-Rahman.) also It has been a symbol of healthy life, longevity, and immortality.

Besides its flower is also used to stop bleeding between teeth and heal wounds and thrush (oral boils). Flowers of pomegranate, *which* are boiled in sesame oil, make an ointment that is used for itching and skin irritations of the more eczema type. To reduce the excess heat of the liver (hepatic heartburn), mix a mixture of bouillon and natural pomegranate paste in a ratio of 3/2 boil it on a low flame for one minute and keep it in the refrigerator after it cools down. Mix 1-2 tablespoons of it in a glass of cold water and drink it every night. In the end, All parts of the pomegranate have the property of collection. The more sour the pomegranate, the greater this property. Pomegranate seeds are more astringent and drying than pomegranate juice. These two properties are more in pomegranate peel than pomegranate seed and in pomegranate flower more than pomegranate peel, and the important thing is that if we dehydrate the pomegranate, its pomade will have the most energy.

**Conclusion:** In traditional medicine, this fruit is known as an antitussive, laxative, choleric, blood-forming, and liver and kidney booster. It is a nutritious fruit and these properties are related to the presence of polyphenolic compounds with antioxidant properties. Pomegranate is used as hematopoietic, anti-pest, anti-wound, anti-diarrheal, and anti-parasitic. Pomegranate is a fruit full of properties that we see a lot in homes and markets with the arrival of autumn, but it is necessary to note that consuming too much pomegranate will have dangerous side effects. Get to know the incredible side effects of consuming pomegranate. Pomegranate affects enzymes: Enzymes in pomegranate can prevent certain enzymes from working in the liver. If you have certain medications for liver disorders, consult your doctor before consuming this fruit or its extract.

It is important to the unbelievable side effects of consuming pomegranate. You might think that pomegranate, because it is a fruit full of properties, does not have any side effects if consumed a lot, but it is wrong because using it over may be harmful to your health.

Also, If someone is on a diet and checks your calorie intake, avoid eating this fruit or its extract. Pomegranate is high in calories and can cause weight gain.

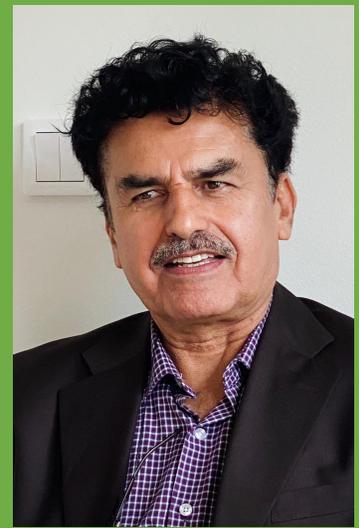
Moreover, consuming too much pomegranate causes digestive disorders excessive consumption of this fruit causes many disorders. Some of them are nausea, vomiting, abdominal pain and diarrhea. But these symptoms usually subside after a few hours. Excessive consumption of pomegranate can also irritate the digestive system. Besides, consuming this fruit also causes many symptoms that lead to allergies. These signs include Painful swallowing Itching, skin problems, facial swelling, difficulty in breathing, pain, and swelling in the mouth.

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# Phytotherapy: A Holistic Approach in the Prevention of Obesity

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**Introduction:** Phytotherapy is the practice of using medicines derived from plants or herbs to treat or prevent health conditions as defined by the Cleveland Clinic. Obesity is one of the common global health problems, and it is known to be linked to cardiovascular and cerebrovascular diseases. Western medical treatments for obesity have many drawbacks, including effects on monoamine neurotransmitters and the potential for drug abuse and dependency. Herbal medicine has been used for the treatment of disease for more than 2000 years, and it has proven efficacy. Many studies have confirmed that herbal medicine is effective in the treatment of obesity, Obesity is barely affecting adults as well as children. A common feature of obesity is fat accumulation, which creates negative consequences on health. If the body spends a smaller amount of energy that will be stored in the body in the form of triglyceride in adipose tissue. A BMI >30 is characterized as obesity -  $BMI = \frac{\text{weight in kg}}{(\text{height in m})^2}$  Obesity is the main causative agent of various health problems like diabetes, cardiovascular, hypertension, cancer, etc.

The most important reasons for obesity in children and adults are improper diet, less physical movement, and sitting behavior. Obesity is not a particular disorder but a diverse cluster of situations with numerous causes every one of which is eventually articulated as an overweight phenotype. According to the news 2.1 Billion people around 30% of the world's population are suffering from Obesity disorder. The countries on the top list are the USA, China, India, Russia, Brazil, Mexico, Egypt, Indonesia, Germany, and Pakistan. The power cost of foodstuff is calculated in units recognized like calories. The standard physically dynamic man desires on the subject of 2,500 calories a day to preserve a good physical shape and weight, on the other hand, the standard physically active woman wants about 2,000 calories a day [3].

**Be Deficient in Physical Activity** Lack of physical activity is the chief factor origin of obesity. People have professions that grip sitting at a desk front the whole day, also exercise cars, rather than walking or cycling. For rest, many people tend to watch T.V., browse the internet, play games on the computer, and infrequently exercise regularly.

**Genetics** Some people say that there's no point trying to lose weight because "it runs in my family" or "it's in my genes". Some rare genetic conditions can cause obesity, such as Prader-Willi syndrome, so there's no reason why most people can't lose weight. It may be true that some genetic traits inherited from your parents – such as having a large appetite may make losing weight more difficult, but it doesn't make it impossible.

## **Factors inducing obesity:**

In many cases, obesity has more to do with environmental factors, such as poor diet habits learned during childhood. Poor Diet Obesity doesn't happen overnight. It develops progressively over time, as a result of poor diet and lifestyle choices, such as: Eating large amounts of fast food does contains high amounts of fat and sugar. Drinking alcohol too much-alcohol contains a lot of calories, and people who drink densely are often overweight. When eating out people may be tempted to also have a starter or dessert in a restaurant and the food can be higher in sugar and fat. Eating larger amounts than we need- people may be encouraged to eat too much if their friends or relatives are also eating large amounts. Drink large amounts of sugary drinks – including soft drinks and fruit juice. Comfort eating- If people have low self-esteem or feel depressed; they may eat to make themselves feel better [4,5]. Risk Factors Obesity is usually a reaction from a combination of causes and contributing factors, including Genetics: Our genes may affect the amount of body fat we store, and where that fat is distributed. Genetics may also play an important role in how efficiently our body converts food into energy and how our body burns calories during exercise or physical activities. Family Lifestyle: Obesity tends to run in their genes. If one or both of our parents are obese, our risk of being obese is increased. That's not just because of genetics. Family members tend to share similar eating and activity habits. Inactivity: If we are not very active, we don't burn as many calories. With a sedentary lifestyle, we can easily take in more calories every day than we burn through exercise and routine daily activities. Having medical issues, such as arthritis, can lead to decreased activity, which contributes to weight gain. Age: Obesity can appear at any age, even in young children. But at some age, hormonal changes and a less active lifestyle increase our risk of obesity.

In addition, the amount of muscle in our body tends to decrease with age. This lower muscle mass leads to a decrease in metabolism. These changes also reduce calorie needs and can make it harder to keep off excess weight. If we don't consciously control what we eat and become more physically active as we age, we will likely gain weight.

**Pregnancy:** A woman's weight necessarily increases during pregnancy. Some women face difficulties with Diabetes and Obesity International Journal Nitin Kumar, et al. Phytotherapy of Obesity: A Review of Approaches Related to the Use of Traditional Medicine for Obesity. As the above Kumar et al., further stated this weight gain may be devoted to the development of obesity in women.

**Quitting Smoking:** Quitting smoking is often correlated with weight gain. For some people, it can lead to enough weight gain that the person becomes obese. In the long term, however, quitting smoking is still a greater benefit to your health than continuing to smoke.

**Lack of Sleep:** If people do not get enough sleep or get too much sleep can cause changes in hormones that increase their appetite. We may also crave foods high in calories and carbohydrates, which can contribute to weight gain. Even if we have one or more of these risk factors, it doesn't mean that we are destined to become obese.

We can counteract most risk factors through diet, physical activity exercise, and behavior changes.

**Complications** If we are obese, more likely to develop several potentially serious health problems, including

- Increased levels of high triglycerides and low high-density lipoprotein (HDL) cholesterol
- Type 2 diabetes
- High blood pressure
- Metabolic syndrome- A combination of high blood sugar, high blood pressure, high triglycerides, and low HDL cholesterol
- Heart disease
- Stroke
- Cancer, like; cancer of the uterus, cervix, endometrium, ovaries, breast, colon, rectum, esophagus, liver, gallbladder, pancreas, kidney and prostate
- Gallbladder disease
- Gynaecological problems- such as infertility and irregular periods
- Erectile dysfunction and sexual health issues
- Non-alcoholic fatty liver disease.

## **Important role of Phytotherapy in the prevention of obesity:**

Many herbs and spices have been shown to fight cravings and boost fat-burning and weight loss. Here are 13 amazing herbs that may help you lose weight. **1. Fenugreek (*Trigonella foenum graecum*)**



**Health benefit:** Fenugreek is a common household spice derived from *Trigonella foenum-graecum*, a plant belonging to the legume family. Several studies have found that fenugreek may help control appetite and reduce food intake to support weight loss. A study of 18 people showed that supplementing with 8 grams of fenugreek fiber daily increased feelings of fullness and reduced hunger and food intake, compared to a control group. Another small study found that taking fenugreek seed extract decreased daily fat intake by 17%, compared to a placebo. This resulted in a lower number of calories consumed over the day.

**Summary** Fenugreek is a spice that has been shown to reduce appetite and food intake to support weight loss.

**2. Cayenne Pepper (*Capsicum annuum*):** Cayenne Pepper is a type of chili pepper, popularly used to bring a spicy dose of flavor to many dishes.



**Health benefit:** It contains the compound capsaicin, which gives cayenne pepper its signature heat and provides numerous health benefits. Some research shows that capsaicin can slightly boost metabolism, increasing the number of calories you burn throughout the day. Capsaicin may also reduce hunger to promote weight loss. A small study found that taking capsaicin capsules increased levels of fullness and decreased total calorie intake. Another study of 30 people showed that eating a meal containing capsaicin reduced levels of ghrelin, the hormone responsible for stimulating hunger.

**Summary:** Cayenne pepper is a type of chili pepper that contains capsaicin, which has been shown to increase metabolism and reduce hunger and calorie intake.

**3. Ginger (*Zingiber officinale*):** Ginger is a spice made from the rhizome of the flowering ginger plant, *Zingiber officinale*.

**Health benefit:** Often used in folk medicine as a natural remedy for a wide variety of ailments, some research indicates that ginger could aid weight loss as well. One review of 14 human studies showed that supplementing with ginger significantly decreased both body weight and belly fat. Another review of 27 human, animal, and test-tube studies also concluded that ginger may help lower weight by increasing metabolism and fat burning while simultaneously decreasing fat absorption and appetite.



**Summary:** Ginger, a spice commonly used in folk medicine, may aid weight loss. Studies show that it may increase metabolism and fat burning, as well as decrease fat absorption and appetite.

**4. Oregano (*Origanum vulgare*):** Oregano is a perennial herb that belongs to the same plant family (*Lamiaceae*) as mint, basil, thyme, rosemary, and sage. **Health benefit:** It contains carvacrol, a powerful compound that may help boost weight loss. A study in mice on a high-fat diet that either contained carvacrol or did not found that those who received carvacrol gained significantly less body weight and body fat than the control group.



Carvacrol supplements were also found to directly impact some of the specific genes and proteins that control fat synthesis in the body. However, research on the effects of oregano and carvacrol on weight loss is still very limited. Human-based studies are lacking in particular.

**Summary:** Oregano is an herb that contains carvacrol. One animal study showed that carvacrol may help decrease weight and fat gain by altering fat synthesis in the body. Human-based research on oregano and weight loss is lacking.

**5. Ginseng (*Panax ginseng*):** Ginseng is a plant with health-promoting properties that is often considered a staple in traditional Chinese medicine. **Health benefit:** It can be categorized into several different types, including Korean, Chinese, and American, all of which belong to the same genus of ginseng plants. Many studies have suggested that this powerful plant could aid weight loss. One small study found that taking Korean ginseng twice daily for eight weeks resulted in quantifiable reductions in body weight, as well as changes in gut microbiota composition.

Similarly, an animal study showed that ginseng combatted obesity by altering fat formation and delaying intestinal fat absorption. However, more high-quality, large-scale studies are needed to examine ginseng's impact on weight loss in humans.



**Summary:** Ginseng, which is often used in traditional Chinese medicine, may stimulate weight loss, delay fat absorption, and modify fat formation.

**6. *Caralluma Fimbriata* (Asclepiadaceae Family):** *Caralluma Fimbriata* is an herb that is often included in many diet pills.

**Health benefit:** It's thought to work by increasing levels of serotonin, a neurotransmitter that directly affects appetite. One 12-week study in 33 people found that participants who took *Caralluma Fimbriata* had significantly greater decreases in belly fat and body weight, compared to those on a placebo. Another small study showed that consuming 1 gram of *Caralluma Fimbriata* daily for two months led to reductions in weight and hunger levels, compared to a control group.



**Summary:** *Caralluma Fimbriata* is an herb commonly used in diet pills that may help decrease appetite to stimulate weight loss.

**7. Turmeric (*Curcuma longa*):** Turmeric is a spice revered for its flavor, vibrant color, and potent medicinal properties.

**Health benefit:** Most of its health benefits are attributed to the presence of curcumin, a chemical that has been studied extensively for its effects on everything from inflammation to weight loss. One study of 44 overweight people showed that taking [curcumin](#) twice daily for one month was effective in enhancing fat loss, decreasing belly fat, and increasing weight loss by up to 5%. Similarly, an animal study found that supplementing mice with curcumin for 12 weeks reduced body weight and body fat by blocking the synthesis of fat.

However, keep in mind that these studies use a concentrated amount of curcumin, far greater than the amount present in a typical dose of turmeric. More research is needed to examine how turmeric itself may impact weight loss.



**Summary:** Turmeric is a spice that contains curcumin, which has been shown to aid weight loss and fat loss in human and animal studies.

**8. Black Pepper (*Piper nigrum*):** Black Paper is a common household spice derived from the dried fruit of *Piper nigrum*, a flowering vine native to India. **Health benefit:** It contains a powerful compound called piperine, which supplies both its pungent flavor and potential weight-lowering effects. A study found that supplementing with piperine helped reduce body weight in rats on a high-fat diet, even with no changes in food intake. A test-tube study also showed that piperine effectively inhibited fat cell formation. Unfortunately, current research is still limited to test-tube and animal studies. Further studies are needed to determine how piperine and black pepper may influence weight loss in humans.



**Summary:** Black pepper contains piperine, which has been shown to help decrease body weight and inhibit fat cell formation in test-tube and animal studies. Human research is lacking.

**9. Gymne (*Gymnema sylvestre*): Health benefit:** This medicinal herb is often used as a natural remedy to help reduce blood sugar levels. However, some research shows that it may also benefit those looking to lose weight. It contains a compound called gymnemic acid, which can help reduce the perceived sweetness of foods to ward off sugar cravings. A study concluded that taking *Gymnema sylvestre* reduced both appetite and food intake, compared to a control group.

Furthermore, a three-week animal study also found that eating this herb helped maintain body weight in rats on a high-fat diet.



**Summary:** *Gymnema sylvestre* is an herb often used to lower blood sugar. Human and animal studies show that it may also aid weight loss by reducing appetite and food intake.

**10. Cinnamon (*Cinnamomum verum*):** Cinnamon is an aromatic spice made from the inner bark of trees in the *Cinnamomum* genus.

**Health benefit:** It's rich in antioxidants and offers several health benefits. Some studies have even found that cinnamon could increase weight loss. It's especially effective in stabilizing blood sugar, which may help reduce appetite and hunger. Studies show that a specific compound found in cinnamon can mimic the effects of insulin, helping transport sugar from the bloodstream to your cells to be used as fuel.

Cinnamon may also decrease levels of certain digestive enzymes to slow the breakdown of carbohydrates. While these effects could potentially decrease appetite and lead to weight loss, more research is needed to study the effects of cinnamon directly on weight.

**Summary:** Cinnamon is a spice that can decrease blood sugar, which could lead to reduced appetite and hunger.



**11. Green Coffee Bean Extract:** Green coffee bean extract is commonly found in many weight-loss supplements.

**Health benefit:** It's made from coffee beans that haven't been roasted and are high in chlorogenic acid, which is thought to account for its potential weight-lowering effects.



A study found that consuming green coffee reduced body mass index (BMI) and belly fat in 20 participants, even with no changes in calorie intake. Another review of three studies concluded that green coffee bean extract may decrease body weight by 5.5 pounds (2.5 kg) on average. However, researchers noted that the quality and size of available studies were somewhat limited. Therefore, more high-quality studies are needed to evaluate the effectiveness of green coffee beans on weight loss.

**Summary:** Green coffee bean extract is made from unroasted coffee beans. Some research suggests that it could help reduce body weight and belly fat.

**12. Cumin (*Cuminum cyminum*):** Cumin is a spice made from the dried and ground seeds of *Cuminum cyminum*, a flowering plant of the parsley family.

**Health benefit:** Cumin is mostly 3 types of common use Black seed, Dark brown, and white cumin as a spice. It's well known for its distinct nutty flavor but also packed with health benefits, including the potential to accelerate weight loss and fat burning. One small, three-month study found that women who consumed yogurt with 3 grams of cumin twice daily lost more weight and body fat than a control group.

Similarly, an eight-week study reported that adults who took a cumin supplement three times a day lost 2.2 pounds (1 kg) more than those who took a placebo.



**Summary:** Cumin is a common spice that has been shown to effectively decrease body weight and body fat.

**13. Cardamom:** Cardamom is a highly prized spice, made from the seeds of a plant in the ginger family. **Health benefit:** It's used worldwide in both cooking and baking but may also support weight loss. An animal study found that cardamom powder helped reduce belly fat in rats on a high-fat, high-carb diet. Similarly, another animal study showed that black cardamom in particular was effective in reducing both belly fat and total body fat in rats on a high-fat diet. Unfortunately, most research on cardamom's weight loss potential is limited to animal studies. Cardamom's influence on weight loss in humans has yet to be investigated.



**Summary:** Cardamom is a highly prized spice that has been shown to reduce belly and body fat in some animal studies. Human-based research is lacking.

**How to Use Medicinal Herbs Safely:** When used as a seasoning for foods, the aforementioned herbs and spices can provide a burst of health benefits with minimal risk of side effects. Just don't go overboard. Stick to no more than one tablespoon (14 grams) per day and be sure to pair them with nutrient-rich whole foods to help boost weight loss even more. If you take herbs in supplement form, it's important to stick to the recommended dosage on the package to prevent adverse effects. Additionally, if you have any underlying health conditions or are taking medications, it's best to talk to your doctor before starting any supplement. If you experience any negative side effects or food allergy symptoms, discontinue use immediately and talk to a trusted healthcare practitioner.

**Summary:** When used as a seasoning, most herbs, and spices pose minimal risk of side effects. In supplement form, it's best to stick to the recommended dosage to avoid unwanted reactions. **The Bottom Line:** Besides adding a punch of flavor to your favorite foods, many herbs and spices have been shown to increase metabolism, enhance fat burning, and promote feelings of fullness. Diversifying your spice cabinet is a simple and easy way to increase weight loss with minimal effort. Be sure to combine these herbs with a well-rounded, balanced diet and a healthy lifestyle along with daily exercise to get the most bang for your buck with weight loss.

#### References

1. National Library of Medicine(internet)
2. Healthline publication( Internet)
3. Phytotherapy research Welly Online



# BioNatural Healing College

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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).

*BNHC's online teaching method creates a comfortable environment for students to learn, interact, and reflect on what they learn with the instructor.*

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