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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 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 Skin, Your First Line of Defense



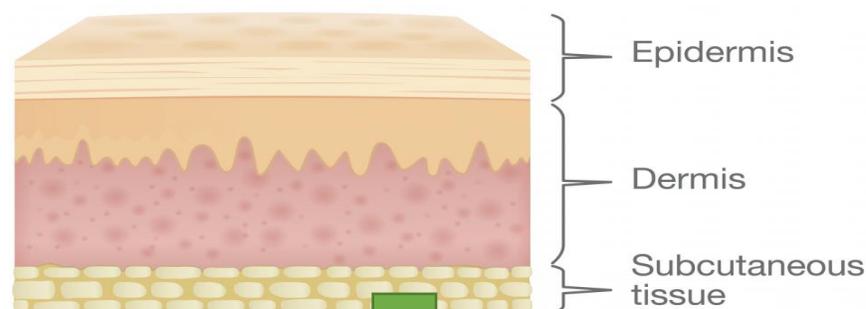
Last month, in the August 2019 issue of Bio-Natural Healing College's internet magazine, we looked at the important role of dietary salt (such as sea salt and Himalayan pink salt) and natural salt's vital role in preserving fruits and vegetables. This month, we will look at *skin*, your first line of defense against environmental assaults, ranging from pathogens to ultra-violet radiation.

Skin: Its Structure & Function

Your skin, which is your largest organ, is the boundary between the environment and your body. Science-writer Tim Newman explains that, despite being just a few millimeters thick, your skin makes up around one-seventh of your body weight. That means, if you weigh 140 pounds, twenty pounds of your body-weight is skin! Not only is your skin your largest and heaviest organ, it is a multifarious organ: an average square inch of skin contains 650 sweat glands, twenty blood vessels, and more than one thousand nerve endings.

Skin is made up of three layers: *epidermis*, *dermis* and *subcutaneous*, each with its own important parts.

The Layers of Skin



Science-writer Hannah Nichols states: “Skin regulates body temperature, maintains fluid balance, and controls moisture loss.” All three layers are involved in these functions. The outermost layer of your skin, the part of your body which directly interacts with the environment, is called the *epidermis*. This layer is constantly making new skin cells: on a 28-day cycle, fresh new skin cells rise to the top of your skin to replace old damaged skin cells.

Besides new skin cells, the epidermis also makes *melanin*, the substance which gives skin its color. Paler-skinned people have less melanin; darker-skinned people have more. If your forebears came from a northern clime (like Sweden, the Land of the Midnight Sun), you inherited paler skin which effectively captures every ray of sunshine. If your ancestors came from a sunny clime (like Algeria), you inherited darker skin which protects you from excessive solar radiation, the damaging rays known as *ultraviolet* (UV).

Under your epidermis is your *dermis*. This layer contains tiny blood vessels, nerve endings, sweat glands, oil glands (*sebaceous glands*), and elastic substances called *collagen* and *elastin*. Malak Natural explains:

- Tiny blood vessels in your dermis are constantly working, bringing in oxygen and nutrients and removing metabolic waste products.
- The nerve endings send messages to your brain about what is impacting your skin. If you touch something dangerous — such as a flame, a cutting edge, or a corrosive substance — your brain immediately gets the message (often the message is conveyed through *pain*) and you automatically respond to protect yourself from damage.

- *Sebaceous glands* (oil glands) produce *sebum*, which keep your skin lubricated and, to some degree, waterproof.

The bottom-most layer of your skin is called the *subcutaneous layer*. Made mostly of fat, this layer helps your body to stay warm, to absorb shocks, and to attach your skin to the muscular tissues directly beneath the subcutaneous layer.

Healthy Skin: Your Living Armor

Dry skin has many tiny cracks in the surface, allowing environmental pathogens to invade your body. Bacteria, viruses, and chemicals are some of the substances which will find a way into your body through cracks in dry skin. Hannah Nichols warns against things which damage your skin and impact the skin's ability to operate as an effective protective barrier: washing too frequently or with water that is too hot, an unhealthful diet, smoking, stress, a lack of sleep, insufficient exercise, and dehydration.

It's very important to keep your skin lubricated and to not wash off your skin's natural sebum with harsh chemical soaps, detergents, or solvents. Whenever possible, use old-fashioned soap made of olive oil or other natural oils; also apply lotions made of organic oils and essential oils to keep your skin supple and naturally protected from invasive pathogens.

We have seen how your skin is your first line of defense against environmental hazards. You can avoid many hazards (fire, corrosive agents, sharp objects, stinging insects) but there is one environmental hazard which is rather difficult to avoid, as it is found in sunshine. Let's look at the one hazard which affects every individual in the world: *UV radiation*.

Ultraviolet Radiation: A Known Hazard to Skin and Overall Health

Ultraviolet radiation is a proven human carcinogen, responsible for a whopping 90% of skin cancers (both melanoma and non-melanoma) and, since 1990, more people have contracted skin cancer than all other cancers combined. Even one severe sunburn in childhood greatly increases the statistical risk of skin cancer in adulthood: the lag-time between sunburn and tumor diagnosis for melanoma is two decades or more.

UV is Increasing

Dr. Tony Phillips summarizes the findings of the team of researchers led by Prof. Nathan Schwadron:

“Cosmic rays are bad — and they’re getting worse: dangerous radiation from deep space is intensifying faster than previously expected.” Dr. Phillips explains: “Galactic cosmic rays come from outside the solar system. They are a mixture of high-energy photons and sub-atomic particles accelerated toward Earth by supernova explosions and other violent events in the cosmos. Our first line of defense is the sun: The sun’s magnetic field and solar wind combine to create a porous ‘shield’ that fends off cosmic rays attempting to enter the solar system. The shielding action of the sun is strongest during Solar Maximum and weakest during Solar Minimum [an 11-year cycle]. The problem is, as Prof. Nathan Schwadron *et al* note in their new paper, the shield is weakening:

““Over the last decade, the solar wind has exhibited low densities and magnetic shield strengths, representing anomalous states that have never been observed during the Space Age. As a result of this remarkably weak solar activity, we have also observed the highest fluxes of cosmic rays.””

Dr. Phillips concludes on a grim note: “Cosmic rays will intensify even more in the years ahead as the sun plunges toward what may be the deepest Solar Minimum in more than a century.” That means a major bombardment — on a daily basis — of cancer-causing ultraviolet radiation.

Edward Valachovic and Igor Zurbenko concur: skin cancer risk increases with increased solar activity ... and that this occurs in a well-known, predictable, cyclic pattern. Knowing this, you can take preventative measure and reduce your risk of developing skin cancer years from now.

How to Protect Your Skin from Ultraviolet Radiation

There are mechanical and nutritional means to protect your skin from UV rays. The easiest means of protection is simply covering up. Wear a big shady hat whenever you go outside. Wear clothing which covers your arms and legs, feet and hands. Because UV is known to cause glaucoma, don't forget to wear UV-protective sunglasses — and, if you wear prescription corrective lenses, be sure to pay the extra money to get the UV coating.

If, for some reason you must expose your skin to the rays of the sun, wear sunscreen. Now, this is where the situation gets problematical: many commercial sunscreens are known to contain hormone-disruptors and cancer-causing chemicals which are readily absorbed into your skin. The organization called *Environmental Working Guide* has studied the toxicity of active ingredients (such as *homosalate*, *octinoxate*, and *octocrylene*) and has published guidelines to help you choose sunscreen with the fewest and least-toxic chemicals. Generally, thick sunscreen containing mainly zinc oxide is a safe bet.

And of course, you should always strive to maintain a “healthy skin” diet: consume an organic diet of live (raw) foods. In particular, organic kale and eggs (both rich in lutein and zeaxanthin) and organic tomatoes (rich in lycopene) offer some nutritional protection against UV damage, in addition to being very good for the rest of you.

Say “no” to junk food and say “yes” to the life force found in raw food.

Say “yes” to life, the great gift from our Creator!

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

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By Dr. David Isley- Obtaining a Patient's Health History



To acquire a genuine, representative record of what is upsetting a patient and how it has developed after some time, is not a simple errand. It takes practice, persistence, comprehension, and fixation. The history is a sharing of understanding amongst patient and specialist. A meeting can enable a patient to unburden himself or herself. They might be disturbed about their condition or with the disappointments of life and it is imperative to enable/allow patients to vent their frustrations about their health.

Open inquiries can be utilized to get particular data about a specific indication also. For instance: 'Educate me regarding your cough' or 'How are your waterworks pestering you?'. Open inquiries can't generally be utilized, as once in a while you should dig further and get separating highlights about which the patient would not know. Be that as it may, they ought to be kept foremost in the mind as a way to approach a subject or unexplored symptom.

Before asking your questions of the patient, make sure you establish a good rapport by choosing a quiet place that is private and well-lit. You should introduce yourself and ask the patient to sit down. Make sure that the patient is comfortable. Make sure to explain to the patient that the purpose of getting their health history is so that you can get a better understanding of what their illness could possibly be. You should speak slowly and clearly and avoid using medical terms and jargon.

Don't just hear the patient, listen to the patient and reassure them and use gestures to encourage them to talk. Always watch for nonverbal cues that indicate the patient is uncomfortable or unsure about how to respond to a question. Sometimes it is necessary to pin down exactly what a patient means by a particular statement. In this case, if the information you are after cannot be obtained through open questioning then give the patient some options to indicate what information you need.

Try to avoid leading questions. They tend to lead the patient down an avenue that is framed by your own assumptions. For instance, a male patient presents with episodic chest pain. You know he is a smoker and overweight so you start asking questions that would help you to decide if it's angina. So, you ask: 'Is it worse when you're walking?', 'Is it worse in cold or windy weather?'. The patient is not sure of the answer, not having thought of the influence of exercise or the weather on his pain, but answers yes, remembering a cold day when walking the dog when the pain was bad. When documenting the patient's history, try to incorporate:

- Biographical data
- Source of history
- Chief complaint
- History of present illness
- Current medications
- Past medical history
- Family history
- Psychosocial history
- Activities of daily living
- Health maintenance



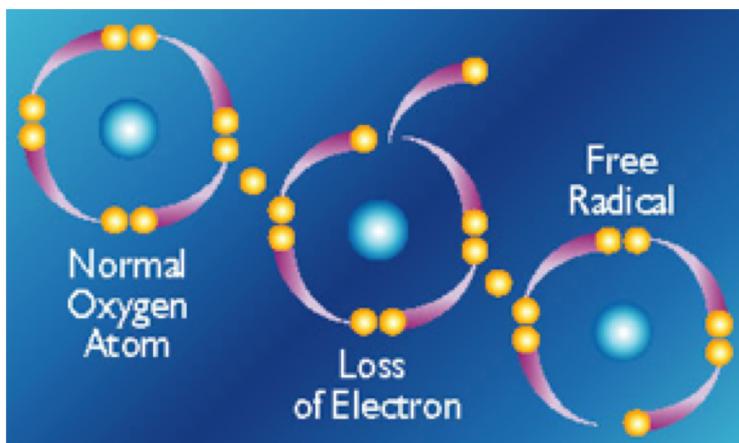
<https://loseitblog.com/the-apple-a-perfect-fruit-for-weight-loss/>

Dr. Nadir Sidiqi Ph.D. was an invited speaker to Stroke Support Group his title was BioNatural Cure: The Approach to Optimum Health and Well-being (Plant-Based Nutrition in the Stroke Prevention)



It is a pleasure again to share my presentation dated July 25 at the Stroke Support Group in Pomona Valley Hospital in Claremont, California. The human body is not just a box of biochemical systems. it is a complex and circuit of an electro-magnet energetic frequency system that creates and connects the bio-natural healing of reality. Many factors are responsible for the maintenance of health and well-being of this vital healing connection systems. For example, if we correlate this to Einstein's $E= MC^2$, then we can state that a higher energetic vibration (E) correlates to more desirable material reality. In other words, by controlling and maximizing our energetic vibration we are directly creating and controlling our material reality. That material reality includes our health, happiness, and material comfort (ThinkSmarterWorld). Indeed, truly grasping this with a positive attitude, we realize that we are much more powerful than we realize. However, there are numerous factors that can cause problems within the bioelectromagnetic frequency systems particularly cardiovascular diseases and stroke, because there is a strong relationship between heart and brain.

For instance, an unhealthy diet, lack of exercise, oxidative stress, increased blood pressure, obesity, extensive use of tobacco and alcohol and many other related issues. Let us mention one the important factor that effects on stroke as well as other related diseases are oxidative stress. Before we go further on discussion oxidative stress, it is important to understand about free radical. What is free radical? Free radical is an atom or group of atoms that have one or more unpaired electrons. radicles can have a positive, negative or neutral charge.

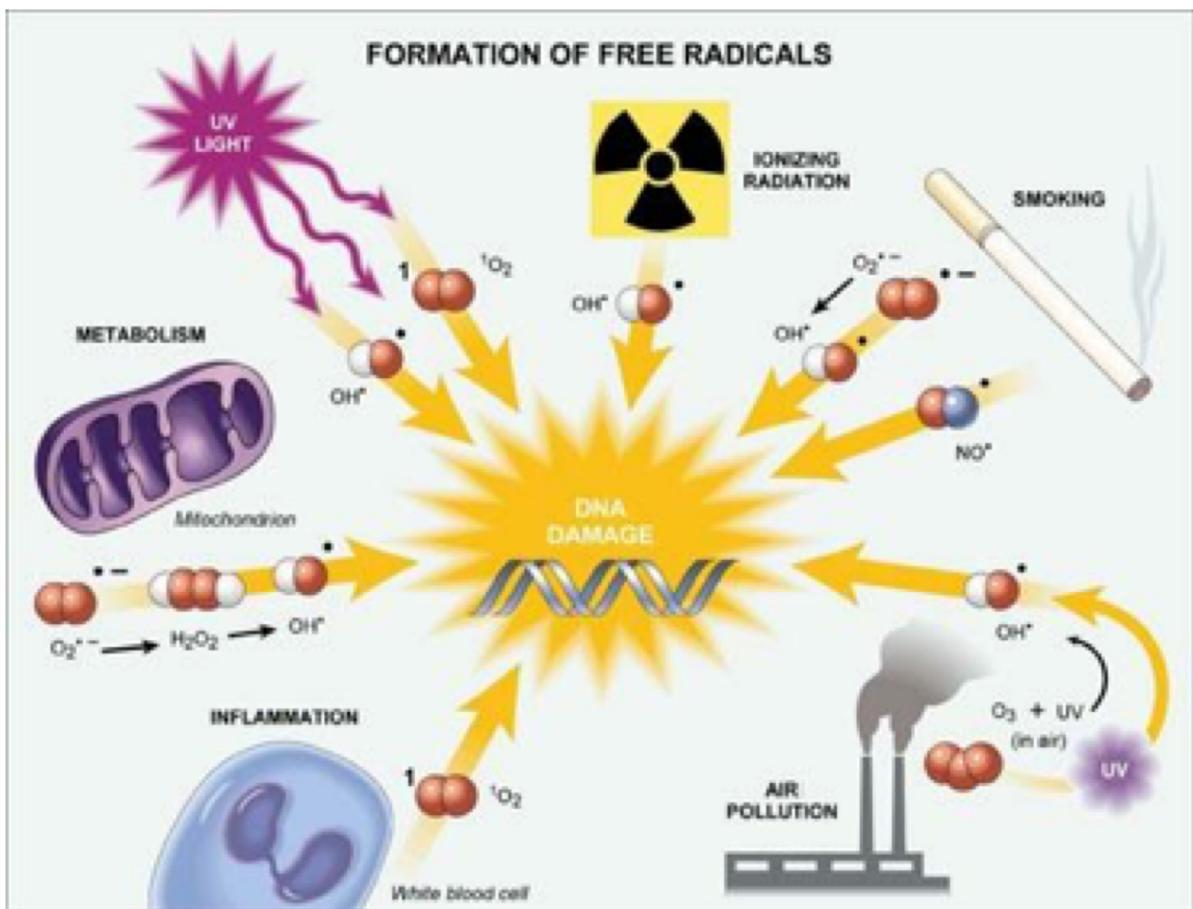


Source: <http://robinthomas.biz/wp-content/uploads/2010/10/radicalse1.jpg>

According to Lobo et al., partially list some of the internally generated sources of free radicals as follows:

1. Mitochondria (are often called the powerhouses of the cell.) 2. Xanthine oxidase (a type of enzyme that generates reactive oxygen species) 3. Peroxisomes (a small organelle present in the cytoplasm of many cells, which contains the reducing enzyme catalase and usually some oxidases) 4. Inflammation 5. Phagocytosis (the ingestion of bacteria) 6. Arachidonate (a salt, ester or anion of arachidonic acid) pathways 7. Exercise 8. Ischemia/reperfusion injury 9. Some externally generated sources of free radicals are: 10. Cigarette smoke 11. Environmental pollutants 12. Radiation 13. Certain drugs, pesticides 14. Industrial solvents 15. Ozone (O_3 differs from normal oxygen O_2 with powerful oxidizing properties).

We leave the all the biochemical reactions that take place during oxidative stress without description and make simple based on the below slide that illustrate DNA, cells, tissues, organs damage due to free radicals and oxidative stress.



Source: <http://robinthomas.biz/wp-content/uploads/2010/10/free-radicals1.jpg>

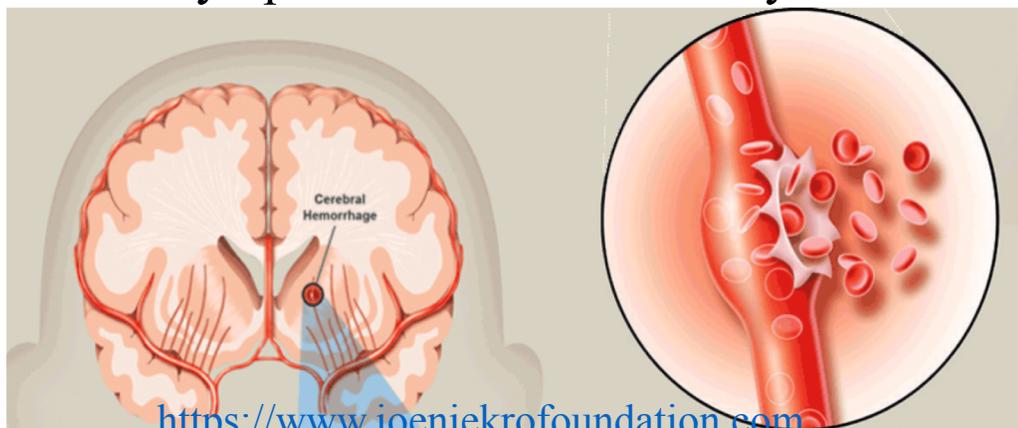
As I mentioned earlier that our bodies and biological processes only can remain in a healthy condition when the body has a balance status. Oxidative stress, arising as a result of imbalance condition relationship between free radical (an uncharged molecule typically highly reactive and short-lived having an unpaired valence electron) production and antioxidant defense, is associated with damage to a wide range of molecular species including lipids, proteins, and nucleic acids. Therefore, continued damage to cells, tissues, organs without the assistance of the antioxidant defense mechanism in the prevention of oxidative stress that would lead human diseases.

For example, cardiovascular diseases (CVD), neurodegenerative diseases, and oxidative and carcinogenesis. According to the World Health Organization (WHO), CVD are the main cause of mortality worldwide. In 2012, CVD caused over 17.5 million deaths, which represented 31% of all deaths globally (7.4 and 6.7 million were caused by coronary heart disease and stroke, respectively).

The main risk factors for CVD and stroke are lack of exercise, oxidative stress, unhealthy diet, increased blood pressure, glucose, and lipids, obesity, and use tobacco and alcohol. Let us bring your attention to the main topic of our discussion stroke. National Stroke Association describes that a stroke is "brain attack". It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain such as memory and muscle control are lost. It is important to understand how stroke adversely impacts humanity worldwide based on numerous articles and hard work of the researchers.

For instance, each year nearly 800,000 people experience a new or recurrent stroke. Total annual costs of stroke, both direct and indirect, amount to \$33 billion, Ischemic stroke (occur when the arteries to your brain become narrowed or blocked, causing severely reduced blood flow) is predicted to cost more than \$2.2 trillion between 2005 and 2050. In the United States, 87% of all strokes are Ischemic, 10% are due to intracerebral hemorrhage, and 3% are due to subarachnoid hemorrhage. A stroke happens every 40 seconds. Stroke is the fifth leading cause of death in the U.S. Every 4 minutes someone dies from a stroke. Up to 80 percent of strokes can be prevented. Stroke is the leading cause of adult disability in the U.S. Having said that the most common ischemic strokes include:

Thrombotic stroke and Embolic stroke. A thrombotic stroke occurs when a blood clot (thrombus) forms in one of the arteries that supply blood to your brain. In addition, a clot may be caused by fatty deposits (plaque) that build up in arteries and cause reduced blood flow (atherosclerosis) or other artery conditions. An Embolic stroke occurs when a blood clot or other debris forms away from your brain, commonly in your heart and is swept through your bloodstream to lodge in narrower brain arteries. This type of blood clot is called an embolus. Hemorrhagic stroke occurs when a blood vessel in your brain leaks or ruptures. Brain hemorrhages can result from many conditions that affect the body blood vessels. For instance, uncontrolled high blood pressure (hypertension), overtreatment with anticoagulants (blood thinners), and weak spots in your blood vessel walls (aneurysms). It would be useful to mention the two types of hemorrhagic stroke such as Intracerebral hemorrhage and Subarachnoid hemorrhage. An Intracerebral hemorrhage in this condition the vessel in the brain bursts and spills into the surrounding brain tissue, damaging brain cells. Brain cells beyond the leak are deprived of blood and are also damaged. Subarachnoid hemorrhage when an artery on or near the surface of the brain bursts and spills into the space between the surface of your brain and your skull. This bleeding is often signaled by a sudden, severe headache. We need to not forget the Transient ischemic attack (TIA) sometimes known as a ministroke, because TIAs, may last as little as five minutes is a temporary period of symptoms similar to those you would have in a stroke.



<https://www.joeniekrofoundation.com>

Let us consider the Standard American Diet that consists of 63 percent refined and processed foods; empty calories that actually injure the body. 25 percent of animal-based products; meat, cheese, dairy, and eggs; disease building blocks with fat and dietary cholesterol. 12 percent plant-based foods, with up to 6 percent of this total derived from processed plant foods, leaving a paltry 6 percent of daily caloric intake coming from whole, unprocessed plant-based foods. Please note that consuming an average of 185 pounds of added sugar and sweeteners each year. Do not forget consuming an average of 3,400 milligrams of salt a day, more than double the recommended amount (triple the amount recommended by many experts), with the majority derived from processed foods (The Plantrician Project Quick Start Guide). Obesity is a major health issue worldwide, however, nearly 7 out of 10 adults overweight or obese, getting kids started on the right track is more important than ever (<http://www.plantproteinfood.com/health-benefits/>). In the US., 50 percent of children between the ages of 2-15 already have fatty streaks in their arteries.

The "SAD" State of Our Health

A study published in the American Journal of Preventive Medicine that states 70 percent of Americans are overweight or obese. Nearly one-half of the American population will be obese by 2030. Furthermore, childhood obesity has tripled in the last 30 years; one out of three American children is overweight or obese (The Plantrician Project Quick Start Guide).

Risk factors

Many factors can increase your stroke risk. Some factors can also increase your chance of having a heart attack. Potentially treatable stroke risk factors include (lifestyle risk factors): 1. Physical inactivity 2. Being overweight or obese 3. Heavy or binge drinking 4. Use of illicit drugs such as cocaine and methamphetamines (is a powerful, highly addictive stimulant that affects the central nervous system). However, we are blessed with numerous beneficial compounds that exist in fruits, vegetables, herbs, and medicinal plants we can call them powerful polyphenols.

What are the Power of Polyphenols?

Polyphenols are plant secondary metabolites and the most abundant dietary bioactive compounds. It is known that 100,000 to 200,000 secondary metabolites exist. They are a group of chemicals found in fruits, vegetables, and plants. For instance, antioxidants, they possess a variety of disease-fighting qualities from cancer prevention to reduction of cardiovascular disease risk.

<https://ucdintegrativemedicine.com/2015/07/the-power-of-polyphenols/> via @UCDIM



Chris Kresser

Also, there is another study "Plant-Based Diets: A Physician's Guide" who are interested to obtain further information. There are four different classes of polyphenols: 1. Flavonols can be found mostly in the skin of fruits and vegetables, the main function of this group is to provide UV protection to the plants. Flavonols have been studied for their ability to increase blood flow and reduce cholesterol in the bloodstream. 2. Flavones can found in yellow and green fruits and vegetables, these chemical compounds are believed to relax constricted blood vessels. 3. Flavanones are known for their interaction with vitamin C, they may reduce the risk of heart disease and have anti-inflammatory properties. 4. Flavanols not to be confused with flavonols, you might also hear this group called catechin.

They have many of the same benefits as their similarly named group members, and there is also evidence that flavanols might play a role in preventing and/or treating dementia. Anthocyanins: with the unique characteristic compounds that give red, blue and purple plants their color (Aside they're also responsible for the red in fall leaves). They have been linked to a lower risk of heart disease and stroke and might inhibit tumor growth or development. Isoflavones: Similar in chemical composition to estrogens (is the primary female sex hormone), these polyphenols can balance estrogen levels in the body. Not only can they increase low levels, but they can also impede high estrogen levels, which have been linked to weight gain and breast cancer.

Dietary polyphenols and stroke

A study published by Thomas Campbell entitled A plant-based diet and stroke. In that study indicates that the Interstroke study an international case-control study with approximately 27,000 participants, found that 90% of the population attributable risk of stroke is associated with ten potentially modifiable risk factors. Plant-based nutrition may reduce the likelihood of several risk factors linked to stroke risk, including hypertension, waist-to-hip ratio, diet quality, diabetes, cardiac causes, and lipid profile (O'Donnell MJ et al 2016). Another study describes that in a larger meta-analysis, total red meat consumption, including both fresh and processed red meat was positively correlated with total stroke risk (Yang C, et al, 2016).

PREDIMED study in Spain has shown that a Mediterranean dietary intervention lasting 4.8 years with supplemented olive oil or nuts yields a significant decrease in stroke risk among subjects at high risk for cardiovascular disease compared to a relatively high-fat control diet (37% of total calories provided by fat).[Estruch et al, 201469] The most extensively studied polyphenols is resveratrol, a widely distributed stilbenoid found naturally in grape skin and grape derivatives, berries and nuts (Shin et al 2010). It would be appropriate to mention the role of green tea extract, dark chocolate and coffee with their antioxidant health benefits based on numerous articles. Input and output require a healthy balance that connect and generate healthy fuel to run the biological processes in the body and the prevention of stroke and other related health problems.

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On behalf of BioNatural Healing College and myself, to thank you, Dr. Ismail Siddiqui, his wife, and son Hesham for their kind hospitality especially in the creativity and designing fruits table model at Visalia, California.



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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