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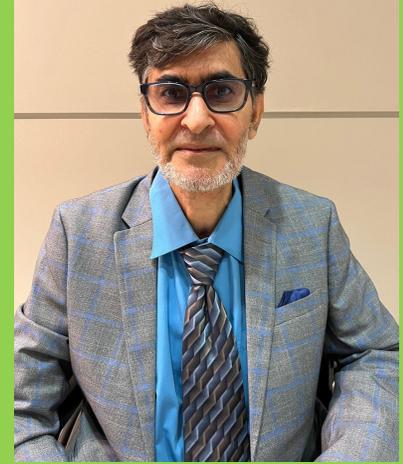
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Message: from the President of BioNatural Healing College (BNHC)

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 September 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.

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.

Healing Power of 10-Herbal Medicine: An Approach to Lowering Blood Sugar

By Mr. Sayed Nabil Ullah Shamim
B.S. (Pharmacy) Student of Herbal
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Introduction

There are various treatments available in blood sugar-lowering agents including some drugs, herbs, and natural supplements that control blood sugar and treat diabetes. Lowering blood sugar is the most important task of a diabetic patient because diabetes is one of the most common chronic diseases in the world that changes the lives of patients forever. In this article, in addition to introducing the disease of diabetes and its complications, I have reviewed the healing power of 10 herbal medicines that quickly lower blood sugar in traditional medicine.

What is diabetes?

Sugar enters the human body through food is converted into glucose and finally into energy. Therefore, sugar is known as the most important source of energy in the human body, which is used by the hormone insulin (a naturally occurring hormone released in the body by pancreas that helps the body use sugar for energy). The amount of blood sugar in the body is somewhat normal and permissible, but if it goes beyond that limit, diabetes occurs. The table below shows the amount of sugar in the blood at different ages.

Age	Blood target values		HbA1c (%)
	Before meal	Sleep time	
Less than 6 years	100-180	110-200	7,5-8,5
6-12 years	90-180	100-180	Less than 8
13-18 years	80-130	80-150	Less than 7,5
Over 18 years	80-130	80-150	Less than 7

What are the most common signs and symptoms of diabetes?

Common symptoms of diabetes, according to the Mayo Clinic website, include the following:

- Excessive thirst
- Increased hunger (especially after eating)
- dry mouth
- Urinary frequency or urinary infections
- Unexplained weight loss (especially if you're eating well or feeling hungry)
- Fatigue and weakness
- blurred vision
- Headache.

Harmful complications of diabetes

The presence of a large amount of sugar in the blood in the long term can damage different parts of the body such as the heart, blood vessels, kidneys, reproductive system, and nervous system.

Healing Power of Natural Remedy in Lowering Blood Sugar: In recent years, the use of herbal and traditional medicines has gained many fans, and according to many people, the best rapid lowering of blood sugar can be found in medicinal plants and traditional medicine. However, it is impossible to ignore pharmaceutical and medical interventions in the treatment of some diseases, and a doctor must be consulted before use. Therefore, below we will introduce a list of traditional medicines to quickly lower blood sugar:

Cinnamon: (*Cinnamomum verum* (Presl.), *Cinnamomum zeylanicum* (Blume) (Lauraceae) Cinnamon is the best herbal medicine to quickly lower blood sugar. The consumption of cinnamon is effective in controlling glucose (sugar) and lipid (fat) in the blood of diabetic patients. It also increases the secretion of insulin (up to twenty times), strengthens the action of insulin, and reduces the body's resistance to it. Cinnamon increases glucose metabolism and its entry into cells.

How to get benefits from cinnamon?

Wash and chop two or three cinnamon sticks with cold water.



Put the cinnamon stick in a teapot and pour boiling water (temperature 80-90 degrees Celsius equal to 176 to 194 degrees F) on it. Brew the cinnamon tea for 15 to 20 minutes and if you want to adjust the hot nature of cinnamon, eat it with fresh lime.



Source: iStock

Okra (*Abelmoschus esculentus*): Okra is a medicinal plant that is also very delicious as food and is good for health.

This plant has high fiber content, vitamin C, folate (folic acid), and natural phenolic content in its seeds.

Antioxidants in okra have therapeutic effects against fat and high blood sugar.

How to prepare okra for diabetics?

- Cut 4 small okra in half.
- Pour into a glass of cold water and let it stay for 7 hours.
- Drink its water every morning before breakfast.

Do this every day for two to three months.



Lowering blood sugar with nettle

In traditional medicine, the consumption of nettle reduces blood glucose, and nettle leaf extract has a protective role against increasing blood sugar levels and the destruction of pancreatic cells. To prepare nettle tea, pour 40 grams of nettle leaves in one liter of boiling water and infuse it for 10 minutes and drink three cups of this tea daily after meals. Nettle leaf,

Also, Nettle called *Urtica dioica*, has been used in traditional medicine for many centuries. It's known for the stinging hairs that grow on the stems and leaves, and it can be used as a dry leaf, freeze-dried, or extracted into tablets, juices, and teas.



Ginseng: has many phytochemicals and active compounds, including a substance called ginsenoside. The ginsenoside present in ginseng helps to reduce blood sugar in 2 ways: the first is to protect the beta cells in the pancreas that produce and release insulin, and the second is to reduce insulin resistance. Ginseng root is said to increase insulin production.

How to use ginseng for treatment?

Ginseng can be used in a variety of ways: in its form, added to soup, brewed as a tea, and taken as a supplement.



Brewing ginseng in the form of tea Put 5 pieces of ginseng root in a cup. Add hot water to it and let it steep for 5 minutes, then drink the liquid. If you want a stronger tea, you can use more ginseng pieces or let it steep longer. You can also use a teaspoon of ginseng powder as a substitute for raw ginseng roots to brew tea. **Important points:** It is better to consult your doctor before adding ginseng to your diet. Take a week off after every three to four weeks of use, as continued use can reduce the effectiveness of ginseng.

Treatment of high blood sugar with basil (Ocimum)

Due to the presence of flavonoids, basil strongly reduces blood sugar.

Home remedy to lower blood sugar with red tea.

One of the most important properties of red tea is the similarity of its compounds with insulin, and therefore this plant has anti-diabetic properties. If you have diabetes, you can drink one to two cups of red tea daily. To prepare this tea, pour five grams of red tea petals into a cup and add a glass of boiling water to it, then strain the tea and drink it.



Dill (*Anethum graveolens*): Treatment of high blood sugar with dill from the point of view of traditional medicine, Fresh dill is an unblocker, appetizing, diuretic, and diuretic.



Anethum graveolens, or Dill, is an aromatic self-seeding annual herb.

Fenugreek (*Trigonella faenum graecum*): Fast lowering of blood sugar in traditional medicine with fenugreek. Fenugreek plays an effective role in reducing blood sugar; According to several studies, daily consumption of 500 mg of fenugreek reduces triglycerides and increases HDL. There is an amino acid in fenugreek seeds that accelerates insulin secretion.



Turmeric (*Curcuma longa*): Turmeric home remedy to lower blood sugar. Turmeric is an edible gold that is used abundantly in food preparation and helps to reduce blood sugar. It is also an anti-inflammatory substance and contains antioxidant compounds that are beneficial for heart health and help in weight loss. Turmeric is rich in niacin, vitamin B3, calcium, iron, zinc, copper, potassium, and magnesium and increases insulin secretion and lowers blood sugar, it is also a suitable spice for diabetics.

How to prepare turmeric tea to treat diabetes?

- Boil 4 cups of water.
- Add 1 to 2 teaspoons of ground, grated, or powdered turmeric to the water.
- Allow the mixture to boil for 10 minutes.
- Pour the tea into a bowl and let it cool for 5 minutes.

Many people add other ingredients such as lime and ginger to improve the taste of turmeric tea.



Cumin (*Cuminum cyminium*): Fast lowering of blood sugar with cumin.

Black cumin increases insulin sensitivity increases glucose uptake through cells and subsequently lowers blood sugar. Also, cumin seeds prevent the formation of glycation end products that are common in diabetes and often lead to diabetes complications.

Black cumin increases the secretion of insulin from the pancreas and also increases insulin sensitivity in skeletal muscles, and liver cells and increases sugar uptake by muscle tissue. Black cumin contains more than a hundred active and useful substances in one small seed and contains B vitamins and minerals such as calcium, zinc, copper, and iron. How to get benefits from black cumin to treat diabetes?

Grind a teaspoon of black cumin seeds in a stone or porcelain mortar and infuse it in a glass of boiling water in a porcelain teapot for 10 minutes on an indirect flame with gentle heat.

Note: black cumin contains essential oil and volatile substances; Therefore, it must be consumed immediately after grinding.

Keeping ground cumin will waste a large part of its effective substances and useful chemical compounds.



Clove wood (Cidite Lignum): is used in cooking because of its spicy aroma; The strong anti-inflammatory and antioxidant properties of clove wood help diabetics control blood sugar. The amount of cloves used is three grams per day according to the discretion of the doctor.



Sumac (Rhus): Sumac is another thing that has a great effect on reducing blood sugar; Sumac tea can be used to reduce urea and blood sugar. In diabetics, the cause of various complications and diseases is because protein molecules are combined with glucose; By combining proteins with glucose, the function of protein molecules and their structure changes. Sumac reduces the complications caused by diabetes and prevents the occurrence of these types of problems.



Sources:

- Dr Mohandes.com
- Pharmacy and its growth in Afghanistan (published by Sayed Nabil Shamim)
- wikispeedrun.org
- <https://wikispeedrun.org>

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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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).

