



BNHC E-Magazine

March 2026

Issue #84

Online Diploma & MS Degree Programs

Contact Email: info@bionaturalhealingcollege.org

Cultivating Knowledge, Skills Character of Students

Contents

Message: from the President of BNHC
BNHC Board of Directors: Dr. Nadir Siddiqi Ph.D., Mrs. Aziza Siddiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus Siddiqi, Mr. Naveed Siddiqi

On behalf of BioNatural Healing College (BNHC), it is with great pleasure that we extend Thanks & appreciation to Mrs. Yahda Atmar for her very informative research article and contribution to this March 2026 BNHC E-Magazine edition. We look forward to receiving her invaluable contribution in the future and wish Mrs. Yahda Atmar with much success in her future endeavors.

Staff & Faculty: Mrs. Zarghuna Bashary, Mrs. Lima Naderi Mr. Wais Seddiqi, Prof. Dr. Mohammad Nabi Aslamy, Dr. Azza Mahmoud, Dr. Rebecca Michael, Dr. Mehdi Kamali, Dr. Bera Dordoni, Dr. Pamir Mohmand, Dr. Tanveer Alam, Dr. Vivek Sharma, and Dr. Mona Salem. Dr. Marayam Ekramazadeh, Dr. Imranulla Shah, Dr. Pratibha Sharma and Dr. Shivani Sharma.

Learning: BioNatural Healing College

Medicinal plants, Nutrition, Health, Environment, Body, Mind, Spirit, Sleep, Exercise, and related issues.

Science Research:

Agriculture, Environment, Public Health, Technology

Innovation, Educational Announcement (Conference, Workshop):

BNHC News & Advertisements:

About US: Mission, Vision

Contact US: Email:
info@bionaturalhealingcollege.org
(909) 242-6342 P.O. Box 218 La Verne,
California 91750 USA.

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



Greetings,

With profound gratitude to the Creator of all creation (Almighty God), from Whom all living beings are made from water that sustains life, beautify the environment to praise His provision in feeding, fueling, and healing humanity.

BioNatural Healing College (BNHC Online), a nonprofit institution based in Pomona, California, is pleased to present the March 2026 edition of the BNHC E-Magazine. We welcome this new season with hope and a renewed commitment to advancing our mission and vision of sharing education, hope, and healing. We extend our heartfelt appreciation to all contributors, supporters, and our dedicated researchers, faculty, staff, students, and engaged readers for their invaluable feedback and steadfast support.

This magazine is designed as an educational resource, offering diverse insights and expert perspectives from around the world. All content is intended solely for informational and educational purposes, and the views expressed are those of the individual authors and do not necessarily represent any official position of BNHC. We hope this edition serves as a rich source of knowledge and inspiration, supporting your ongoing journey of learning, healing, and the sharing of wisdom throughout life's seasons.

On behalf of the entire BNHC team, we wish you continued health, happiness, and prosperity throughout your life.

Warmest regards,

Dr. M. Nadir Sidiqi, Ph.D.

BioNatural Healing College



BioNatural Healing College

Cultivating knowledge, skills, and character of students.

(BNHC Online) – Leadership, Faculty, and Staff

President

Dr. Nadir Sidiqi Ph.D.

BNHC

Prof. M.
Nabi
Aslamy



Dr. Azza
Mahmoud

FACULTY

Dr. Rebecca Ankham

Dr. Bera Dordoni

FACULTY - NAME

Dr. Mehdi
Kamali



FACULTY

Dr. Vivek Sharma

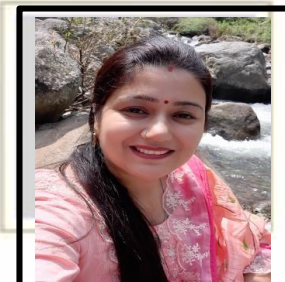


Dr. Tanveer Alam



Dr. Maryam
Ekramzadeh

Dr. Pamir
Momand



Dr. Pratibha Sharma



Dr. Imranulla Shah



Dr. Bushra
Shaيدا

Dr. Mona Salem

Mrs. Zarghuna Bashary

Mrs. Lima Nadri

Mr. Wais Seddigi



Dr.. Shivani Sharma

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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.

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,



**BioNatural Healing
College**

**Stands on 7 Core
Pillar Foundations as
follows**

1. All living organisms are made from 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

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, viruses, nematodes, weeds, rodents, etc.).

6. The brilliant human mind can be irrigated with balanced 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. BNHC provides a high-quality science-based 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.



BioNatural Healing College

Cultivating knowledge, skills, and character of students.

BNHC Online



1



Water is Life's Foundation

All living organisms are connected through water. We praise the Creator for provision, fueling, and healing.

2



Environmental Harmony

Protecting public and environmental health, including biodiversity, pollinators, soil, and water.

3



Food Systems & Health

Scientific research is crucial to maximize healthy food production and reduce malnutrition.



4

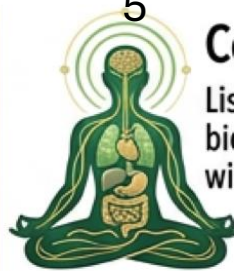


BioNatural Pest Management

Researching plant-based solutions for managing harmful pests and supporting human and environmental health.



5



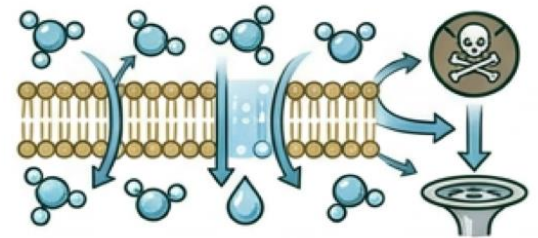
Conscious Connection

Listen, love, appreciate, and respect the biological and spiritual connection within ourselves.

6

Water & Detoxification

Clean water detoxifies the body. Online science-based education supports protection from harmful chemicals through collective effort.



7

Education for Sustainability

BNHC provides high-quality science-based education for personal, family, community, and environmental prosperity.



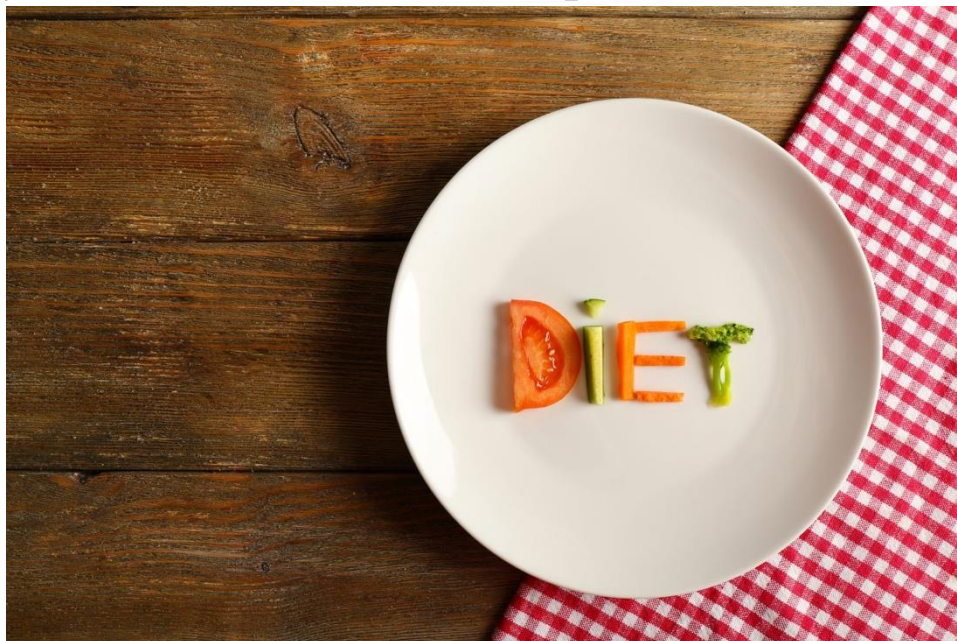
Dietary Patterns and Metabolic Syndrome: A Critical Analysis of Essential Nutrient Intake

By, Yahda Atmar MS Degree Student at BioNatural Healing College

Introduction: Metabolic Syndrome (MetS) refers to a group of interconnected risk factors: abdominal obesity, elevated blood pressure, high blood glucose, elevated triglycerides, and low HDL cholesterol that together increase the likelihood of developing cardiovascular disease and type 2 diabetes. According to the World Health Organization, noncommunicable diseases account for approximately 74% of global deaths, with cardiovascular diseases being the leading cause. In the United States, the Centers for Disease Control and Prevention reports that roughly one in three adults meets the clinical criteria for metabolic syndrome. Researchers now emphasize overall dietary patterns rather than isolated nutrients, recognizing that habitual eating behaviors significantly influence metabolic outcomes.

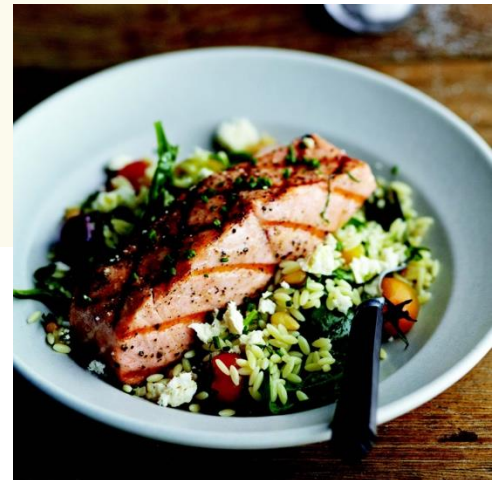
Thesis Statement:

Dietary patterns characterized by inadequate intake of essential nutrients, particularly fiber, magnesium, potassium, and unsaturated fats, combined with excessive consumption of refined carbohydrates, saturated fats, and sodium, are major contributors to metabolic syndrome. Improving overall dietary quality is therefore essential for prevention and management.



Literature Review: Definition and Clinical Criteria: The National Cholesterol Education Program Adult Treatment Panel III defines metabolic syndrome as the presence of at least three of the following: increased waist circumference, elevated triglycerides (≥ 150 mg/dL), reduced HDL cholesterol, blood pressure $\geq 130/85$ mmHg, and fasting glucose ≥ 100 mg/dL (Grundy et al., 2005). These factors collectively reflect underlying insulin resistance and metabolic dysfunction. Public health literature frequently applies the Social-Ecological Model, which explains that dietary behaviors are shaped by individual, social, environmental, and policy-level influences. This framework highlights that metabolic syndrome is influenced not only by biology but also by food systems and access to healthy options. **Western Dietary Pattern**



[illegible]

In contrast, the Mediterranean diet emphasizes fruits, vegetables, legumes, whole grains, nuts, olive oil, and moderate fish intake. Research, including large randomized trials, demonstrates that adherence to this diet reduces cardiovascular risk and improves metabolic markers (Estruch et al., 2018). Individuals following this pattern often show improved HDL cholesterol, reduced triglycerides, and better glycemic control. **Essential Nutrient Intake**

- Evidence suggests that specific nutrient inadequacies are closely linked to metabolic syndrome components:
- **Fiber:** Low intake is associated with poor glycemic control and increased LDL cholesterol.
- **Magnesium:** Insufficient levels are linked to impaired insulin signaling.
- **Potassium:** Low intake contributes to hypertension.
- **Omega-3 fatty acids:** Help lower triglycerides and reduce inflammation.
- National dietary data indicate that many adults fail to meet recommended intake levels for fiber and potassium, while exceeding recommendations for sodium and saturated fat (U.S. Department of Health and Human Services [HHS] & U.S. Department of Agriculture [USDA], 2020). **Methodology:** This research paper is based on secondary data analysis. Data were obtained from the Centers for Disease Control and Prevention National Health and Nutrition Examination Survey (NHANES), global reports from the World Health Organization, and peer-reviewed journal articles examining dietary patterns and metabolic syndrome. Statistical prevalence rates, nutrient intake averages, and clinical diagnostic criteria were extracted from these authoritative

sources. Comparative analysis was used to evaluate relationships between dietary patterns and metabolic outcomes. **Results:** Data from national health surveys indicate that approximately 34–38% of U.S. adults meet the criteria for metabolic syndrome. Key nutritional findings include: Average fiber intake is approximately 15 grams per day, below the recommended 25–38 grams. Sodium intake averages more than 3,400 mg daily, exceeding the 2,300 mg recommended limit. Saturated fat contributes approximately 11–12% of total caloric intake, surpassing recommended guidelines. Higher adherence to Mediterranean-style diets is associated with reductions in triglycerides of approximately 10–15% and improved HDL cholesterol levels (Estruch et al., 2018). Globally, obesity prevalence continues to increase, with more than one billion individuals classified as obese according to WHO estimates. **Discussion:** The findings demonstrate a clear association between dietary quality and the risk of metabolic syndrome. Low intake of essential nutrients weakens metabolic regulation, while excessive intake of refined and processed foods exacerbates insulin resistance and dyslipidemia. Low fiber intake impairs glucose metabolism and increases abdominal fat accumulation. Insufficient magnesium affects insulin receptor function, contributing to elevated blood glucose. Excess sodium intake promotes hypertension, one of the diagnostic components of metabolic syndrome. These results align with the Social-Ecological Model discussed in the literature review, reinforcing the idea that environmental and systemic food factors contribute significantly to metabolic health outcomes. Overall, the consistency between epidemiological data and biological mechanisms strengthens the argument that dietary patterns play a central role in the development and management of metabolic syndrome. **Conclusion:** Metabolic syndrome is strongly linked to modern dietary patterns that emphasize processed foods while lacking essential nutrients. Improving nutrient density, particularly fiber, magnesium, potassium, and unsaturated fats, while reducing sodium, added sugars, and saturated fats, can substantially reduce metabolic risk.

Restated thesis: Poor overall diet quality, characterized by insufficient essential nutrient intake and excess consumption of processed foods, is a major contributor to metabolic syndrome. Public health strategies should prioritize policies that improve access to nutrient-rich foods and promote sustainable, evidence-based dietary patterns such as the Mediterranean diet.

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The advertisement features a green and white color scheme with leaf motifs. At the top center is the BNHC logo, which consists of a stylized green leaf icon next to the text "BNHC" and "BioNatural Healing College" below it. The main text reads "BNHC Online Diploma Programs – Spring Session" in bold. Below this, a yellow box contains the text "Beginning March 16, 2026". Further down, it says "Now Enrolling – Learn to Heal the World and Improve Health". A line of text states "Study with highly qualified faculty dedicated to science-based education and holistic health." At the bottom, it says "Apply Today at" followed by a green box containing the email address "info@bionaturalhealingcollege.org".

BNHC
BioNatural Healing College

BNHC Online Diploma Programs – Spring Session

Beginning March 16, 2026

Now Enrolling – Learn to Heal the World and Improve Health

Study with highly qualified faculty dedicated to
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Apply Today at info@bionaturalhealingcollege.org

“BioNatural Healing College (BNHC) sincerely appreciates your generous contribution towards the Gift of Education. Your donation plays a pivotal role in supporting scholarships for students in need, empowering them to achieve their educational aspirations. We extend our deepest gratitude for your generosity and commitment to education.”

**Dear Esteemed Donors
Gift of Education
Scholarship**

**Perspective of Scholarship
Recipients**

**Dr. Rebecca
Anklam
Thanks for the
generous
contribution.
*BNHC is a
Nonprofit
Online
Institution that
offers Online 4
Diploma/MS in
BioNatural
Health
Sciences.***

To the BioNatural Healing College (BNHC) Team,

Thank you for allowing me to be considered as an alternate recipient of your scholarship to learn my Master of Science in BioNatural Health Sciences with BNHC Online. Special thanks to Dr. Rebecca Anklam for providing this scholarship so there are opportunities available for students like me to succeed in their education. I am currently from Afghanistan, where there are numerous barriers to receiving quality, modern educational opportunities, particularly in these times. Therefore, I feel strongly about being able to take advantage of this opportunity to gain new knowledge and skills to achieve my goal of improving the health and well-being of individuals, families, and communities through my research, practice, and teaching efforts. The Master of Science M.S. Program offered through the BNHC enables me not only for personal growth within an academic setting, but also provides valuable professional skills that will give me hope in difficult situations. Through the scholarship, I can continue to learn and expand my knowledge to help build a future where I can support my community with practices based on scientific knowledge and natural health modalities. I am motivated to maintain the work ethic necessary to meet all the expectations set by the program and to achieve the best possible outcomes from this opportunity for maximum value. I am very grateful to Dr. Rebecca Anklam and BNHC for believing in students like me. The assistance I receive is not just financial aid; it is an investment in my future and the potential for me to contribute to positive change. I hope more donors recognize this and decide to help students through scholarships, as their kindness can change lives. Thank you for this scholarship. I will do my best to excel in the program with the goal of making a meaningful difference.

Best Regards,
Zabiullah Parsa

“BioNatural Healing College (BNHC) sincerely appreciates your generous contribution towards the Gift of Education. Your donation plays a pivotal role in supporting scholarships for students in need, empowering them to achieve their educational aspirations. We extend our deepest gratitude for your generosity and commitment to education.”

**Dear Esteemed Donors
Gift of Education
Scholarship**

**Perspective of Scholarship
Recipients**

**BioNatural
Healing
College
(BNHC
Online) Total
Tuition Fee
\$2500**
*BNHC is a
Nonprofit
Online
Institution that
offers Online 4
Diploma/MS in
BioNatural
Health
Sciences.*

Dear BNHC Admissions Team, Greetings,

Thank you very much for your kind email and for the generous opportunity to pursue the **MS degree in Online BioNatural Health Sciences** at **BioNatural Healing College (BNHC)**. I am truly honored and grateful to receive this offer and to be selected for the work exchange scholarship provided by the BNHC Sponsorship Scholarship Committee. I would like to express my sincere appreciation to Dr. Sidiqi and the entire BNHC team for their support, generosity, and prompt action. This opportunity is a great gift of education and means a great deal to me as a newcomer to California. Please let me know if there are any additional steps or documents needed from my side. I look forward to beginning this academic journey with BNHC and benefiting from the high-quality online learning provided.

Thank you once again for this wonderful opportunity.

Kind regards,
Sameah Kohistani

Sacramento, California
8



BioNatural Healing
College

2018

Cultivating knowledge, skills, and character of students.

BNHC Leadership Featured at Professional Pesticide Conference

Dr. Nadir Sidiqi, President of BioNatural Healing College (BNHC Online), served as an invited speaker, and Mr. Nawab Khan, BNHC Student Coordinator, participated in the Annual Conference of the Pesticide Application Professional Association on February 26, 2026, at Pechanga Resort, Temecula, California. Their participation highlights BNHC's commitment to advancing science-based education in BioNatural Pest Management and strengthening collaboration between academia and professional practitioners.



“BioNatural Healing College (BNHC) sincerely appreciates your generous contribution towards the Gift of Education. Your donation plays a pivotal role in supporting scholarships for students in need, empowering them to achieve their educational aspirations. We extend our deepest gratitude for your generosity and commitment to education.”

Scholarship Waiting, List Students	Online Diploma/ MS Degree
------------------------------------	---------------------------

- 1. Forozan Afzali Nutrition & Brain Function Consultant Tuition Fee \$1600
- 2. Asilla Nikzai Nutrition & Brain Function Consultant Tuition Fee \$1600
- 3. Somaya Omar Nutrition & Brain Function Consultant Tuition Fee \$1600
- 4. Maryam Samim Nutrition & Brain Function Consultant Tuition Fee \$1600
- 5. Samira Gheysai Nutrition & Brain Function Consultant Tuition Fee \$1600
- 6. Ghatol Shahab Nutrition & Brain Function Consultant Tuition Fee \$1600

- 7. Eid Bibi Sayar Nutrition & Brain Function Consultant Tuition Fee \$1600
- 8. Rahela Waziri Nutrition & Brain Function Consultant Tuition Fee \$1600
- 9. Aisha Nutrition & Brain Function Consultant Tuition Fee \$1600
- 10. Rodaba Malyar Nutrition & Brain Function Consultant, Tuition Fee \$1600
- 11. Maria Safi, Nutrition & Brain Function Consultant Tuition Fee \$1600
- 12. Maryam Samim Nutrition & Brain Function Consultant Tuition Fee \$1600

BNHC is a Nonprofit Online Institution that offers Online 4 Diploma/Master in BioNatural Health Sciences.



“BioNatural Healing College (BNHC) sincerely appreciates your generous contribution towards the Gift of Education. Your donation plays a pivotal role in supporting scholarships for students in need, empowering them to achieve their educational aspirations. We extend our deepest gratitude for your generosity and commitment to education.”

Scholarship Waiting, List Students	Online Diploma/ MS Degree
------------------------------------	---------------------------

- 13. Ghufran Ali Plant-Based Nutrition Diploma Tuition Fee \$2500
- 14. Salar Agha BioNatural Pest Mangement Online diploma Tuition Fee \$1600
- 15. Fazalomar Ali Herbal Science & Master Herbalist Tuition Fee \$1600
- 16. Sayed Israr Sayedi BioNatural Pest Management Tuition Fee \$1600
- 17. Asadullah Maroof MS degree BioNatural Health Sciences Tuition Fee \$2500
- 18. Hatam Malyar Nutrition & Brain Function Consultant Tuition Fee \$1600

BNHC is a Nonprofit Online Institution that offers Online 4 Diploma/Master in BioNatural Health Sciences. Online MS Degree in BioNatural Health Sciences (Focuses on Human Health Improvement & Disease Prevention, Nutrition, Phytonutrients, Lifestyle Biological Modification, Holistic, Ecological Approaches





BioNatural Healing College

2018

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ONLINE DIPLOMA/MS DEGREE PROGRAMS

Diploma Programs

- Nutrition & Brain Function
- BioNatural Pest Management
- Plant-Based Nutrition
- Herbal Science & Master Herbalist

MS Degree Program

ONLINE MS DEGREE

BioNatural Health Sciences

Specialization:

1. Human Health Improvement & Disease Prevention
2. Plant Health & Environmental Health

It is convenient to start at any time from your comfort zone.

Reasonable tuition fee with payment plans available

FOR MORE INFORMATION PLEASE CONTACT US:

Phone: 909-242-6342

Email: info@bionaturalhealingcollege.org



Mission: BioNatural Healing College (BNHC) 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, workshops, 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 (BNHC) 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 (BNHC), based in California, is dedicated to providing high-quality online education and vocational online distance learning to students worldwide. As a legally recognized institution, it is authorized to operate by the State of California's Bureau for Private Postsecondary Education, by the established educational code. While BioNatural Healing College is not accredited by the United States Department of Education, BNHC is a member of the Agronomy Society of America, Crop Science Society of America, Soil Science Society of America, and American Holistic Health Association (AHHA), reflecting its commitment to a holistic and ecological approach to human health and environmental health improvement education.

BNHC E-Magazine

Western Diet



High in refined grains, added sugars, saturated fats, and sodium. Linked to obesity and metabolic disease.

Mediterranean Diet



Rich in fruits, vegetables, whole grains, healthy fats, and fish. Associated with better heart and metabolic health.

BNHC

BioNatural Healing College (BNHC Online) – Promoting science-based nutrition and sustainable food systems.