



BNHC

BioNatural Healing College

Cultivating knowledge, skills, and character of students.

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JULY 2026

Hope, Education *and* Healing

BNHC E-MAGAZINE

JULY 2026



ONLINE DIPLOMA/MS DEGREE

- 🌿 Diploma Nutrition and Brain Function
 - 🌿 Diploma Plant Based-Nutrition
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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 Mr. Ataulhaq Bashari, Ms. Salma Hanifi, Ms. Asilla Nikzai and Dr. Shivani Sharma for their very informative research article and contribution to this July 2026 BNHC E-Magazine edition. We look forward to receiving their invaluable contribution in the future and wish them with much success in their future endeavors.

Staff & Faculty: Mrs. Zarghuna Bashary, Ms. Sadaf Abbas, 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):

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About US: Mission, Vision

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



Greetings,

Humanity and its companions in nature are blessed with each sunrise, as every new day offers fresh opportunities for learning, knowledge, and wisdom to those who are willing to seek them. From the smallest organisms, such as the bacterial cell, to the Antarctic blue whale, the largest animal ever known to live, creation reflects remarkable diversity, balance, and purpose. BioNatural recognizes this wonder of life and the importance of protecting environmental harmony and climate sustainability under the guidance of Almighty God, the Creator of all creation. BioNatural Healing College (BNHC Online), a nonprofit institution based in Pomona, California, is pleased to present the July 2026 edition of the BNHC E-Magazine. We welcome this new journey of learning with hope and with 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 to 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 an official position of BNHC. We hope that this edition will be a rich source of knowledge and inspiration, supporting your ongoing journey of learning, healing, and sharing wisdom throughout life's seasons. On behalf of the entire BNHC team, we wish you continued health, happiness, and prosperity.

Warmest regards,

Dr. M. Nadir Sidiqi, Ph.D.

BioNatural Healing College



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(BNHC Online) – Leadership, Faculty, and Staff

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Dr.. Shivani Sharma



BioNatural Healing
College

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

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.

2. No harm to public health and environmental health (Biodiversity) including pollinators, surface water, groundwater, soil, and air

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.

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.

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.

Ecology of Life: Understanding the Interconnected Living World

Ataulhaq Bashari—Student
MS Degree in BioNatural Health Sciences (Plant
Health Improvement
& Environmental Health) at BioNatural Healing College
(BNHC)

Abstract: Ecology is the scientific study of the relationships between living organisms and their environment. It helps us understand how plants, animals, microorganisms, and humans interact with one another and with the physical world around them. The concept of the ecology of life emphasizes that all living things are interconnected and depend on each other for survival. This paper explores the fundamental principles of ecology, the structure and function of ecosystems, biodiversity, environmental challenges, and the importance of sustainable practices for maintaining ecological balance. Understanding ecological relationships is essential for protecting natural resources and ensuring a healthy future for humanity and the planet.

Keywords: Ecology, Ecosystem, Biodiversity, Environment, Sustainability, Interdependence.

Introduction: Life on Earth exists within a complex network of interactions among organisms and their environment. Ecology provides a framework for understanding these interactions and the processes that sustain life. The term ecology originates from the Greek words *oikos* (home) and *logos* (study), meaning the study of the natural home of living organisms. Every organism, from microscopic bacteria to large mammals, plays a role in maintaining ecological balance. The ecology of life highlights the interconnectedness of all living systems and demonstrates how changes in one part of an ecosystem can affect the entire system.

Principles of Ecology: Ecology is based on several fundamental principles:

- 1. Interdependence:** All living organisms depend on one another directly or indirectly. Plants produce oxygen and food through photosynthesis; herbivores consume plants, carnivores feed on herbivores, and decomposers recycle nutrients back into the environment.
- 2. Energy Flow:** Energy enters ecosystems primarily through sunlight. Producers convert solar energy into chemical energy, which is then transferred through food chains and food webs.
- 3. Nutrient Cycling:** Essential nutrients such as carbon, nitrogen, phosphorus, and water continuously cycle through ecosystems, supporting life processes.
- 4. Adaptation and Evolution:** Organisms adapt to their environments over time through natural selection, allowing species to survive changing environmental conditions.

Ecosystems and Their Components: An ecosystem consists of living (biotic) and non-living (abiotic) components interacting within a particular environment.

Biotic Components

- Plants
- Animals
- Microorganisms
- Humans
- **Abiotic Components**
- Sunlight
- Water
- Soil
- Air
- Temperature
- Minerals

Together, these components create dynamic systems that support life.

Biodiversity and Its Importance

- Biodiversity refers to the variety of life forms on Earth, including genetic diversity, species diversity, and ecosystem diversity.
- Biodiversity contributes to:
 - Ecosystem stability
 - Food security
 - Medical discoveries
 - Climate regulation
 - Pollination of crops
 - Cultural and recreational values
- Healthy ecosystems with high biodiversity are generally more resilient to environmental disturbances.

Ecological Relationships

- Different species interact in various ways within ecosystems:

Mutualism

- Both species benefit from the relationship.
- Example: Bees and flowering plants.

Commensalism

- One species benefits while the other is unaffected.
- Example: Birds nesting in trees.

Parasitism

- One organism benefits while the other is harmed.
- Example: Ticks feeding on mammals.

Predation: One organism hunts and consumes another.

Example: Lions hunting zebras. These interactions help regulate populations and maintain ecological balance.

Human Impact on Ecology: Human activities have significantly influenced ecosystems worldwide. Major environmental challenges include: **Deforestation:** The removal of forests reduces biodiversity and disrupts ecological processes. **Pollution:** Air, water, and soil pollution harm both wildlife and human health. **Climate Change:** Rising global temperatures alter habitats, weather patterns, and species distributions. **Overexploitation of Resources:** Unsustainable harvesting of natural resources threatens ecological sustainability. These activities can lead to habitat destruction, species extinction, and ecosystem degradation. **Ecology and Sustainable Development** Sustainable development seeks to meet present needs without compromising future generations' ability to meet their own needs. Ecological sustainability involves:

- Conservation of biodiversity
- Responsible resource management
- Renewable energy utilization
- Sustainable agriculture
- Waste reduction and recycling
- Environmental education

By integrating ecological principles into development policies, societies can achieve long-term environmental and economic well-being. **The Role of Ecology in Human Health:** Human health is closely linked to ecological health. Clean air, safe drinking water, nutritious food, and disease regulation depend on healthy ecosystems.

Ecological degradation can contribute to:

- Increased infectious diseases
- Food insecurity
- Water shortages
- Mental and physical health problems
- Protecting ecosystems is therefore essential for public health and quality of life.

Conclusion: The ecology of life demonstrates that all living organisms are interconnected within complex ecological systems. Ecosystems provide essential services that support life, including food production, climate regulation, nutrient cycling, and biodiversity conservation. Human activities have placed significant pressure on these systems, making ecological understanding more important than ever. By adopting sustainable practices and promoting environmental stewardship, humanity can preserve ecological balance and ensure a healthy and prosperous future for generations to come.

Recommendations

1. Promote environmental education at all levels.
2. Protect biodiversity through conservation programs.
3. Reduce pollution and greenhouse gas emissions.
4. Encourage sustainable agricultural practices.
5. Support scientific research in ecology and environmental management.
6. Increase public awareness about ecological responsibility.
7. Strengthen policies aimed at protecting natural resources.

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Functional Foods and Bioactive Nutrients in Brain Health: Molecular Mechanisms, Clinical Evidence, and Therapeutic Perspectives

By Salma Hanifi, Student Nutrition and Brain Function Consultant, Diploma at BioNatural Healing College (BNHC), Guiding Mentor: Dr. Shivani Sharma, at BNHC

Abstract: Brain health is a critical component of overall well-being and is increasingly challenged by aging, neurodegenerative disorders, and lifestyle-related factors. Functional foods and bioactive nutrients have gained significant attention due to their potential role in supporting cognitive function and reducing the risk of neurological diseases. Functional foods are foods that provide health benefits beyond basic nutrition, while bioactive nutrients are naturally occurring compounds that exert biological effects on the body. Examples include omega-3 fatty acids, polyphenols, flavonoids, probiotics, vitamins, and curcumin. Research has demonstrated that these compounds may promote brain health through several molecular mechanisms, including antioxidant activity, anti-inflammatory effects, modulation of the gut–brain axis, enhancement of neuroplasticity, and protection against neuronal damage. Clinical studies have shown promising results regarding their ability to improve memory, cognitive performance, and overall brain function, particularly among older adults and individuals at risk of cognitive decline. However, findings remain inconsistent in some areas due to differences in study design, dosage, and bioavailability of bioactive compounds. This paper examines the role of functional foods and bioactive nutrients in brain health by exploring their molecular mechanisms of action, reviewing current clinical evidence, and discussing their therapeutic potential. Understanding these relationships may contribute to the development of effective nutritional strategies for maintaining cognitive health and preventing neurodegenerative diseases.

Introduction: Brain health is essential for maintaining cognitive function, memory, learning ability, and overall quality of life. As the global population ages, the prevalence of neurological and neurodegenerative disorders such as Alzheimer's disease, Parkinson's disease, and dementia continues to increase. These conditions pose significant health, social, and economic challenges, highlighting the need for effective strategies to support brain function and prevent cognitive decline. In recent years, growing attention has been directed toward the role of nutrition in maintaining brain health. Among various nutritional approaches, functional foods and bioactive nutrients have emerged as promising tools for promoting cognitive well-being. Functional foods are foods that provide health benefits beyond their basic nutritional value, while bioactive nutrients are naturally occurring compounds that influence physiological processes and contribute to disease prevention. Examples include omega-3 fatty acids, polyphenols, flavonoids, probiotics, vitamins, and curcumin. Scientific research suggests that these compounds may support brain health through several biological mechanisms, including reducing oxidative stress, controlling inflammation, enhancing neuroplasticity, and regulating the gut-brain axis. Furthermore, clinical studies have investigated their potential role in improving cognitive performance and reducing the risk of neurodegenerative diseases. This paper explores the contribution of functional foods and bioactive nutrients to brain health by examining their molecular mechanisms of action, reviewing current clinical evidence, and discussing their therapeutic perspectives and future applications.

What Are Functional Foods and Bioactive Nutrients?

Molecular Mechanisms of Brain Protection: Functional foods and bioactive nutrients help protect the brain in several important ways. One of the main ways is by reducing oxidative stress. The brain uses a lot of oxygen, which can create harmful molecules called free radicals.

These can damage brain cells. Nutrients like polyphenols and flavonoids act like protectors by removing these harmful molecules and keeping brain cells safe. Another important way is by reducing inflammation in the brain. Long-term inflammation can damage brain cells and is linked to diseases like Alzheimer's and Parkinson's. Nutrients such as omega-3 fatty acids and curcumin help calm inflammation and protect brain function. Functional foods also support something called the gut-brain connection. This means the gut and brain communicate with each other. Healthy foods like yogurt and fermented products improve gut bacteria, which can positively affect mood, memory, and thinking. These nutrients also help the brain stay flexible and form new connections. This is important for learning and memory. Some compounds increase a protein called BDNF, which helps brain cells grow and stay healthy. Overall, functional foods and bioactive nutrients protect the brain by reducing damage, lowering inflammation, and supporting healthy brain communication and growth. **Clinical Evidence (Human Studies):** Scientific studies in humans have shown that functional foods may help improve brain health, although results can vary. Some research suggests that people who eat diets rich in fruits, vegetables, fish, and whole grains perform better in memory and thinking tests compared to those who eat processed foods. Studies on omega-3 fatty acids show that they may help slow down memory decline in older adults. Some research on berries shows improvements in learning and attention due to their antioxidant effects. Green tea has also been linked to better focus and mental performance. However, not all studies show strong results. In some cases, the benefits are small or depend on the amount consumed and the overall diet of the person. This means that functional foods are helpful, but they are not a cure for brain diseases. Overall, most scientific evidence supports the idea that healthy diets rich in bioactive nutrients can support brain function and reduce the risk of cognitive decline.

Therapeutic Perspectives and Future Uses: Researchers are now studying how functional foods can be used in medical treatments. One idea is using food-based nutrients as natural support for brain diseases like Alzheimer's and Parkinson's disease. These are called nutraceutical approaches. In the future, doctors may use personalized nutrition, where diets are designed based on a person's genetics and health needs. Scientists are also working on improving how nutrients are absorbed by the body so they can work more effectively in the brain. Even though functional foods are not replacements for medicine, they may become an important part of prevention strategies for brain-related diseases.

Challenges and Limitations: Even though functional foods are beneficial, there are some limitations. One major problem is that not all nutrients are easily absorbed by the body. Some compounds break down before reaching the brain. Another issue is that research results are not always consistent. Different studies use different doses and methods, which makes comparison difficult. Also, most functional foods cannot replace medical treatment for serious brain diseases. Because of these challenges, more research is needed before functional foods can be fully used in medical treatments.

Conclusion: Functional foods and bioactive nutrients play an important role in supporting brain health. They help protect brain cells, reduce inflammation, and improve communication between neurons. Scientific studies show that diets rich in these foods may support memory, learning, and overall cognitive function. Although the evidence is promising, more research is needed to fully understand their long-term effects. Functional foods should be seen as part of a healthy lifestyle rather than a cure for brain diseases. Overall, a balanced diet rich in natural sources of bioactive nutrients can contribute to better brain health and may help reduce the risk of cognitive decline.

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**New Session Online Diploma/MS
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Nutrition and Chronic Disease Prevention: The Role of Balanced Diets in Promoting Long-Term Health

**By Asilla Nikzai, Student Nutrition and Brain Function
Consultant Diploma at BioNatural Healing College
(BNHC), Guiding Mentor: Dr. Shivani Sharma, at BNHC**

Abstract: Chronic diseases such as cardiovascular disease, diabetes mellitus, obesity, hypertension, and certain cancers are among the leading causes of morbidity and mortality worldwide. Scientific evidence consistently demonstrates that nutrition plays a critical role in both the prevention and management of these conditions. A balanced diet, characterized by appropriate proportions of macronutrients and micronutrients, supports physiological functions, strengthens immune responses, and reduces the risk factors associated with chronic diseases. This paper examines the relationship between dietary patterns and chronic disease prevention, highlighting the mechanisms through which balanced nutrition promotes long-term health. The discussion emphasizes the importance of whole foods, dietary diversity, and evidence-based nutritional guidelines in reducing disease burden and improving quality of life.

Introduction: Nutrition plays an essential role in maintaining health and preventing disease. The foods people eat every day provide the nutrients needed for growth, energy production, tissue repair, and proper body functioning. In recent years, chronic diseases such as heart disease, diabetes, obesity, and hypertension have become major health concerns worldwide. Many of these conditions are closely related to dietary habits and lifestyle choices. A balanced diet is one of the most effective ways to reduce the risk of chronic diseases and promote long-term health. Conversely, balanced diets rich in fruits, vegetables, whole grains, lean proteins, and healthy fats have been shown to promote health and longevity. Understanding the role of nutrition in disease prevention is essential for healthcare professionals, policymakers, and individuals seeking to improve long-term health outcomes.

Understanding Balanced Nutrition: A balanced diet provides the body with all essential nutrients in appropriate amounts. These nutrients include carbohydrates, proteins, fats, vitamins, minerals, fiber, and water. Each nutrient performs specific physiological functions necessary for growth, maintenance, and overall well-being. Carbohydrates serve as the body's primary energy source, while proteins support tissue repair, immune function, and enzyme production. Healthy fats contribute to hormone regulation, brain function, and cardiovascular health. Vitamins and minerals facilitate metabolic processes, antioxidant defense mechanisms, and cellular communication. Dietary balance also involves maintaining proper caloric intake relative to energy expenditure, thereby reducing the risk of overweight and obesity, which are major contributors to chronic disease development.

Understanding Chronic Diseases: Chronic diseases are long-term health conditions that usually develop slowly over time and often require ongoing medical care. Unlike infectious diseases, chronic diseases are not caused by bacteria or viruses. Common examples include cardiovascular disease, type 2 diabetes, obesity, osteoporosis, and certain types of cancer. Several factors contribute to the development of chronic diseases, including genetics, physical inactivity, smoking, stress, and poor nutrition. Among these factors, diet is one of the most important because it can be modified through healthy lifestyle choices.

What Is a Balanced Diet? A balanced diet is a dietary pattern that provides the body with all essential nutrients in appropriate amounts. These nutrients include carbohydrates, proteins, fats, vitamins, minerals, and water. Carbohydrates provide energy for daily activities and body functions. Proteins support growth, repair tissues, and help maintain muscle mass. Healthy fats are important for hormone production, brain function, and absorption of fat-soluble vitamins. Vitamins and minerals support numerous metabolic processes and help maintain overall health. A balanced diet also includes a variety of foods such as fruits, vegetables, whole grains, lean proteins, dairy products, nuts, seeds, and healthy oils while limiting excessive sugar, sodium, and saturated fats.

The Role of Nutrition in Preventing Heart Disease: Heart disease remains one of the leading causes of death worldwide. Research has shown that unhealthy dietary patterns can increase the risk of cardiovascular disease. Diets high in saturated fats, trans fats, and sodium may contribute to high blood pressure and elevated cholesterol levels. In contrast, consuming fruits, vegetables, whole grains, legumes, and healthy fats can help support heart health. Foods rich in fiber may help lower blood cholesterol levels, while potassium-rich foods can help maintain healthy blood pressure. Omega-3 fatty acids found in fish, nuts, and seeds have also been associated with improved cardiovascular health.

The Role of Nutrition in Preventing Type 2 Diabetes: Type 2 diabetes is a chronic condition characterized by elevated blood glucose levels due to insulin resistance or inadequate insulin production. A balanced diet can help regulate blood sugar levels and reduce the risk of developing diabetes. Whole grains, vegetables, fruits, and legumes provide fiber, which slows glucose absorption and promotes better blood sugar control. Limiting sugary beverages, refined carbohydrates, and highly processed foods may help prevent excessive blood glucose fluctuations and reduce the risk of insulin resistance.

Nutrition and Obesity Prevention: Obesity is a major public health concern and increases the risk of numerous chronic diseases. Excessive calorie intake combined with insufficient physical activity often contributes to weight gain. A balanced diet helps individuals maintain a healthy body weight by providing adequate nutrients without excessive calories. Nutrient-dense foods such as vegetables, fruits, lean proteins, and whole grains promote satiety and support healthy weight management. Portion control and mindful eating are also important strategies for preventing obesity and improving overall health.

Micronutrients and Long-Term Health: Micronutrients, including vitamins and minerals, play essential roles in disease prevention and overall well-being.

Calcium and vitamin D support bone health and help reduce the risk of osteoporosis. Iron is necessary for oxygen transport and the prevention of anemia. Folate and vitamin B12 are important for red blood cell formation and DNA synthesis. Antioxidant nutrients such as vitamins C and E help protect cells from oxidative damage caused by free radicals. Diets rich in antioxidant-containing foods may contribute to a lower risk of certain chronic diseases.

Importance of Physical Activity Along with Nutrition: Although nutrition is essential, long-term health is best achieved when healthy eating is combined with regular physical activity. Exercise helps maintain a healthy weight, improves cardiovascular fitness, enhances insulin sensitivity, and supports mental well-being. Together, balanced nutrition and physical activity create a strong foundation for disease prevention and healthy aging.

Public Health Implications: Promoting balanced nutrition at the population level can substantially reduce healthcare costs and improve public health outcomes. Educational programs, nutritional counseling, food labeling initiatives, and policies supporting access to healthy foods are essential strategies for preventing chronic diseases. Healthcare professionals play a vital role in educating individuals about evidence-based dietary practices and encouraging sustainable lifestyle modifications. Community-based interventions and school nutrition programs can further support healthy eating habits across all age groups.

Future Perspectives The future of chronic disease prevention through nutrition is likely to be shaped by advances in personalized nutrition, digital health technologies, and precision medicine. Emerging research suggests that genetic, metabolic, and microbiome differences among individuals influence dietary responses, creating opportunities for customized nutritional interventions that may improve health outcomes more effectively than generalized dietary recommendations.

Artificial intelligence, wearable health devices, and mobile nutrition applications are expected to enhance dietary monitoring and promote healthier lifestyle behaviors through real-time feedback and individualized guidance. Additionally, ongoing research into functional foods, nutraceuticals, and bioactive compounds may provide new strategies for preventing and managing chronic diseases. Public health efforts will continue to focus on improving access to nutritious foods, reducing health disparities, and developing sustainable food systems that support both human and environmental health. Future policies should prioritize nutrition education, food security, and evidence-based dietary guidelines to address the growing burden of non-communicable diseases worldwide. Furthermore, interdisciplinary collaboration among nutrition scientists, healthcare professionals, policymakers, and technology developers will be essential for translating scientific discoveries into practical interventions. As the understanding of nutrition and chronic disease continues to evolve, preventive nutrition strategies are expected to play an increasingly important role in promoting healthy aging, improving quality of life, and reducing global healthcare costs. **Conclusion:** Nutrition is not only important in theory but also in personal experience. A few years ago, I experienced a health problem that was related to poor eating habits. After consulting a doctor, I learned that my nutritional choices were affecting my health. This experience motivated me to pay closer attention to my diet and lifestyle. By improving my eating habits and following healthier nutritional practices, my condition gradually improved and disappeared within a few months. This experience helped me understand the important role that balanced nutrition plays in disease prevention and overall health.

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2018

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3rd International BioNatural Healing Conference (Virtual)

August 24-25, 2026, Pomona, California, USA

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2018

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3rd International BioNatural Healing Conference (Virtual) August 24-25, 2026, Pomona, California, USA

3 rd BioNatural Healing Conference	Conference Invited Speakers		Allocated time	Location
Dr. Nadir Sidiqi (Ph.D., Agricultural Science, Ph.D., Natural Medicine, Licensee as an Agricultural Adviser State of California Department of Pesticide Regulation) President/Dean of Academics BioNatural Healing College (BNHC) Pomona, California.	Opening and Welcome		10-15 Minutes	Pomona, California, USA
Host Dr. Bera Dordoni N.S. The Wellness Whisperer over 35 years of serving as oriented Naturopathic Docto/Nutritionist. Also Prof. at BioNatural Healing College (BNHC).	Mediator of Conference		10-15 Minutes	Arizona, USA
Invited Speakers	Title of presentations		Allocated Time	Location
Dr. Rafiya Munshi, Prof./Director School of Nutrition and Dietetics Symbiosis Skills and Professional University Pune India.	The Microbiome Modulation for Life Stages in Women		10-15 Minutes	India
Prof. Dr. Mohammad Kamil, M.Sc., M.Phil., Ph.D., D.Sc., C.Chem, FRSC (U.K.), Director General Lotus Holistic Health Institute, Head Scientific Committee, Sheikh Zayed International TCAM Awards Organizing Secretary-TCIM-2026	Traditional Medicine Standardization and Quality Control Safety of Public Health		10-15 Minutes	United Arab Emirates (UAE)



3rd International BioNatural Healing Conference (Virtual)

AUGUST 24-25, 2026 | POMONA, CALIFORNIA, USA

3rd BioNatural Healing Conference

Conference Invited Speakers

Allocated time

Location

Dr. Tanveer Alam,
Sabanci University
Nanotechnology Research and
Application Centre

Orta Mahalle, Universite
Caddesi No. 27, Tuzla, 34956,
Istanbul, Republic of Turkey
(Also, Prof. At BNHC)

Aromatic Plants
in Herbal
Medicine:
Research
Scope,
Challenges and
Opportunities



10-15 minutes

Istanbul, Turkey

Dr. Wakil Ahmad Sarhadi,
Department of Earth and
Environmental Sciences,
Faculty of Science and
Engineering, University of
Manchester, UK

Food Security
in Afghanistan



10-15 Minutes

Manchester, UK

Dr. John Idowu,
Extension Agronomy Specialist
New Mexico State University,
Las Cruces, NMSU College of
Agricultural Consumer and
Environmental Sciences

Soil Health:
The Foundation
of Sustainable
Agriculture



10-15 Minutes

New Mexico
State, USA

Dr. Rabia Formoli, MD
Retired Pediatrician

Early
Childhood
Nutrition



10-15 Minutes

California, USA

Mr. Mostafa Sherzad,
Senior Environmental Scientist
Supervisor

Principle of
Pasteurization
and Dairy
Products



10-15 Minutes

California, USA

Dr. Imran Ullah Shah,
Assistant Professor
Higher Education Commission
(HEC) PhD-Approved
Supervisor. Also, Prof. at
BioNatural Healing College
(BNHC).

Determinants of
Nutritional
Status &
Dietary Habits
of Female
Adolescents: A
School-based
Cross-sectional
Study Conducted
in Lahore, Pakistan



10-15 Minutes

Pakistan



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3rd International BioNatural Healing Conference (Virtual) August 24-25, 2026, Pomona, California, USA

Conference Invited Speakers	Title of presentations	Photo	Allocated time	Location
Dr. Najib Malik, Head of Agriculture Research and Development, Ibn-e-Sina Research and Development Organization. Mr. Mohammad Hashem Aslami, NRM and Saffron Specialist, Ibn-e-Sina Research and Development Organization Mr. Mohammad Fahim Zaheer, Climate Hazard Centre, University of California at Santa Barbara.	The Impacts of Climate Change on Saffron (<i>Crocus sativus</i> L.) Production and Productivity in Afghanistan.		10-15 Minutes	Canada
Dr. Bahaudin G. Mujtaba, MS-LAW, MBA, DBA, SHRM-CP, SHRM-SCP Professor of Human Resources / International Management Huizenga College of Business and Entrepreneurship (AACSB-accredited), Nova Southern University, Florida	Mental Health Challenges in the Modern Workplace and the Role of Human Resources Management.		10-15 Minutes	Florida State, USA
Dr. Shivani Sharma, BioNatural Healing College (BNHC Online)	Plant-based Nutrition for a Healthier Future: Clinical, Nutritional, and Environmental Perspectives		10-15 minutes	India
Dr. Akhtar Ali, Professor of Virology Oliphant Hall, Room N 106 Department of Biological Science The University of Tulsa, Oklahoma	Plant Diseases and Their Impact on Food Security		10-15 Minutes	Oklahoma, USA
Dr. Mehdi Kamali, Assistant Specialist Department of Plant Pathology UC Riverside/BNHC Faculty Member	Protecting Our Avocado Trees: Using PCR-based Detection to Control Avocado Sunblotch Disease		10-15 Minutes	Riverside, California, USA
Dr Bushra Shaida, An academician and researcher in Nutrition and Dietetics with over 10 years of teaching and research experience. She is currently serving as an Assistant Professor at the Centre of Nutrition and Dietetics, Jamia Hamdard, New Delhi. Also, a Prof. at BNHC Online.	Intermittent Fasting and Gut Microbiota: Implications for Health		10-15 Minutes	India
Dr. Rebecca Anklam, A Board Certified, licensed Naturopathic Doctor (ND) and Homeopathic Medical Doctor Also, Professor at BNHC	Medicinal Mushrooms: Reviving Traditional Healing in Naturopathy's Modern Approach to Cancer Treatments		10-15 Minutes	New Mexico State USA
TBA Conference Closing Remarks				



**BioNatural Healing
College**

Cultivating knowledge, skills, and character of students.

3rd

**INTERNATIONAL
BioNatural
Healing**

**CONFERENCE /
GRADUATION CEREMONY**

VIRTUAL • AUGUST 24-25

2026

POMONA, CALIFORNIA

SAVE THE DATE

THEME OF THE CONFERENCE

- Phytonutrients
- Nutrition
- Food Production and Protection
- Food Security
- Public Health
- Plant Health
- Environmental Health
- Mental Health
- Medicinal Plants
- Phytoremediation
- AI Application in Food and Agriculture
- and other related topics

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TO REGISTER / SUBMIT ABSTRACT CONTACT:

Ms. Sadaf Abbas



Email: sadafabbas@bionaturalhealingcollege.org



Email: 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**

**Community
BNHC,
sponsor
support tuition
Fee \$1600
BNHC is a
Nonprofit
Online
Institution that
offers Online 4
Diploma/MS in
BioNatural
Health
Sciences.**

To the BioNatural Healing College (BNHC) Team, I would like to express my sincere gratitude to the entire BNHC team for awarding me the Gift of Education Scholarship and providing me with the invaluable opportunity to enroll in the Nutrition and Brain Function Consultant Online Diploma. This scholarship has been a transformative experience, allowing me to deepen my understanding of the intricate relationship between nutrition and cognitive health while enhancing my professional knowledge and competencies. The course content was exceptionally comprehensive, well-structured, and intellectually stimulating, presenting complex concepts in a clear and accessible manner. The dedication, expertise, and continuous support of the instructors and staff greatly enriched the learning experience, fostering an environment that encouraged both academic growth and professional development. Through this program, I have acquired valuable evidence-based knowledge and practical skills that have strengthened my confidence in applying nutritional principles to support brain health and overall well-being. I am deeply appreciative of BNHC’s commitment to expanding educational opportunities and empowering learners worldwide. Thank you for your generosity, vision, and unwavering dedication to advancing professional excellence through accessible education. **Scholarship recipient Eid Bibi Sayar_**

**Student Nutrition and Brain Function Consultant Online
Diploma at BNHC** _____
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**Dear Esteemed Donors
Gift of Education
Scholarship**

**Perspective of Scholarship
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**Community
BNHC,
sponsor
support tuition
Fee \$2500
*BNHC is a
Nonprofit
Online
Institution that
offers Online 4
Diploma/MS in
BioNatural
Health
Sciences.***

To the BioNatural Healing College (BNHC) Team, the BNHC scholarship is one of genuine appreciation and inspiration. I see it as more than just financial support; it is a gateway to growth, knowledge, and meaningful change. This scholarship opens doors for students to pursue their dreams, especially in important fields like plant health improvement, Pest management, and environmental health. What makes the BNHC scholarship truly special is its focus on both academic excellence and personal development. It encourages students to think critically, act responsibly, and use their knowledge to make a positive impact in their communities. For me, this opportunity represents hope, motivation, and a clear path toward achieving my goals. I am eager to make the most of it and contribute back with dedication and integrity.

Ziaurrahman Arman Scholarship recipient MS degree Student in BioNatural Health Sciences (Planr Health and Environmental Health) at BNHC

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Scholarship Waiting, List Students

1. Fazalomar Ali Herbal Science & Master Herbalist Tuition Fee \$1600
2. Sayed Israr Sayedi BioNatural Pest Management Tuition Fee \$1600
3. Asadullah Maroof MS degree BioNatural Health Sciences Tuition Fee \$2500
4. Hatam Malyar Nutrition & Brain Function Consultant Tuition Fee \$1600
5. Sahar Bashari Nutrition & Brain Function Consultant Tuition Fee \$1600
6. Kawser Bashari Nutrition & Brain Function Consultant Tuition Fee \$1600
7. Habiburahman Ghafori MS Degree BioNatural Health Sciences Tuition Fee \$2500

Online Diploma/ MS Degree

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





2018

Cultivating knowledge, skills, and character of students.

BioNatural Healing College

BIONATURAL HEALING COLLEGE (BNHC ONLINE)

BASED IN POMONA, CALIFORNIA, PRESENTS

→ FOUR ONLINE ← DIPLOMAS



1

**BIONATURAL
PEST MANAGEMENT**



2

**NUTRITION AND
BRAIN FUNCTION
CONSULTANT**



2

**PLANT BASED
NUTRITION**



3

**HERBAL SCIENCE &
MASTER HERBALIST**



**AT YOUR
CONVIENNCE
SCHEDULING**



**WITH AFFORDABLE
TUITION FEE**



**UNDER HIGHLY
QUALIFIED**



Please contact at
info@bionaturalhealingcollege.org



Phone at
909-242-6342



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.



BioNatural Healing College

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Praise to the Creator of creation, Almighty God, for all the beautiful Natural and Healing

Ecology *of* Life

• We are all one. We depend on nature. •
When we heal the Earth, we heal ourselves.



Respect
Nature



Conserve
Resources



Reduce
Waste



Live in
Harmony



Sustain
Life

Thank You

for being part of our mission
to create a healthier,
happier, and more
sustainable world.



www.bionaturalhealingcollege.org



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HEAL THE EARTH • HEAL YOURSELF • HEAL THE FUTURE



This is the end of the magazine. Until next time, stay inspired, stay healthy, and keep learning.