2018
BioNatural Healing College

ISSUE #87

Hope, Education and Healing

BNHC E-MAGAZINE – JUNE 2026

ONLINE DIPLOMA/MS DEGREE

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- **Diploma Plant Based-Nutrition**
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Contents

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

Greetings,

Knowledge is one of the most blessed gifts of Almighty God, entrusted to humanity with the command to seek it and to share it. Through beneficial knowledge, we are responsible to promote the well-being of people and the environment by supporting healing in what we eat, drink, and breathe our food, water, and air. BioNatural Healing College (BNHC Online), a nonprofit institution based in Pomona, California, is pleased to present the June 2026 edition of the BNHC E-Magazine. We welcome this new season 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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2026

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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

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, viruses, 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 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.

The Neurobiology of Stress: Effects of Chronic Stress on Brain Structure, Memory, Emotion, and Cognitive Function

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

Abstract: Stress is a natural physiological and psychological response that enables individuals to adapt to challenging or threatening situations. However, when stress becomes chronic or prolonged, it can exert profound negative effects on brain structure, emotional regulation, memory processing, and overall cognitive performance. The neurobiology of stress primarily involves the activation of the hypothalamic–pituitary–adrenal (HPA) axis and the release of stress hormones such as cortisol and catecholamines. Persistent elevation of these hormones disrupts neural homeostasis and contributes to structural and functional alterations in key brain regions, including the hippocampus, amygdala, and prefrontal cortex. Chronic stress has been strongly associated with hippocampal atrophy, impaired neurogenesis, and deficits in learning and memory. Simultaneously, hyperactivity of the amygdala enhances fear responses, anxiety, and emotional dysregulation, while dysfunction of the prefrontal cortex impairs attention, decision-making, executive functioning, and impulse control. These neurobiological changes increase vulnerability to psychiatric and neurological disorders such as depression, anxiety disorders, post-traumatic stress disorder (PTSD), and cognitive decline. Recent advances in neuroscience have highlighted the role of neuroinflammation, oxidative stress, synaptic plasticity alterations, and epigenetic modifications in mediating the long-term effects of stress on the brain. Additionally, individual differences in resilience, lifestyle factors, nutrition, physical activity, and social support significantly influence stress responses and recovery processes. Understanding the neurobiological mechanisms underlying chronic stress is essential for developing effective therapeutic interventions and preventive strategies aimed at preserving brain health and cognitive function. This paper reviews the major neurobiological pathways involved in stress responses and examines the impact of chronic stress on brain morphology, memory, emotion, and cognition. It also discusses current research findings and potential interventions that may mitigate stress-induced neural damage and promote psychological resilience.

Introduction: Stress is a fundamental biological and psychological reaction to changes, threats, or challenges in the environment. In acute situations, this response is an adaptive survival mechanism that prepares an organism to handle immediate danger. However, when stressors become continuous and long-term a state known as chronic stress the constant activation of these physiological paths shifts from being protective to being highly damaging. Chronic stress does not merely cause temporary emotional discomfort; it alters the physical architecture of the brain, disrupts chemical signaling pathways, and impairs essential mental skills. This research paper explores the neurobiological mechanisms through which chronic stress impacts brain structure, memory processing, emotional control, and overall cognitive function. By analyzing the interaction between structural brain regions like the hippocampus, prefrontal cortex, and amygdala, this paper tracks how sustained hormonal surges alter neural networks. Furthermore, it examines the systemic downstream consequences of chronic stress, including neuroinflammation, changes in neuroplasticity, cellular remodeling, and its broader impact on human behavior, lifestyle, and global social systems. **The Physiological Pathways of the Stress Response:** To understand how chronic stress damages, the central nervous system, one must first look at the underlying neural and endocrine pathways that control the stress response. When the brain senses an environmental challenge or threat, it activates two primary systemic pathways to coordinate a rapid response. **The Sympathetic-Adrenal-Medullary Pathway:** The sympathetic-adrenal medullary pathway is the body's rapid alert system, responsible for the immediate fight or flight response. When a threat is perceived, the hypothalamus sends immediate neural signals down the spinal cord, activating the sympathetic nervous system.

The sympathetic system acts as the body's accelerator pedal, ordering the adrenal medulla to pump adrenaline and noradrenaline directly into the bloodstream. This surge causes immediate physical changes: heart rate increases, airways dilate, digestion slows down, and oxygen-rich blood is rushed to major muscle groups, preparing the organism to fight the danger or run away. **The Hypothalamic-Pituitary-Adrenal Axis:** While the quick pathway handles the immediate physical shock, the hypothalamic-pituitary-adrenal axis manages the slower, long-term hormonal response to keep the body energized. First, the hypothalamus releases corticotropin-releasing hormone into a specialized local blood network. This hormone travels a short distance to the anterior pituitary gland, signaling it to secrete adrenocorticotropic hormone into the general circulatory system. Finally, this hormone travels through the blood down to the kidneys, stimulating the outer layer of the adrenal glands to manufacture and release glucocorticoids, primarily cortisol. Cortisol acts on metabolic systems to increase glucose availability in the blood, providing a steady supply of energy to the brain and skeletal muscles. In a healthy system, cortisol operates on a strict negative feedback loop. Once cortisol levels rise, the hormone binds to specialized glucocorticoid receptors in the hypothalamus and hippocampus. This binding sends a shutdown signal, stopping the release of stress hormones, and returning the body to a calm, balanced state. **Structural and Functional Alterations in Key Brain Regions:** When stress becomes chronic and continuous, the endocrine pathways lock into an overactive state. The constant, high concentration of circulating cortisol over weeks, months, or years stops the negative feedback loop and causes significant physical changes in three main brain regions that regulate memory, logic, and emotion. **Hippocampal Atrophy and Loss of Plasticity:** The hippocampus is a horseshoe-shaped structure located deep within the temporal lobe, and it contains the highest density of glucocorticoid receptors in the brain.

It is highly sensitive to cortisol levels. Under chronic stress, the continuous over-activation of these receptors causes a toxic buildup of intracellular calcium, leading to a process known as cellular atrophy. Neurons in the hippocampus experience a severe loss of dendritic branches and a drop in synaptic connections. Furthermore, high cortisol levels suppress brain-derived neurotrophic factor, a master protein required for neuroplasticity and the birth of new neurons. Without this protein, the birth of new cells in the dentate gyrus stops, causing the physical volume of the hippocampus to shrink over time.

Prefrontal Cortex Thinning and Core Network Disruption

The prefrontal cortex, located at the very front of the frontal lobe, is the executive control center of the human brain. It manages logical thinking, long-term planning, working memory, and impulse control. Like the hippocampus, this region suffers structural damage under chronic stress. Sustained cortisol levels cause a retraction of dendrites and a loss of dendritic spines in the medial prefrontal cortex. This structural loss weakens the connection between this region and other brain structures, thinning the gray matter in this area. As a result, the brain loses its capacity for flexible thinking, top-down impulse control, and logical decision-making during high-pressure situations.

Amygdala Hypertrophy and Chronic Threat Priming

While chronic stress causes the hippocampus and prefrontal cortex to shrink, it has the opposite effect on the amygdala. The amygdala consists of two small, almond-shaped structures deep inside the temporal lobes that process emotional memories, especially fear and anxiety. Under chronic stress, constant stimulation triggers structural growth in the basolateral amygdala. Neurons in this region grow longer dendritic branches and build a higher density of synaptic connections. This hyper-growth locks the amygdala into a hyper-active state, causing it to misinterpret neutral environmental cues as dangerous threats. This structural change generates a state of constant nervousness and hyper-vigilance.

Effects on Memory Processing and Cognitive Function

The structural damage inflicted by chronic stress on the hippocampus and prefrontal cortex directly impairs daily cognitive performance and memory consolidation. Memory formation is a delicate process that requires precise electrical and chemical signaling at the synapse, both of which are disrupted by prolonged hormonal imbalances.

Disruption of Long-Term Potentiation

Long-term potentiation is the cellular foundation of learning and memory. It is a process where repeated, high-frequency stimulation strengthens the synaptic connection between two neurons, making future communication easier. Chronic stress prevents this process in the specific regions of the hippocampus. Elevated cortisol increases the open-time of voltage-gated calcium channels, causing an excessive influx of calcium into the postsynaptic neuron. This overload triggers cellular stress and elevates the clearance of glutamate from the synaptic cleft, preventing the persistent synaptic strengthening needed to turn short-term experiences into lasting memories.

Declarative vs. Procedural Memory Deficits

Because chronic stress causes physical atrophy in the hippocampus, it selectively damages declarative memory, which is the capacity to consciously recall facts, events, names, and specific dates. A person under chronic stress struggles to retain new academic or professional information because the brain cannot stabilize these memory traces. In contrast, procedural memory, which is the unconscious memory of physical skills and habits like riding a bicycle or typing on a keyboard, is managed primarily by the basal ganglia and cerebellum. These structures are less sensitive to glucocorticoid damage, meaning a stressed individual can still perform automatic habits even as their capacity for conscious factual recall declines.

Impairment of Working Memory and Executive Function: Working memory is the mental scratchpad managed by the prefrontal cortex, allowing humans to hold and manipulate small pieces of information over short periods. When chronic stress causes dendritic loss in this region, working memory capacity drops significantly. Stressed individuals display cognitive rigidity, meaning they struggle to switch between tasks or adapt when rules change. They become highly vulnerable to distractions, lose their capacity for abstract reasoning, and struggle to make complex decisions, often reverting to rigid, impulsive habits rather than logical choices. **Emotional Dysregulation and Neuroinflammation:** The physical remodeling of the brain under chronic stress creates a major imbalance in emotional processing. By mapping how these structural changes interact, we can trace how chronic stress drives individuals toward clinical mood disorders, a shift heavily accelerated by localized immune reactions within the brain. **The Loss of Top-Down Emotional Inhibition:** In a healthy brain, the prefrontal cortex and the amygdala maintain a balanced relationship. When the amygdala detects an emotional trigger, the prefrontal cortex analyzes the situation logically and sends inhibitory signals to quiet the amygdala down, keeping emotions balanced. However, chronic stress damages this pathway from both sides: it weakens the capacity of the prefrontal cortex to send control signals while making the amygdala hyper-reactive. Without this top-down inhibition, the amygdala fires continuously, locking the individual into a state of chronic anxiety, panic, and emotional instability. **Microglial Activation and Neuroinflammation:** Historically, the brain was thought to be completely isolated from peripheral immune activity. However, neuroscience shows that prolonged physical or psychological stress breaks down the protective blood-brain barrier. Chronic stress activation causes the resident immune cells of the brain, known as microglia, to shift from their resting state into an active, aggressive shape. Activated microglia release a steady stream of pro-inflammatory cytokines, such as interleukin-1 beta and tumor necrosis factor-alpha, directly into the brain's extracellular space. This localized neuroinflammation damages surrounding synapses and suppresses neuroplasticity, driving the emotional and physical fatigue seen in major depressive states.

Impact on Monoamine Neurotransmitters: Neuroinflammation alters the chemical lifecycle of key monoamine neurotransmitters that stabilize mood and drive motivation. For example, inflammatory cytokines activate the enzyme indoleamine 2,3-dioxygenase inside the brain. This enzyme diverts the amino acid tryptophan away from serotonin production, converting it instead into neurotoxic quinolinic acid. This causes a steep drop in serotonin levels, leading to sadness, irritability, and sleep loss. Furthermore, chronic stress and neuroinflammation lower dopamine synthesis in the reward pathways of the nucleus accumbens. This drops activity along the brain's pleasure circuits, manifesting as anhedonia, which is the complete loss of the capacity to experience pleasure from previously enjoyed activities. **Cellular Mechanisms: Excitotoxicity and Neurogenesis Suppression:** Beyond gross anatomical changes, chronic stress alters the foundational cellular microenvironment of the brain. The constant washing of the central nervous system with elevated hormones triggers a toxic chain reaction that causes direct cellular damage and stops natural brain repair mechanisms. **Glutamate Excitotoxicity:** Glutamate is the primary excitatory neurotransmitter in the central nervous system, required for driving fast information processing and learning. Under normal conditions, glutamate release and reuptake are balanced. However, chronic stress downregulates glial glutamate transporters, which are responsible for clearing, excess neurotransmitter from the synaptic cleft. As a result, glutamate accumulates in the synapse, causing prolonged over activation of postsynaptic receptors. This over activation leads to a massive, uncontrollable influx of extracellular calcium ions into the postsynaptic neuron. This calcium overload activates destructive intracellular enzymes, damages mitochondria, generates high oxidative stress, and ultimately destroys the structural integrity of the neuron, causing localized cell death. **Downregulation of Neural Progenitor Cells:** The adult mammalian brain retains the capacity to generate new neurons throughout life, primarily within the sub granular zone of the hippocampal dentate gyrus.

Chronic stress acts as a direct brake on this neurogenic process. High circulating cortisol levels suppress the proliferation of neural progenitor cells. When cortisol binds to receptors on these stem cells, it forces them to stall their cell division cycle. Combined with the stress-induced drop in neurotrophic factors like brain-derived neurotrophic factor, the brain loses its capacity to replace damaged or dying neurons. This continuous suppression of cellular renewal prevents the brain from recovering from psychological trauma or adapting to complex new environments. **Lifestyle, Behavioural Coping, and Social Context:** The neurobiological damage caused by chronic stress does not happen in isolation; it is deeply intertwined with daily habits, lifestyle choices, and broader socioeconomic systems. The way an individual lives can either accelerate brain atrophy or act as a protective shield against hormonal damage. **Chronic Sleep Deprivation:** Sleep and stress share a dangerous, circular relationship. Chronic stress activation keeps cortisol levels elevated late into the evening, preventing the brain from transitioning into deep, restorative slow-wave sleep. This leads to chronic sleep deprivation, which stops the brain's lymphatic system from clearing out metabolic waste products accumulated during waking hours. This accumulation increases oxidative stress and speeds up the dendritic retraction in both the hippocampus and prefrontal cortex, worsening existing cognitive and memory deficits. **Diet and Physical Activity:** Diet acts as a powerful modifier of stress-induced brain damage. Diets high in refined sugars and trans-fats cause systemic metabolic stress, which crosses the blood-brain barrier and intensifies microglial neuroinflammation. Conversely, an anti-inflammatory diet rich in omega-3 fatty acids, vitamins, and polyphenols downregulates microglial activation and protects hippocampal neurogenesis. When combined with regular physical exercise, the protective benefits increase significantly.

Physical movement triggers a surge in blood flow to the cerebral cortex and upregulates the expression of the neurotrophic gene in the hippocampus, helping repair damaged neural networks and restore emotional balance. **Socioeconomic and Environmental Stressors:** On a broader scale, an individual's neurobiological health is heavily shaped by their environment. Communities facing persistent financial instability, job insecurity, social isolation, or systemic conflict are exposed to continuous, unavoidable stressors. These environmental conditions force the endocrine pathways to remain constantly active. Over time, this chronic stress alters brain development across whole populations, shifting individuals toward higher rates of generalized anxiety, memory impairments, and mood disorders, proving that sustainable social systems are an essential requirement for safeguarding human neurological health.

Conclusion: The comprehensive neurobiological evidence gathered across academic literature demonstrates that chronic stress is a highly destructive condition that permanently remodels the physical structure and functional capacity of the human brain. While acute stress operates as a vital, adaptive pathway driven by the quick nervous pathways to preserve life during immediate peril, the transition into a chronic, continuous state triggers a systemic biological breakdown. The constant flooding of the central nervous system with elevated hormones like cortisol deactivates the brain's natural negative feedback mechanisms, leaving critical emotional and cognitive structures exposed to prolonged metabolic stress. Anatomically, this constant hormonal stress causes severe cellular remodeling across key brain networks. The hippocampus and prefrontal cortex experience severe dendritic retraction, loss of synaptic spines, and marked gray matter thinning. This structural decline is worsened by the direct suppression of growth factors, which halts adult hippocampal neurogenesis and stalls cellular repair. At the same time, the basolateral amygdala experiences hyper-growth and synaptic expansion, locking the brain's alarm center into a state of continuous over activation.

This combination directly explains the cognitive and emotional struggles seen in highly stressed individuals: declarative and working memories decline due to hippocampal and prefrontal damage, while top-down emotional inhibition fails, causing persistent anxiety and hyper-vigilance. At the microscopic and chemical levels, chronic stress triggers glutamate excitotoxicity via calcium ion overload and breaks down the blood-brain barrier, activating resident microglia. The resulting neuroinflammatory environment activates alternative chemical pathways, stealing the brain's tryptophan supply to create neurotoxic chemicals instead of mood-stabilizing serotonin. This chemical depletion, coupled with suppressed dopamine signaling in reward centers, drives the development of clinical depression and anhedonia. Ultimately, these neurobiological changes are heavily modified by external lifestyle choices and broader social frameworks. Factors such as chronic sleep loss and high-sugar diets worsen neuroinflammation and cognitive decline, whereas anti-inflammatory nutrition and regular physical exercise actively boost gene expression to support synaptic repair. Furthermore, the clear link between socioeconomic instability and chronic endocrine activation highlights that mental health is deeply tied to environmental conditions. Protecting human cognitive function requires a holistic approach that combines individual lifestyle changes such as stress management, restorative sleep, and physical activity with broader social changes to build supportive, low-stress environments. Moving forward, clinical medicine and social policy must treat chronic stress not as a minor psychological complaint, but as a critical physiological threat that damages the physical architecture of the human mind.**Future Aspects:** Future research on the neurobiology of stress is expected to focus on identifying precise molecular and cellular mechanisms through which chronic stress alters brain structure and function.

Advances in neuroimaging, genomics, proteomics, and artificial intelligence are likely to improve the early detection of stress-related neurological changes and enable personalized therapeutic approaches. Researchers are increasingly exploring biomarkers such as cortisol patterns, inflammatory cytokines, neurotrophic factors, and epigenetic signatures to predict susceptibility to stress-related disorders and treatment outcomes. Another important future direction involves the development of targeted interventions aimed at enhancing neuroplasticity and resilience. Novel pharmacological therapies that regulate the hypothalamic–pituitary–adrenal (HPA) axis, reduce neuroinflammation, or promote hippocampal neurogenesis may provide more effective treatment options for chronic stress and associated psychiatric conditions. In addition, growing interest in non-pharmacological strategies such as mindfulness meditation, cognitive behavioural therapy, nutritional neuroscience, exercise, yoga, and brain stimulation techniques may contribute to holistic stress-management approaches. Emerging studies on the gut-brain axis and the role of the micro biome in stress regulation may open new possibilities for dietary and probiotic interventions to support mental health and cognitive function. Furthermore, research into genetic and epigenetic factors may help explain why some individuals demonstrate greater resilience to stress than others, leading to personalized prevention and treatment strategies. Future investigations are also expected to examine the long-term impact of digital stress, social isolation, occupational burnout, and environmental stressors on brain health in modern societies. Understanding these factors will be essential for designing public health policies and mental health programs that reduce the burden of stress-related disorders. Overall, continued interdisciplinary research in neuroscience, psychology, nutrition, and medicine will play a crucial role in developing innovative strategies to protect the brain from the detrimental effects of chronic stress and improve overall psychological well-being.

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Dear Esteemed Donors Gift of Education Scholarship

Perspective of Scholarship Recipients

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

To the BioNatural Healing College (BNHC) Team, The connection between nutrition and mental health is deep, multidimensional, and goes beyond superficial perceptions. The human brain, like other organs in the body, requires a regular and balanced intake of nutrients to function optimally. Any deficiency or imbalance in these nutrients can directly affect mood, concentration levels, emotional stability, and even the occurrence or exacerbation of disorders such as anxiety and depression. From my perspective as a psychologist, paying attention to the role of nutrition in mental health is not only a complementary approach, but also a necessity in the assessment and treatment process of clients. Many symptoms that appear to be purely psychological can have their roots in biological and nutritional factors. Therefore, a deeper understanding of the interaction between nutrition and brain function can lead to the provision of more accurate, comprehensive, and effective interventions. Accordingly, I consider participating in this educational scholarship as a valuable opportunity to advance my specialized knowledge in the field of the impact of nutrition on brain function and mental health. I am confident that this training will help me improve the quality of life of my clients with a more integrated and scientific perspective and apply an evidence-based and multidisciplinary approach to treatment. Finally, I would like to express my sincere gratitude to Dr. Sidiqi and BNHC team for his generosity and provision of this valuable scholarship. I consider this opportunity very valuable and am grateful for his support and trust. **Scholarship Recipient Somaya Omar NBF Student at BNHC**

"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

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

To the BioNatural Healing College (BNHC) Team, Receiving this scholarship means a lot to me and I truly appreciate this opportunity. It will help me continue my studies with more focus and motivation. I am thankful to **BioNatural Healing College** for supporting students who want to learn and build a better future. This program will help me improve my knowledge

and skills, and I hope to use what I learn to help others in the future. I am grateful for this support and encouragement.

Scholarship recipient

Rodaba Malyar

Student Nutrition & Brain Function Consultant Diploma at BNHC

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Perspective of Scholarship Recipients

Dr. Essa Sidiqi, sponsor 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, Receiving this scholarship through the BNHC Gift of Education initiative has been a valuable opportunity for me. As a woman, access to education is not always easy, and financial challenges can make it even more difficult to continue learning. This scholarship has reduced financial barriers and allowed me to focus on expanding my knowledge in nutrition and brain function. I would like to express my sincere gratitude to Dr. Essa Sidiqi Sahib and BNHC for investing in students who are committed to learning and personal growth. This support has encouraged me to continue my studies, work toward my goals, and apply what I learn to improve health and well-being in my community. Thank you for making education more accessible and for supporting students in achieving their aspirations despite challenges. **Scholarship recipient**

Asilla Nikzai
Student, Nutrition & Brain Function Consultant, Diploma at BNHC

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Scholarship Waiting, List Students

1. Ghufran Ali Plant-Based Nutrition Diploma Tuition Fee $1600
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3. Sayed Israr Sayedi BioNatural Pest Management Tuition Fee $1600
4. Asadullah Maroof MS degree BioNatural Health Sciences Tuition Fee $2500
5. Hatam Malyar Nutrition & Brain Function Consultant Tuition Fee $1600
6. Sahar Bashari Nutrition & Brain Function Consultant Tuition Fee $1600
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BNHC Community Outreach and Education May 23, 2026 Khalil Center 4th Annual Celebration Wellness Fair at Institute of Knowledge (IOK) Daimond Bar, California

Yahya Sidiqi BNHC As a volunteer for this event Student Coordinator

On May 23 2026, BioNatural Healing College (BNHC Online) nonprofit based in Pomona, California, had the honor to visit and set up a display table with an online diploma in Nutrition and Brain Function consultant, Plant-Based Nutrition, Herbal Science & Master Herbalist, BioNatural Pest Management, and MS degree in Online.

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.

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