



2018

**BioNatural Healing
College**

Cultivating knowledge, skills, and character of students.

Hope, Education and Healing



BNHC E-MAGAZINE -

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Online Diploma/MS Degree



Contact:

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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 Ms. Salma Hanifi and Ms. Marmar Quraishi and, Dr. Shivani and Dr. Pratibha Sharma for their very informative research article and contribution to this May 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, 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

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About US: Mission, Vision

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



Greetings,

Human beings, endowed with a noble and uniquely gifted brain, are called to reflect on the wisdom and perfect design of our Creator, Almighty God. He has fashioned the harmonious rhythms of the plant kingdom, living organisms, and our planet through the cycle of the four seasons. Through His gift of water that sustains all life, He beautifies our environment and blesses humanity with nourishment, energy, and avenues of healing. BioNatural Healing College (BNHC Online), a nonprofit institution based in Pomona, California, is pleased to present the May 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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Dr. Nadir Sidiqi Ph.D.



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**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.

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.

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.

Role of Antioxidants in Chronic Disease Prevention

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

Abstract: Chronic diseases represent a major global health burden and are closely associated with oxidative stress, a condition resulting from an imbalance between free radicals and the body's antioxidant defenses. Antioxidants, naturally present in various foods, play a critical role in neutralizing free radicals and protecting cells from damage. This paper examines the role of dietary antioxidants in the prevention of chronic diseases, focusing on their mechanisms of action and potential health benefits. Particular attention is given to their impact on conditions such as cardiovascular diseases, Type 2 Diabetes, and neurodegenerative disorders, including Alzheimer's disease. Evidence from scientific studies suggests that antioxidants, including vitamins C and E, polyphenols, and carotenoids, help reduce inflammation, improve cellular function, and slow disease progression. However, findings remain inconsistent, especially regarding the effectiveness of antioxidant supplements compared to whole-food sources. This paper highlights the importance of a balanced diet rich in natural antioxidants as a practical approach to reducing the risk of chronic diseases. Further research is required to understand optimal intake levels and long-term effects better.

Introduction: Chronic diseases such as cardiovascular diseases, cancer, diabetes, and neurodegenerative disorders are among the leading causes of death worldwide. These conditions often develop over long periods and are influenced by factors such as lifestyle, diet, environmental exposure, and oxidative stress within the body.

Oxidative stress occurs when there is an imbalance between free radicals (unstable molecules that can damage cells) and the body's ability to neutralize them using antioxidants. Antioxidants are compounds that help protect the body by neutralizing free radicals, thereby reducing cellular damage and inflammation. They are naturally found in various foods such as fruits, vegetables, nuts, and whole grains, as well as in dietary supplements. Recent scientific studies suggest that antioxidants may play a significant role in reducing the risk of chronic diseases by protecting cells from oxidative damage and supporting the immune system. However, the effectiveness of antioxidants in disease prevention is still widely studied and debated, particularly regarding the use of supplements versus natural dietary sources. This paper explores the role of antioxidants in the prevention of chronic diseases, focusing on their biological functions, dietary sources, and their potential benefits and limitations based on current research. **What are antioxidants?** Some vitamins and minerals — including vitamins C and E and the minerals copper, zinc, and selenium — serve as antioxidants, in addition to other vital roles. "Antioxidant" is a general term for any compound that can counteract unstable molecules called free radicals that damage DNA, cell membranes, and other parts of cells. Because free radicals lack a full complement of electrons, they steal electrons from other molecules and damage those molecules in the process. Antioxidants neutralize free radicals by giving up some of their own electrons. In making this sacrifice, they act as a natural "off" switch for the free radicals. This helps break a chain reaction that can affect other molecules in the cell and other cells in the body. But it is important to recognize that the term "antioxidant" reflects a chemical property rather than a specific nutritional property.

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While free radicals are damaging by their very nature, they are an inescapable part of life. The body generates free radicals in response to environmental insults, such as tobacco smoke, ultraviolet rays, and air pollution, but they are also a natural byproduct of normal processes in cells. When the immune system musters to fight intruders, for example, the oxygen it uses spins off an army of free radicals that destroy viruses, bacteria, and damaged body cells in an oxidative burst. Some normal production of free radicals also occurs during exercise. This appears to be necessary to induce some of the beneficial effects of regular physical activity, such as sensitizing your muscle cells to insulin. Because free radicals are so pervasive, you need an adequate supply of antioxidants to disarm them. Your body's cells naturally produce some powerful antioxidants, such as alpha lipoic acid and glutathione. The foods you eat supply other antioxidants, such as vitamins C and E. Plants are full of compounds known as phytochemicals—literally, "plant chemicals"—many of which seem to have antioxidant properties as well. For example, after vitamin C has "quenched" a free radical by donating electrons to it, a phytochemical called hesperetin (found in oranges and other citrus fruits) restores the vitamin C to its active antioxidant form. Carotenoids (such as lycopene in tomatoes and lutein in kale) and flavonoids (such as flavanols in cocoa, anthocyanins in blueberries, quercetin in apples and onions, and catechins in green tea) are also antioxidants. News articles, advertisements, and food labels often tout antioxidant benefits such as slowing aging, fending off heart disease, improving flagging vision, and curbing cancer. And laboratory studies and many large-scale observational studies (those that query people about their eating habits and supplement use and then track their disease patterns) have noted antioxidant benefits from diets rich in them, particularly those coming from a broad range of colorful vegetables and fruits. But results from randomized controlled trials of antioxidant supplements (in which people are assigned to take specific nutrient supplements or a placebo) have not supported many of these claims. Indeed, too much of these antioxidant supplements won't help you and may even harm you. It is better to supply your antioxidants from a well-rounded diet.

What is oxidative stress, and what are the causes?

Oxidative stress is an imbalance between two different types of molecules in your body. Free radicals and antioxidants. Specifically, it means there are too many free radicals and not enough antioxidants. As a result, the excess free radicals start to harm your body's cells and tissues. They damage the different parts of cells, including lipids) and proteins that allow them to work normally.

Anything that raises the number of free radicals in your body to unhealthy levels can cause oxidative stress. Healthcare providers sometimes call such culprits environmental factors or environmental triggers. Known examples include:

- Environmental toxins around you.
- Smoking_and_tobacco use.
- Sun exposure.
- Drinking too much alcohol.
- Stress.

You might not always know your body is experiencing oxidative stress. It involves tiny, microscopic changes that go on behind the scenes. You may not have any symptoms for a while, and when you do, they can vary widely depending on which parts of your body are affected.

For example, extensive sun exposure can cause sun-damaged skin. This is when ultraviolet (UV) radiation from the sun changes the DNA in your skin's cells. Signs you might notice include:

- Fine lines and wrinkles.
- Sun spots.
- Spider viens.

In other cases, oxidative stress doesn't cause visible changes. But you may start to feel its effects once it causes substantial damage.

For example, the buildup of plaque (sticky substances that include cholesterol) in your arteries can lead to symptoms of cardiovascular disease. These might include chest pain, shortness of breath, fatigue, and Heart attacks. A healthcare provider can tell you more about what you might expect in your individual situation.

Role of antioxidants in cardiovascular diseases: Cardiovascular diseases (CVDs), such as heart attacks and stroke, are among the leading causes of death worldwide. One of the key contributing factors to these conditions is oxidative stress, which can damage blood vessels and promote the buildup of fatty deposits in arteries. Antioxidants help reduce this risk by neutralizing free radicals and preventing oxidative damage to lipids, proteins, and blood vessel walls. This may slow down the development of atherosclerosis, a condition where arteries become narrowed due to plaque buildup. Nutrients such as vitamin C, vitamin E, and polyphenols found in fruits, vegetables, nuts, and tea are believed to support heart health by improving blood vessel function and reducing inflammation. However, while antioxidant-rich diets are associated with better cardiovascular health, research on antioxidant supplements has shown mixed results, suggesting that natural food sources may be more beneficial than supplements.

Mechanism of Action of Antioxidants

- Antioxidants protect cells through:
- Scavenging free radicals
- Breaking chain reactions
- Repairing damaged molecules
- Enhancing immune defense

Role of antioxidants in cancer prevention

Cancer is a complex group of diseases characterized by the uncontrolled growth and spread of abnormal cells. One of the contributing factors to cancer development is oxidative stress, which can cause damage to DNA, proteins, and cell membranes.

This damage may lead to mutations that increase the risk of cancer formation over time. Antioxidants help protect the body by neutralizing free radicals before they can damage cellular components. This protective action may reduce DNA damage and slow down processes that contribute to cancer development. Naturally occurring antioxidants such as vitamins C and E, selenium, and various phytochemicals found in fruits, vegetables, and whole grains are believed to support the body's defense system. However, scientific research shows mixed results regarding the effectiveness of antioxidant supplements in cancer prevention. While diets rich in antioxidant-containing foods are associated with lower cancer risk, high-dose supplements have not consistently shown the same protective effects and may even be harmful in some cases. Overall, current evidence suggests that antioxidants from a balanced diet may contribute to cancer prevention, but they should not be considered a guaranteed method of avoiding the disease. **Do antioxidants help in diabetes and metabolic disorders?** Diabetes and metabolic disorders are chronic conditions characterized by problems in blood sugar regulation and energy metabolism. Type 2 diabetes, in particular, is often associated with insulin resistance, inflammation, and increased oxidative stress in the body. Elevated blood glucose levels can lead to the production of free radicals, which may further damage cells and worsen disease complications. Antioxidants may play a supportive role in managing diabetes by reducing oxidative stress and inflammation. Nutrients such as vitamins C and E, flavonoids, and other plant-based compounds can help protect cells from damage caused by high blood sugar levels. Some studies suggest that diets rich in antioxidant-containing foods may improve insulin sensitivity and reduce the risk of diabetes-related complications such as nerve damage and cardiovascular problems. However, scientific evidence on antioxidant supplements is mixed.

While natural food sources of antioxidants are linked to better metabolic health, supplements alone have not consistently shown strong benefits in controlling diabetes. Therefore, a balanced diet rich in fruits, vegetables, and whole grains is considered more effective than relying on antioxidant pills. Overall, antioxidants may support metabolic health, but they should be viewed as part of a healthy lifestyle rather than a standalone treatment for diabetes. **Are antioxidant supplements as effective as natural sources?** Antioxidants can be obtained from both dietary supplements and natural food sources such as fruits, vegetables, nuts, and whole grains. However, current scientific evidence suggests that antioxidant supplements are generally not as effective as antioxidants obtained from natural foods for improving long-term health outcomes. Natural food sources of antioxidants provide a wide range of compounds, including vitamins, minerals, fiber, and phytochemicals, which work together to support overall health. These compounds are better absorbed and utilized by the body as part of a balanced diet. Diets rich in plant-based foods, such as the Mediterranean diet, have consistently been associated with a lower risk of chronic diseases. In contrast, antioxidant supplements (such as high doses of vitamin C, vitamin E, beta-carotene, and selenium) have shown mixed or limited benefits in clinical studies. Large research reviews and clinical trials have found that these supplements do not consistently reduce the risk of heart disease, cancer, or overall mortality, and in some cases, high doses may even cause harmful effects. This has led researchers to question the effectiveness of antioxidant pills compared to whole foods. Overall, scientific consensus suggests that obtaining antioxidants from a balanced, nutrient-rich diet is more beneficial and safer than relying on supplements alone. **Dietary Sources of Antioxidants: Fruits**

- Berries (blueberries, strawberries)
- Citrus fruits

Vegetables

- Spinach, kale
- Carrots, tomatoes

Nuts and Seeds

- Almonds
- Sunflower seeds

Beverages

- Green tea
- Coffee

Recommended Intake and Supplementation

- A balanced diet rich in fruits and vegetables is preferred.
- Excessive supplementation may have adverse effects.
- Natural sources are more beneficial than synthetic supplements.

Limitations and Controversies

- Mixed results in clinical trials
- Overconsumption of supplements may cause toxicity
- Bioavailability varies among individuals

Future Perspectives

- Personalized nutrition
- Development of functional foods
- Further clinical research on antioxidant efficacy

Conclusion: Antioxidants play a vital role in preventing chronic diseases by combating oxidative stress. A diet rich in natural antioxidants can significantly reduce disease risk and improve overall health. However, reliance on supplements should be approached cautiously, and emphasis should be placed on whole-food-based nutrition.

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National Institutes of Health (NIH) – Office of Dietary Supplements

<https://ods.od.nih.gov/factsheets/Antioxidants-HealthProfessional/>



The Neural Basis of Learning and Memory: Insights from Hippocampal Function and Plasticity

By Marmar Quriashi Student Nutrition & Brain Function Consultant, Diploma at BioNatural Healing College (BNHC)
Guiding Mentor: Dr. Pratibha Sharma, at BNHC

Abstract: Learning and memory are essential cognitive processes that allow individuals to acquire knowledge, adapt to changing environments, and retain information over time. These processes are deeply rooted in the structure and function of the brain, particularly within the hippocampus, a key region involved in memory formation and consolidation. Over the past decades, advances in neuroscience have provided significant insights into the biological and molecular mechanisms underlying learning and memory. This paper explores the neural basis of learning and memory with a specific focus on hippocampal function and synaptic plasticity. It examines key mechanisms such as long-term potentiation (LTP), long-term depression (LTD), and adult neurogenesis. Additionally, the paper discusses how the hippocampus interacts with other brain regions, including the prefrontal cortex and amygdala, to support complex cognitive functions. Furthermore, environmental and physiological factors that influence memory performance are analyzed. Finally, the clinical implications of hippocampal dysfunction are discussed, particularly in relation to neurological and psychological disorders. Understanding these processes is essential for advancing both neuroscience research and clinical practice. **Introduction:** Learning and memory are fundamental aspects of human cognition. Without these processes, individuals would be unable to acquire new skills, retain experiences, or adapt to their surroundings. From a biological perspective, learning involves changes in the brain that occur as a result of experience, while memory refers to the ability to store and retrieve those changes over time.

Historically, the study of memory has been a central focus in neuroscience. Early research identified the hippocampus as a critical structure for memory formation, particularly after studies of patients with brain injuries demonstrated severe memory deficits following hippocampal damage. Today, it is widely accepted that the hippocampus plays a central role in encoding new information and transferring it into long-term storage. This paper aims to provide a comprehensive and detailed examination of the neural mechanisms underlying learning and memory. By focusing on hippocampal function, synaptic plasticity, and neural networks, the paper highlights how complex cognitive processes emerge from biological systems.

Structure and Function of the Hippocampus (Expanded)

The hippocampus is located in the medial temporal lobe and is one of the most important structures involved in memory. It consists of several subregions, including the dentate gyrus, CA1, CA2, and CA3 areas, each of which contributes uniquely to memory processing. One of the primary functions of the hippocampus is the encoding of new memories. When individuals experience new events, sensory information is processed and transmitted to the hippocampus, where it is organized and integrated into meaningful representations. The hippocampus also plays a crucial role in spatial memory, enabling individuals to navigate and understand their environment. In addition to encoding, the hippocampus is involved in memory consolidation. This process involves stabilizing newly formed memories and transferring them to the cerebral cortex for long-term storage. Damage to the hippocampus can result in anterograde amnesia, a condition in which individuals are unable to form new memories, highlighting its essential role in cognition.

Types of Memory Systems:

Memory can be divided into several distinct systems, each with specific characteristics and neural substrates.

Short-term memory (STM) is responsible for temporarily holding information. It is limited in capacity and duration, typically lasting only a few seconds unless actively maintained. Working memory, a related concept, involves the manipulation of information for cognitive tasks such as reasoning and problem-solving. Long-term memory (LTM), in contrast, allows for the storage of information over extended periods. It can be further divided into declarative (explicit) and non-declarative (implicit) memory. Declarative memory includes episodic memory (personal experiences) and semantic memory (facts and knowledge), both of which rely heavily on the hippocampus. Non-declarative memory includes procedural skills, habits, and conditioned responses. These forms of memory are supported by other brain structures such as the basal ganglia and cerebellum. **Synaptic Plasticity: The Basis of Learning:** Synaptic plasticity refers to the ability of synapses to change their strength in response to activity. This process is considered the fundamental mechanism underlying learning and memory. Neurons communicate through electrical and chemical signals. When neurons are repeatedly activated together, their connections become stronger, a concept often summarized by the phrase “cells that fire together wire together.” This strengthening of connections enhances the efficiency of neural communication. Plasticity is not only about strengthening connections but also weakening them. This balance allows the brain to remain flexible, adapt to new information, and remove irrelevant or outdated memories. **Long-Term Potentiation (LTP):** Long-term potentiation is one of the most well-studied mechanisms of synaptic plasticity. It involves a long-lasting increase in synaptic strength following repeated stimulation. At the molecular level, LTP is associated with the activation of NMDA receptors, which allow calcium ions to enter the neuron. This influx triggers a cascade of intracellular events that strengthen the synapse, including the insertion of additional AMPA receptors. LTP is particularly prominent in the hippocampus and is widely considered a cellular model for learning. It enables the brain to encode experiences and retain information over time.

Long-Term Depression (LTD): Long-term depression is the opposite process of LTP and involves a decrease in synaptic strength. LTD is essential for removing unnecessary connections and maintaining balance within the neural network. By weakening certain synapses, LTD allows the brain to refine its connections, ensuring that only relevant information is retained. This process is crucial for learning efficiency and memory accuracy.

Neurogenesis and Brain: Adaptability: Neurogenesis refers to the formation of new neurons in the brain. In adults, this process primarily occurs in the hippocampus. New neurons contribute to learning by enhancing the brain's ability to adapt to new experiences. Research has shown that activities such as exercise, learning, and social interaction can increase neurogenesis, while stress and poor lifestyle choices can reduce it.

Interaction with Other Brain Regions: The hippocampus functions as part of a larger network of brain regions. The prefrontal cortex is involved in decision-making and working memory, while the amygdala processes emotions. The interaction between these regions allows emotional experiences to be encoded as memories. The cerebral cortex stores long-term memories and integrates sensory information. Together, these regions create a complex system that supports learning and memory.

Memory Consolidation and Sleep: Memory consolidation is a critical process that stabilizes memories after initial learning. Sleep plays a vital role in this process. During sleep, the brain reactivates neural patterns associated with recent experiences. This replay strengthens synaptic connections and facilitates the transfer of memories from the hippocampus to the cortex. Sleep deprivation can disrupt this process, leading to impaired learning and memory performance.

Factors Influencing Learning and Memory

Several factors affect memory performance:

- Sleep quality significantly impacts consolidation
- Nutrition supports brain health and function
- Stress negatively affects hippocampal activity
- • Attention enhances encoding of information
- • Practice strengthens neural connections

Understanding these factors can help improve learning outcomes.

Clinical Implications of Hippocampal Dysfunction Hippocampal dysfunction is associated with various disorders:

- • Alzheimer's disease leads to progressive memory loss
- • Depression is linked to reduced hippocampal volume
- • PTSD affects emotional memory processing

Studying these conditions helps in developing treatments and interventions. **Future Directions in Research (Expanded)**

Future research in neuroscience aims to enhance learning and memory through innovative approaches such as brain stimulation, pharmacological interventions, and artificial intelligence.

Conclusion: The hippocampus is central to learning and memory. Through synaptic plasticity and neurogenesis, it enables the brain to adapt and retain information. Continued research in this field will contribute to improved cognitive health and educational strategies.

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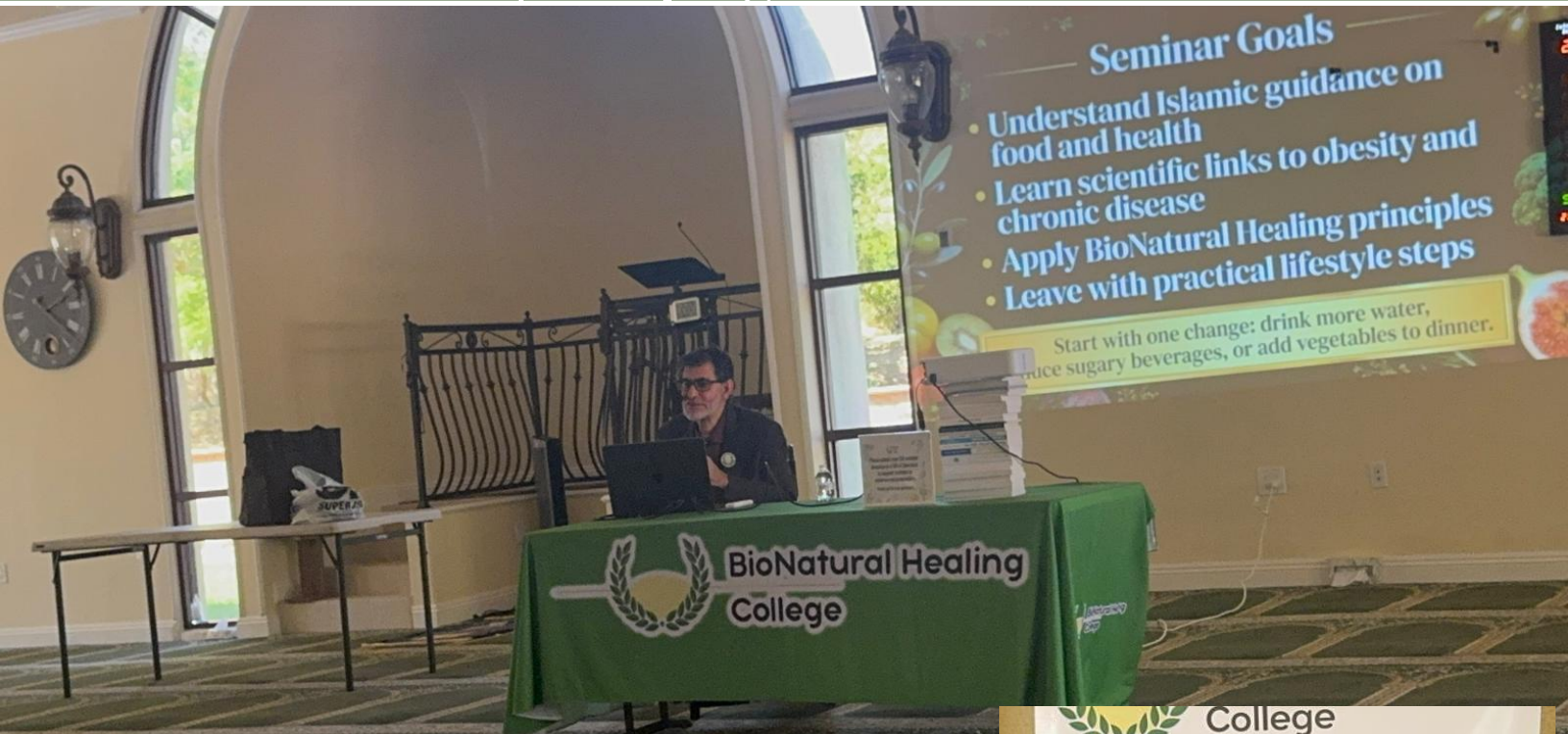


Seminar April 18, 2026

Time: 2:00-4:00 PM

Dr. Nadir Sidiqi Ph.D.,

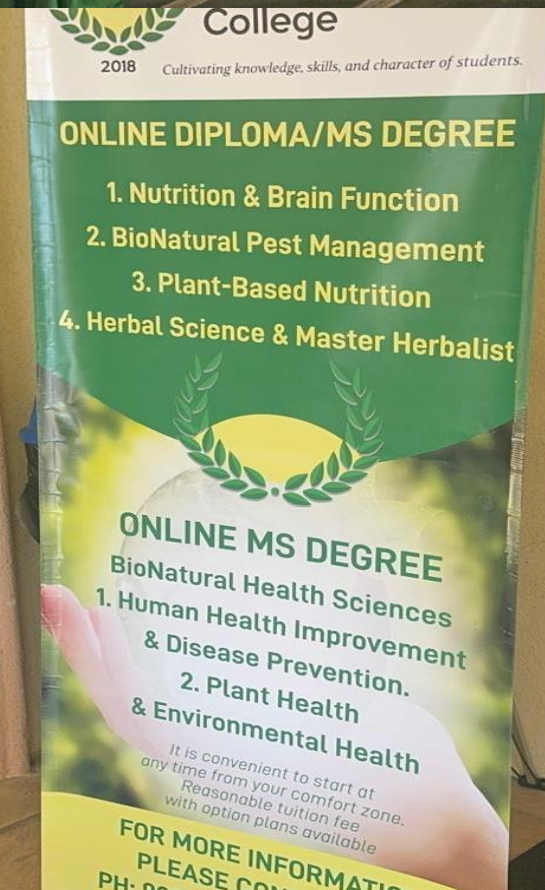
**Healthy Diet, Healthy Lifestyle, Healthy Spirit: To
Prevent Obesity and Chronic Disease at Rancho Masjid
(Masque), California**



Ladies Participation



Above Photo From Right to Left, Mr. Naveed Siddiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus, Mr. Yamal, Mrs. Najia Yamal, and Dr. Sidiqi at the table.



“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.”

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

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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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Antioxidants, Nutrition, and Brain Health



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