

BRMI is a non-profit program of the Marion Institute, founded to promote the science and art of biological regulatory medicine, and to increase public knowledge of bioregulatory medicine as a wholistic and evidence-based medical system.

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Issue 16

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Dear ,

Welcome to our 16th BRMI e-Journal.

First, a few words about the most recent additions to our info-field at [brmi.online](http://brmi.online). Since our last e-Journal, we've uploaded a biography on one of the main founders of modern bacteriology, the Nobel Laureate [Robert Koch](#).

Dr. Koch was one of the most influential and dedicated medical researchers of the 19th century. He received the Nobel Prize in Medicine in 1905 for his discovery of the Tuberculous Bacterium and spent his life traveling the world identifying pathogenic microbes. He was a strong supporter of hygiene and water sanitation as methods of controlling epidemics. Koch's biography has been added to our growing library of some of the true [pioneers](#) of bioregulatory medicine. To complement Dr. Koch's work, we have also added numerous articles to our [Pleomorphic Bacteria](#) category.

For those sound therapy enthusiasts, we have added information and videos on [Himalayan Singing Bowls](#). This ancient tradition has reemerged as a body-mind harmonic sound therapy effective for both meditation and healing.

Our feature article this edition is "[Sunlight and Its Bioregulatory Effects on Human Physiology](#)". This informative piece presents both a historical and scientific perspective of the many health benefits of sunlight on our physiology. Sunlight enlivens physiology from the all-important production of vitamin D, to the release and control of nitric oxide, to the production of certain neuropeptides that heal tissues and modulate immunity, and to the chronological regulation of melatonin with its effect on mental health and immunity. Our [feature video](#) by Michael F. Holick, PhD MD, of Boston University Medical Center, recorded on 12/09/2014, gives an informative and energetic talk on the positive impacts of sunlight on your health.

Being summertime, our botanical article is "[20 Edible Flowers](#)". Flowers make both an attractive and nutritious addition to salads, soups, stir-fries and drinks. Though there are hundreds of edible flowers, this article presents 20 of the most common and delicious and includes a few safe market sources.

We've also included in our "Clinician's Corner" a [biological dental piece](#) by BRMI Advisor [Ian Kennedy](#) of the [True Wellness Center](#) in Pennsylvania entitled "Uniquely Human". Click [here](#) to view Ian's unique piece - we've also included a link to our [Interactive Tooth Meridian Chart](#). And we've added more articles on the link between [Fluoride and Lower IQ](#) to our Articles Archive.

The Marion Institute will be hosting a panel-type discussion to discuss the book [Bioregulatory Medicine: An Innovative Holistic Approach to Self Healing](#). The dates are October 2nd and 3rd, 6-8pm, and the venues will be Hotel Providence in Providence, RI and The Spire Center for Performing Arts in Plymouth, MA. For more information on this special event, contact the [Marion Institute](#).

Because the dissemination of evidence-based, agenda-free information is one of our core principles, we've recently changed distribution platforms. If you've experienced any issue with the delivery of our e-Journal, please let us know.

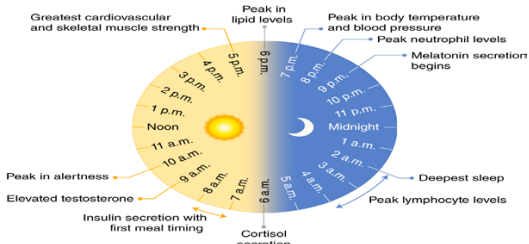
We hope you benefit from our varied resources. Comments and submissions to our e-Journal are always welcome and appreciated. Please inform others of this free e-Journal as we wish to grow in readers. We maintain an active [YouTube account](#) and [Facebook](#) page and post evidence-based articles and news events daily. Feel free to interact with us via social media - or contact me directly at [jpmmodell@brmi.online](mailto:jpmmodell@brmi.online).

We thank you for your interest in bioregulatory medicine.

Be well,

James Odell, ND, OMD, L.Ac.  
BRMI Medical Director

*As with any healthcare newsletter, the information in the BRMI e-Journal is intended for educational purposes only and is not a substitute for the advice of a qualified healthcare professional.*



## Sunlight and Its Bioregulatory Effects on Human Physiology

The earth has been bathing in sunlight for more than 3 billion years. The sun produces an enormous amount of energy including cosmic rays, gamma rays, x-rays, ultraviolet radiation, visible radiation and infrared radiation. Ordinarily, sunlight is broken down into three major components:

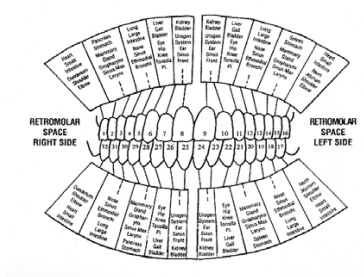
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## Twenty Edible Flowers

For centuries edible flowers have been an integral part of human nutrition and have been described in detail in ancient literature. In Central Europe for example, fried batter-coated black elder (*Sambucus nigra*) flowers were common, as well as dandelion flowers boiled with sugar. Furthermore, flowers were used as decorations in food prepared for the nobility, especially for feasts and banquets. Nowadays, sales of fresh, top-quality flowers for human consumption are increasing worldwide. These products, packed in bunches, boxes, etc. are sold either directly in farm shops or through various specialized outlets.

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## Clinician's Corner: Uniquely Human

There are a few structures in the body that make us uniquely human - two of which are our pelvis (which derives its uniquely human form and function from the fact that we are bipedal, upright walking organisms) and - our teeth.

Our teeth, including our dental arch (the shape of our upper palate and jaw) have been directly influenced through the evolution of the foods we've consumed. This evolution continues today.

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## VIDEO: Sunlight and Your Health: An EnLIGHTening Perspective



Michael F. Holick, PhD MD, Boston University Medical Center gives an energetic talk on the positive impacts of sunlight on your health. How can we balance current thinking on the negative effects of sun exposure with new research on its benefits? How does sunlight help in the production of vitamin D? [Join Dr. Holick](#) as he explains how sunlight reaches us, how it is absorbed by the skin and much more.

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