



Professionals, Partnerships, & Profits

P.N.I.

Professional Network International



April 2021



RAMADAN SPECIAL

Health, fasting, family,
community, worship,
and self-improvement

★
Digital
circulation
ONLY

Autism
Awareness
April is Autism
Awareness Month!

★
P.N.I. Forum
A platform for business,
learning, & community

Tips: Healology
Page 18

★
Gut Health &
Healology RX



April 2021
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Digital circulation only ★



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CONTENTS

About the Founders..... 2

Meet Dr. Hanan Selim & Firuzi Kotwal, the founders of Professional Network International & all its encompassing initiatives.



PNI Forum..... 7 Online Community

A community for healthcare and wellness industry professionals, in multiple countries by 2025!

forum.theworldhealthawards.com

Health in Education..... 12

An article by Manal Zeineddine, along with book recommendations for the month of April 2021.

Autism Awareness..... 08

All For Autism Carnival by Maharat Learning Center, Dubai.

Healology Organic Prescriptions..... 24

Health Tips from Healology RX, by Dr. Hanan Selim.





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Dr. Hanan Selim is ranked as one of the world's most influential thought leaders in health-care and wellness culture by Global Gurus.

As a Transformational Keynote International Speaker, award winning author and founder of the Healology Wellness Psychology, and with an experience of over 25 years, Dr. Hanan's chronic bio-disruption research and mind-brain-organ connection methodologies have influenced the wellness, future of healthcare and natural prescription industry through her unique neuroscience and wellness psychological and physical approaches

to chronic conditions and performance transformation. Known as "the pharmacist of the future", she mentors and coaches' entrepreneurs, business owners and health professionals to multiply their impact and capabilities to gain a competitive advantage for their career or business, after the results she's seen in her own transformation and many of the people she has worked with globally.

Her passion to help others maximize health and peak performance began at the age of seven. She decided to become a clinical pharmacist to give everyone medicine to feel better.



Firuzi Kotwal

Founder

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Firuzi Kotwal is a prolific entrepreneur based in Dubai. She embarked on her journey of success in 2018, and is dedicated to helping businesses grow, maximize their potential, and offers platforms to collaborators looking to monetize their, skills, talent and expertise.

Throughout her career, she has successfully managed teams, companies, countries, delivered regulatory requirements, and trained hundreds of individuals.

As founder & CEO of Global Learning Institution, Firuzi focuses on personal branding, cultivating a Mindset for Financial Freedom, and turning passion into profits. She is a recognized

public speaker, and helps her clients to maximize their own skills, personal brand and image. She also serves as Partner and CEO of Visionary Mindset Professional & Management Development, where she customizes & delivers to clients' requirements on soft skills, compliance and leadership training.

She is also the author of a biographical book published by her, titled "Catching A Glimpse of What it's Like to Be Successful" to help others achieve financial freedom, and finds great reward in empowering others to realize their dreams through her Formula 4 Financial Freedom Events.



Ramadan Kareem

Time for spiritual reflection,
self-improvement, family,
community service, and
devotion and worship.









P.N.I. Forum:

A Reddit-like
community for Health &
Wellness Professionals

www.pniglobal.org

forum.theworldhealthawards.com





“All for Autism” Carnival

All for Autism Carnival is an initiative to celebrate achievement of individuals on the Autism Spectrum and raise awareness to the importance of their inclusion, organized by **Maharat Learning Center in collaboration with the Dubai Health Authority**, coinciding with the month of April, which is the month approved by the United Nation to raise awareness for Autism. With an increase in the incidence of 1 from 125 children in 2010 to 1 of 59 in 2020, there is an increasing need for awareness and support for families of individuals on the Autism spectrum.

The Carnival is part of a new awareness campaign aimed at supporting people of determination with autism and their families and raising awareness of the importance of qualifying them to reach universities and bridging the

gap to enable them academically, socially and help them innovate and integrate them into the labor market.

The All 4 Autism Campaign includes holding seminars, Carnival, panel discussions, workshops for families, All 4 Autism carnival, weekly competitions, video messages by celebrities, parents and specialists to spread awareness of the needs and challenges facing people with autism. Dr. Hibah Shata, Founder and Executive Director of Maharat Learning Center, expressed her thanks and gratitude to all institutions that contributed to supporting the Carnival & said, “It is our responsibility to advocate for people with autism and support their access to education and independent living. This requires community awareness towards their rights to be part of the society.



The collaboration of efforts between health, educational and social entities, and supporting their journey in education and labor market to empower them and be effective members in the society. Our experience in integrating people with autism has been successful over the past 13 years, this was achieved through supporting students with individual programs, supporting the teachers with the educational plan, curriculum modifications, training and professional development.

The All for Autism campaign is an initiative to spread awareness, motivate and advocate for people with autism to be an “effective” part of our society.

Maharat Learning Center offers individualized programs using applied behavioral analysis principles to support students to reach and succeed in schools, universities and independent living. We also provides services related to clinical psychological assessment, Speech and language development, and occupational therapy.

Maharat Learning Center also launched a digital platform “i-education”, which includes all applications and videos of interest to the therapist, teacher and families, Tele-Health program to provide treatment and consultation services remotely.

In fulfillment of Dubai’s vision of forming an inclusive society, the center has proposed a transition to university program. In which university professors offer a qualifying course to support their graduates in obtaining study places in universities.

It is worth noting that Maharat Learning Center has won many awards, including the Cartier Award for Women’s Initiatives for the Middle East and North Africa region. This is due to its social contribution of a global dimension, which is in line with the goals of the United Nations, which was launched in 2016.



APRIL IS NATIONAL AUTISM AWARENESS MONTH

AUTISM IS NOT
CAUSED BY POOR PARENTING,
TRAUMA, ABUSE OR NEGLECT.

Recent data indicates
AUTISM IMPACTS
ONE IN 58
CHILDREN



AUTISM IS A
DEVELOPMENTAL DISABILITY.
It begins during early development
either prenatal or by the age of 3.

AUTISM IS NOT
A MENTAL OR EMOTIONAL
ILLNESS.



Setting Sail into Health & Wellbeing in Education

Manal Zeineddine
O.R.B.I.T.S. Consulting

by Manal Zeineddine
(Chief of Education, P.N.I.)

Last month was the launching of the Professional Network International PNI, a health and wellbeing platform, aiming at enhancing wellbeing through creating a professional community that not only sustains itself, but also thrives in its own potential. Within this spectrum was the enthusiasm of Dr. Hanan Selim to infuse education into the process, as two paths: one to enhance school communities, and the other to enhance general community through knowledge and awareness.

It is with honor that I have been entrusted to be Chief of Education for this network, and considering its central tenet, which is connecting a community of professionals within a spectrum of wellbeing, I find myself thrilled at the role that PNI can play in forging a scalable, sustainable, and profitable

network by various methods and at all levels.

Predicated on the broad spectrum of wellbeing and the education domain, there unfolds a synergy, responsive to the holistic approach that I will be endorsing throughout PNI platforms, pipeline of activities, and overall content. The scope will comprise the following aspects of well-being and health – physical, cognitive, social, emotional, and spiritual. As an educator for almost 21 years, teacher, director, personal and professional development specialist, and now consultant, I have had the privilege to be at the heart of the vast cosmos of knowledge and human interconnectedness. As a mother, I have the blessing of continuously experiencing the grace, intelligence, curiosity, and the genuine sense of joy of children.

As a wife, sister, daughter, and friend, I have the opportunity to be a true partner and supporter, giving, loving, and exchanging moments of triumph and defeat, happiness and sadness, health and sickness. As an individual, I have the freedom to make wise choices, that can help me be who I am, and simply “be”. This is a brief outline of me, which is very similar to the outlines of you, and to every individual in this community.

The trap, that we usually fall into, is when we divide our “Self” into personas, either consciously or unconsciously. We overlook that we are a body-mind-heart-and soul natural parcel, finding its way in this fast-paced world, tiptoeing sometimes, blindfolded walking at other times. And when we are overwhelmed, we stumble, and often harm ourselves. Even worse, we tend to blame close people to us, governments, systems, circumstances, and/or ourselves.

As years pass from childhood to adolescence, then adulthood with all its stage changes, we are dragging the beauty and the

grace of our spirits into a tight knot, that gets tighter and tighter, until we lose the breath of life. Others may realize those knots but fail to untangle them or may even tighten them more as they try to untangle them. In all cases are lives wasted and dreams buried. Now is the golden age, not only of knowledge, but also of a fourth industrial revolution. More importantly, now is the age of awareness, and the above scenario of losing the breath of life is caused by the lack of awareness, including self-awareness. Self-awareness is the first milestone into our progress in life, the journey through which we hold hands with science, psychology, and academia studies on the right, and hold hands with our inner self, the universal intelligence, and oneness on the left.

With these two taking the journey with us, we find ourselves awakened to our authenticity, marvel, and uniqueness as human beings – what our creator has always wanted for us.

On the one hand, these two are accompanying us, simultaneously driving our lives.

On the other hand, the second is the mighty force, that is behind the first. That is why life is complex, and that is why we are blessed, living this complexity with awe, trust, and wonder. It is when we find our higher self, the self that is detached from limitations, distortions, and egoistic reactions. This higher self can stand away, looking at us just like an observer, and intervening when necessary. It knows no hatred, no grudges, no anger, no fear.

It is pure light and wisdom.

For a person going through all those experiences on a professional and personal levels for years, I became aware of how important it is to address that in the educational field, within school communities in simple, and environment-friendly manner. As a teacher, I always weaved subject material, straight and deep, into my classes. As a director, I always spotted those lost beads and strung them back on, forming that beautiful bead bracelet that would become school climate and culture – that's when a school community is one, strategically one, unified with

respect, love, trust, curiosity, and joy, not only by rules, vision and mission statements and standards.

That is how O.R.B.I.T.S. Development Code emerged- a transdisciplinary approach that elevates a school community into its authenticity and empowerment by conscious learning and being. This is not easy to accomplish, but it can be accomplished, and I have done that in my school as a director, because the elements were there. O.R.B.I.T.S. is a phrasal acronym for "Own your way", "Raise your standards", Believe in your assets", "Integrate your mind and positive e-motion", "Tailor to your needs and aspirations", and "Spot and solve your problems practically." What I will be mainly highlighting through PNI is the "I" in O.R.B.I.T.S. – which is the significance of noticing our emotion, "energy-in-motion" as referred to in neuroscience, and integrating that within the school practices and directions, not only to form truly healthy climate and culture for supporting and enriching school performance, but also to maintain truly healthy individuals-

children growing up with the least losses of their inner beauty, “inner child”, and intelligence, along with adults, unlearning and relearning their school and home experiences. The same can be applied to other institutions, through the same concept, all for conscious leaning and being.

This way, we will be bringing together researches from science, neuroscience, and psychology, along with O.R.B.I.T.S. 21st century model, two basic skillsets of taking responsibility and self-management also known as self-regulation, and the main concept within all this – the law of the flow.

To add to my contribution to PNI magazine, I will be recommending 2 to 5 books every month because reading is instrumental in our lives’ self-discovery and growth. I will also be providing what is essential to this approach - world day, world concepts of celebrating people and communities through “Acts of Kind Attention”. Attention is the key to everything. What we do

not pay attention to, we can neither pay tribute to nor support. Now is the time to shift our consciousness into the realm that is much bigger than us– bigger than our names, bigger than our brands, and bigger than our snowballed illusion of a material ONLY world. The world is no utopia, and it will not be perfect no matter what we all do, but we can build bridges and take the first steps towards that other edge. We cannot remain entrapped within our reactive modes, blinded by our limitations, and driven by external forces. Knowledge is power, but conscious knowledge is grace. Doing is strength, but conscious being is wisdom. Let us make that assortment that honors our short lives on this beautiful planet.



(Book recommendations on the next page)

BOOK RECOMMENDATIONS FOR APRIL:

1. Everybody Worries by Jon Burgerman:

A friendly picture book that shows children that it is normal to worry about the coronavirus. It has a gentle and supportive tone.

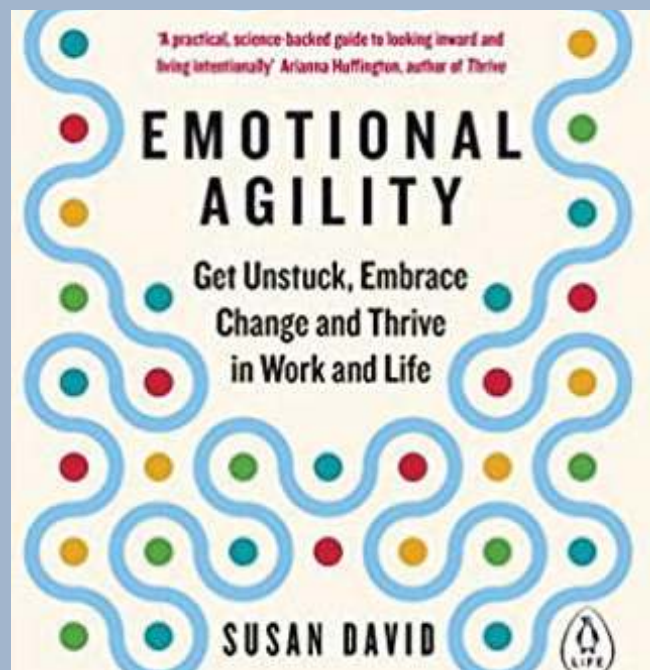
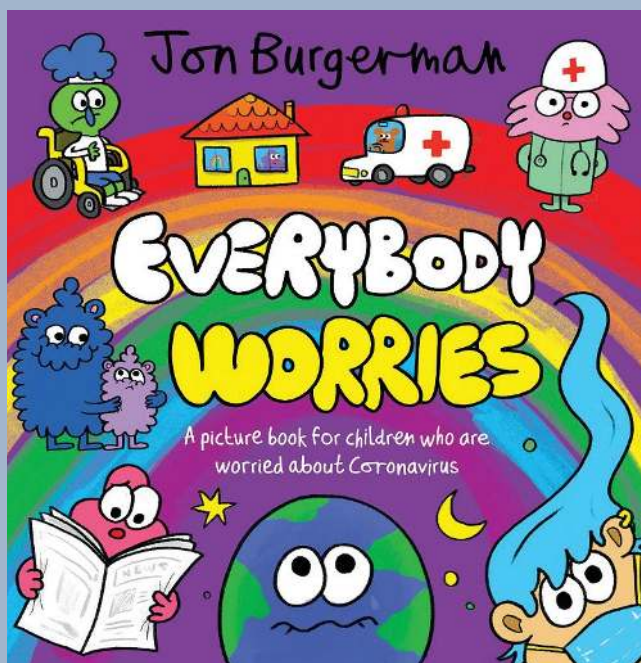
2. Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life by Suzan David:

A science-based approach that helps readers navigate through life with self-acceptance, clarity and an open mind.

“Reading is to the mind what exercise is to the body.”

– Joseph Addison 1672 – 1719






(English essayist, poet, playwright and politician)



Acts of Kind Attention !

What acts of kind attention can we send to our world?
 Let's truly reflect so that world days and global themes do not remain words but can truly stir our thoughts towards acts of kindness and undivided attention.

This April, let's foster:

	April 2 : World Autism Awareness Day Raising awareness of the nature of autism and the challenges autistic children and adults face – supporting the inclusion of autistic people through employment and meaningful lives
	April 6: International Day of Sport for Development and Peace Sport as a vehicle for social inclusion, gender equality, and youth empowerment – strengthening and developing communities – enhancing peace
	April 7: World Health Day Right for good health – building a fairer, and healthier world (“unequal” and “unfair” world can be preventable)
	April 23 : World Book and Copyright Day Creating communities and reducing distances through shared reading and shared knowledge – furthering the social and cultural growth of humanity
	April 28: World Day for Safety and Health at Work Raising awareness on the attention to and the adoption of safe practices in the workplace – occupational safety and health (OSH) and future preparedness for times of crisis - preventing occupational accidents and deaths

Manal Zeineddine

Based on „Acts of Kind Attention“ issued monthly via the newsletter @: www.orbitsdevelopment.com

ASK ME

If you have any question, please feel free to send your questions by email:
info@orbitsdevelopment.com OR manal.zd@gmail.com



Detoxification of the Gut and Microbiome

Healology Wellness



What is toxicity?

Toxicity refers to the degree to which a substance is poisonous to our system.

Mechanisms of toxicity include:

- Interference with enzymes
- Blockages of receptor sites & cellular transport mechanisms
- Blockage of nutrient absorption
- Oxidative damage
- Mimicking of hormones or neurotransmitters.

We can be exposed to toxins via our gut, skin and lungs, however most often it is via the digestive system.

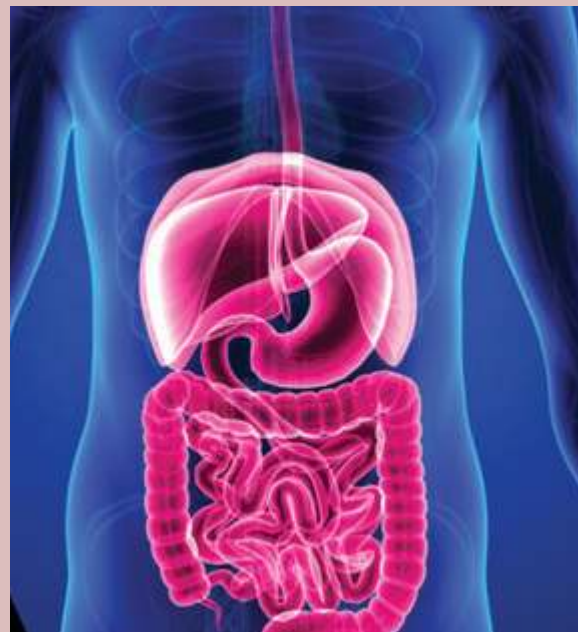
Toxin exposure can be subcategorized into two main groups:

1. Endotoxins: Those toxins produced within the body. A major source of toxicity for most people is the products and by-products of their digestive systems. A poor diet consisting of high sugars/fats/preservatives/additives and/or a malfunctioning digestive system can lead to gut Dysbiosis, leaky gut and sub-

sequent entry of a variety of toxins into the bloodstream and lymph system.

2. Exotoxins: Environmental, industrial and “medical” toxins directly administered to the body (e.g. injection) or absorbed through the skin and mucous membranes, inhaled into the lungs or ingested.

Though an acute exposure to one toxin can cause damage to the body, it is likely that most of the health burden of toxin exposure comes from multiple, low dose exposures, rather than single, large doses.





The concept of “total load” describes the sum total of all the influences that impact on patient’s physiology.

Contributors to total load include:

Xenobiotics

(e.g. insecticides, herbicides, drugs, solvents, metals)

Biological toxins

(e.g. aflatoxin, lectins)

Biological inhalants

(e.g. moulds, pollen, algae etc.)

Physical phenomena

(e.g. ionising radiation, electromagnetic fields)

Infection

Hormonal imbalances

Mechanical problems

(e.g. spinal alignment, nasal or intestinal obstruction)

Lifestyle choices

(e.g. alcohol, junk food, smoking, recreational drugs)

Psychosocial factors

(e.g. stress, coping skills, belief systems & trauma).

Our bodies have several mechanisms to protect us against toxins such as:

Physical barriers: skin, Digestive

secretions and mucous barriers, Immune surveillance & enzyme systems (e.g. CYP450 pathways) that process toxins for excretion via sweat, breath, urine, bile, faeces.

Storage: if the body is unable to deal with toxins immediately, it will store them in adipose tissue and bone for later detoxification.

Detoxification essentially means converting a toxin to a non-toxic, soluble form that can be safely eliminated by the body. Though detoxification is a straightforward process, it requires several steps to complete it effectively. Historically, many Detoxification Programs focus on liver support (the main organ involved in detoxification), but this is really an incomplete approach, as the gut, as mentioned, is a major source of toxic exposure for many individuals. No amount of liver support can help if a patient’s system is being constantly overwhelmed with toxic material from the environment or their digestive system.

Complete Culture Change (CCC)



The purpose of corporate culture is to enable the achievement of goals.

The organization's culture is the epicentre of its success, the inner engine that drives a company to fail or succeed.

When your "engine" is finely tuned, the company produces high performance.

But many organizations leave their culture wellness up to chance and then get surprised when they fail to engage employees and successfully execute the company's mission and vision.

The top six things we aim to fix via Complete Culture Change are:

1. Reduce employee's chronic bio-disruption for decreased absenteeism and increased performance & production

2. Decreased insurance costs

3. Trust for proactivity and engagement

4. Leadership perception gaps

5. Colored brain for improved team work

6. Resilience to vulnerable unpredictable culture/ de-risking proposition where culture and well-being are mutually complimentary propositions for complete culture change.



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Healology Organic Prescriptions



by Dr. Hanan Selim

There are 2 steps to upgrade your wellness to “superhuman performance”:

1. Substitute energy depleting unhealthy CHRONIC BIO-DISRUPTORS
2. Inject new high performance HEALTHY NUTRIENTS into your cells (I call this the therapeutic breakthrough system).

I’ve seen countless people exponentially multiply their health by following these two simple steps above using Wellness Healology prescriptions. I know what you may be thinking, “Sounds too good to be true, especially when you’ve exhausted every alternative and conventional methods out there!”

The secret is these are all “one size fits all”, wellness is a custom

-ized process addressing individual needs and root cause.

What my busy clients love to hear is that it’s fast with life-long lasting results and in order to make it sustainable in the long term... it has to be simple (or else you won’t do it!)

There are quite a few of very powerful “organic prescriptions” that would fit seamlessly into your busy day, week and month to boost clinical benefits:

Surely you can relate.

You walk out of the office with a prescription, supplement or drug sample knowing that this isn’t going to address the underlying cause of the issues you’re dealing with. It only masks symptoms. Am I right?



WHO THIS IS NOT FOR!

This isn't for everyone. To find out if you qualify to work with me, answer the following questions:

#1. Are you committed to infusing some high performance lifestyle and organic prescriptions into your life?

#2. Are you willing to get honest with where you're at, whether you "feel ne" or not, and allow a professional Healology health consultant help multiply your confidence and capabilities?
(most people are happy being ignorant... I don't want to work with those people).

1. Does insurance cover this? No. Insurance companies are in bed with the pharmaceutical companies and the medical system. They wouldn't recognize quality health-care if it hit them between the eyes. One caveat to this is if you have a ex spending account, or health savings account, then this consultation is often times covered.

2. Can this be a business expense? I've had clients that have classied this as a "wellness program" or "executive health consultation". Their accountants have advised them that they can write this off as a business expense. However, because I'm not an expert in taxes I can't offer any tax strategy advice. Check with your accountant before making any write off decisions.

3. If I let you know that I was interested in EPIGENETIC WELLNESS testing, how much would it cost? This varies from person to person. Individual EPIGENETIC tests can cost as little as \$40.00 and can move into the hundreds. You have to keep in mind, that if you do want me to talk about what is available for you, these EPIGENETICS tests are cutting edge from the most advanced European union certied, handpicked laboratories found in Germany.



If you have a headache, or some sort of pain, they give you pain killers. I know this may sound crazy, but if you had a fire in your house, would you want the firefighters to simply pull the batteries out of the fire alarm so you're not irritated by the sound? Of course not. That would be crazy right? Yet we constantly treat symptoms (fire alarms) without addressing the underlying root causes (chronic bio-disruptors) of the problem (the fire). Treating symptoms puts you at a much greater risk!

It's like deferring a debt you may have... you can keep deferring those interest payments, but soon enough you're going to have to pay... and the sooner you wipe out that debt, the better. But it's not that black and white is it? Because of all the damaging chronic bio-disruptors we are being exposed to daily that compounded, then the digestive system and other organs becomes compromised. This enables unhealthy bacteria to flourish causing hormone dysregulation, fatigue and weight gain.

Furthermore, stress hormones cause a decrease in optimal gut health. Indulging in sweets and alcohol feed those unhealthy bacteria which can further any health challenges you may have.
Medications Deplete Your Body.

HealologyRx is dedicated to quality, powerful, potent and personalized product formulas that unleash unlimited health and unlock full potential and performance in every area of your life. We have partnered with superb scientists to be the driving force of our revolutionary and reliable products which are trusted and tested using organic, gluten-free, dairy free, vegetarian and vegan products to everyone's dietary needs. Our goal is for you to "Heal to Health" for remarkable rewards in your life.

WE USUALLY START WITH THE SAFEST SIMPLE DETOX WITH ALL CLIENTS (For speciality case detox please share your Healology intake form with us)

Healology RX Detox:
<https://bit.ly/2H3mwHH>





Healology Wellness tends to be categorised as a lifestyle or functional medicine, but the benefits of this scientific system are a lot more sophisticated than many alternative methods. Technically it is a type of practical medicine that includes psychology and preventative medicine, but goes much further than helping to calm the mind and soothe the soul, it also helps to heal the root cause that aligns the mind-brain-organ connection that prevents, protects and potentially recover from chronic conditions like obesity, diabetes, cancer, and many more.

Expert Healologist and holistic health practitioner, Dr. Hanan Selim (founder of Healology), was able to get the low-down on these chronic bio-disruptors

in your environment that are silently causing havoc to your health and well-being.

Quite often our bodies are thrown out of balance, and we have to deal with the unwanted stresses of everyday life called chronic bio-disruptors.

Healology works to restore those imbalances, to get you and your body back on a healthy, even synergy, and harmony.

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HEALOGY RX: *Heal to Health*



Healology RX Products: healology.co

Daily shakes & Protein powders, Cleanse & Detox, Dairy-free, Gluten-free, Immune Health, Omega oils, Joints & Flexibility, Vegetarian & Vegan, Energy & Vitality, for Men & Women.

Website: healology.co

