

## 7 Days Natural Health Camp

# IMANAH Podcast - Episode 14 - 20260502

» Dr. Ranjitha, Dr. Sharanya, Dr. Anand Kelkar

## Camp Information

<b>Camp Date</b> May 02, 2026	<b>Duration</b> 1 Days camp	<b>Camp Location</b> LIVE
<b>Category</b>	<b>Phone</b>	<b>URL</b> <a href="https://www.youtube.com/live/a9eRMNGuKyg?si=c7gcwKi81M561Czx">https://www.youtube.com/live/a9eRMNGuKyg?si=c7gcwKi81M561Czx</a>

## What's Included?

This episode of the IMANAH podcast features an in-depth discussion on **natural health science**, bodily autonomy, and the limitations of the modern allopathic medical system. The guests, Dr. Ranjitha and Dr. Sharanya, share their journeys from conventional medical backgrounds toward holistic, nature-based healing practices.

### Key themes discussed:

**Medical Freedom and Autonomy:** The host and guests reflect on historical and contemporary medical practices, emphasizing the importance of informed consent and the right to reject conventional treatments in favor of natural healing (0:26-3:34).

**The Power of Nature:** The discussion centers on the idea that the human body has an innate capacity to heal itself. This includes the use of fasting, raw, plant-based diets, and sunlight exposure to treat various conditions, including broken bones, infections, and chronic diseases (8:15-12:22).

### Holistic Dentistry and Dermatology:

**Dr. Ranjitha** discusses integrating holistic principles into dentistry, such as avoiding fluoride and using natural oral hygiene methods (15:33-17:00, 1:02:43-1:05:28).

**Dr. Sharanya** explains the connection between inflammation and chronic skin conditions, arguing that common lifestyle factors—like the consumption of dairy and the use of chemical hair dyes—are root causes of systemic health issues (1:12:07-1:12:28, 1:25:21-1:26:24).

**Lifestyle Medicine:** Both practitioners advocate for aligning one's daily routine with the circadian rhythm and using food and fasting as primary tools for health maintenance and disease reversal (22:11-25:02, 1:20:07-1:21:02).

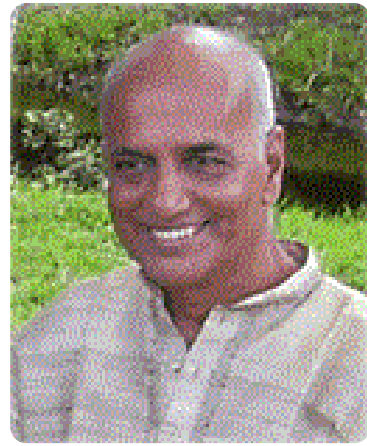
The episode concludes with a call to action for listeners to educate themselves on the basic concepts of health and to take personal responsibility for their well-being, rather than relying solely on the medical establishment (1:57:51-1:59:07).

## About The Hosts



Natural Health

**Umar AlFarooq**  
Health Coach



**Dr. Arun Sharma**  
Health Coach