

7 Days Natural Health Camp

IMANAH Podcast - Episode X - 20260404

» Barbara O'Neill, Gauri Agrawal

Camp Information

Camp Date Apr 04, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://youtu.be/4AWDWMB0pNI?si=m1osq83n9YvSL_yR

What's Included?

This 10th episode of the IMANAH Podcast focuses on the unity of humanity through the universal truth of natural health science (0:38 - 1:37). The podcast features discussions with prominent figures in the field, highlighting the importance of trusting the body's innate healing abilities rather than relying solely on medical intervention (5:50 - 6:56).

Key Highlights and Topics:

Principles of Natural Health: Dr. Arun Sharma explains that disease is the body's way of cleaning itself and suggests that instead of suppressing symptoms (like pain) with medication, one should support the body's natural processes using methods like cooling wet packs, sunlight, and proper rest (6:00 - 13:00).

Barbara O'Neill's Journey: A celebrated author and naturopath, Barbara O'Neill discusses her transition from traditional nursing to natural self-healing, the impact of her teachings on hormonal health, and the challenges she faced due to her medical freedom advocacy (16:43 - 38:00).

Practical Nature Cure: The guests emphasize that health is an everyday process. Gauri Agrawal shares her personal experience of reversing health issues like gallbladder stones and shoulder pain by adhering to natural hygiene principles, such as fasting, juicing, and connecting with nature (1:26:16 - 1:54:10).

Empowerment and Education: The podcast stresses that the ultimate goal of IMANAH is to educate individuals so they can become their own doctors and take responsibility for their health, moving away from a dependency on commercial products (1:51:37 - 1:52:30).

About The Hosts



Natural Health

Dr. Arun Sharma
Health Coach

Natural Health

Umar AlFarooq
Health Coach