

7 Days Natural Health Camp

IMANAH Podcast - Episode 7 - 20260314

» Dr. Satya Lakshmi & Dr. Biswaroop Roy Chowdhury

Camp Information

Camp Date Mar 14, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://www.youtube.com/live/6AYuavMjjQg?si=gD8gyENXqu9XGBwt

What's Included?

Defining Health vs. Disease : Dr. Arun Sharma emphasizes that health is the only reality, while disease is simply a lower level of health caused by toxin accumulation. The body's symptoms are interpreted as intelligent efforts to detoxify rather than something to suppress with medicine.

The Path of Nature Cure : Dr. Satya Lakshmi shares her lifelong journey with naturopathy. She highlights the importance of keeping the four eliminative organs (large intestines, lungs, kidneys, and skin) active and the shift from fearing symptoms to becoming fearless through self-managed health.

Evidence-Based Natural Protocols : Dr. Biswaroop Roy Chowdhury discusses his work in reversing chronic conditions, including diabetes and neurodevelopmental disorders, through plant-based nutrition and simple lifestyle interventions. He outlines his method for verifying patient recovery through open seminars and transparent data.

Closing Reflections : The podcast concludes with a tribute to the revolutionary spirit of health and a recognition of the importance of maintaining an active, nature-connected lifestyle.

About The Hosts



Dr. Arun Sharma



Umar AlFarooq