

1 DAY NATURAL HEALTH CAMP

IMANAH Podcast - Episode 3 - 20260214

» Ranjan Sundaram, Dharam & Nisha

□ CAMP DATE

Feb 07, 2026

□ CAMP LOCATION

LIVE

Date: Feb 07, 2026 – Feb 07, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

Unity of Health: Dr. Sharma explains that disease is simply a lower level of health. By increasing one's level of health, disease naturally dissipates, similar to how light removes darkness.

The Healthy Lifestyle : To regain health, one should focus on five core areas:

Ample exercise (adapted to individual capacity).

Adequate rest.

Positive food.

Positive thoughts.

Occupation that combines skill and passion to help others.

Personal Experiences and Testimonials:

Sujitra and Venugopal : Shared their success in recovering from chronic issues like knee pain and diabetes, and managing family health crises during the pandemic using these natural principles, including fasting and sunbathing.

Rachna Kharbanda : A health coach who discussed how she moved away from conventional medicinal reliance to help family members recover from severe health issues like liver abscesses through lifestyle changes and mental alignment.

Vandana Ahuja : Shared her journey from a medical family background to becoming a practitioner of natural health science, emphasizing that healing is a dialogue with the body rather than an attack on symptoms.

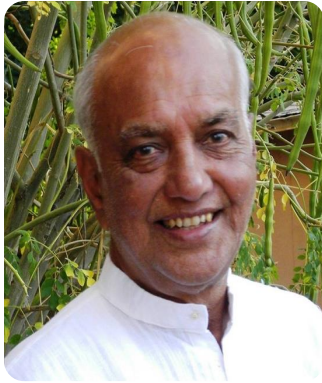
Practical Implementation:

Natural Health Camps : The guests frequently highlighted the importance of their 7-day camps, which provide a structured environment for healing, including group activities, raw vegetable diets, and knowledge sessions to train the mind.

Addressing Fear : The participants stressed that the three prerequisites for following this science are absolute trust in ancient wisdom, total faith in nature's laws, and the absence of fear.

Dr. Sharma concludes by reiterating that the body is the best healer and that by aligning our chemistry and mind with nature, we can achieve true wellness .

About The Hosts



Admin, Health Coach

Dr. Arun Sharma



Admin, Health Coach

Umar AlFarooq