

7 Days Natural Health Camp

IMANAH Podcast - Episode 8

20260321

» Abdullah, Zakariyah AlFarooq

Camp Information

Camp Date Mar 21, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://www.youtube.com/live/dbYUxQMGK1s?si=30Fm5XfvVO5IWNlK

What's Included?

This eighth episode of the IMANAH Podcast focuses on the principles of natural health, specifically the practice of fasting as a tool for healing and spiritual growth. The hosts, along with guest Dr. Arun Sharma, discuss the philosophy behind nature cure and the importance of creating supportive communities.

Key Topics Covered:

The Nature Cure Approach to Fasting: Fasting is described as a sacrifice that helps the body heal itself through autophagy (16:16-16:58). Dr. Sharma emphasizes that fasting should be done with proper intention and supervision to avoid physical strain.

Spiritual & Physical Benefits: Beyond physical health, fasting leads to spiritual upliftment (27:07) and increased confidence. The speakers share anecdotes about how patients in their natural health camps have seen improvements in chronic conditions without the use of traditional medicine (22:10-22:45).

Family Heritage: The episode delves into the history of Acharya Lakshman Sharma, the founder of Nature Cure, highlighting his contributions such as the spinal bath (44:13) and his focus on the "vital economy" (39:41).

Community Building: The hosts strongly encourage listeners to join their Discord server (5:15-6:00, 121:40) to find like-minded individuals, share resources, and receive support, rather than relying solely on isolated efforts or less structured platforms like WhatsApp.

The Next Generation: The episode introduces the host's sons, Abdullah and Zakaria, who share their personal health journeys, their interest in natural living, and their involvement in the family's mission to spread natural health awareness (1:00:00-1:33:00).

Throughout the podcast, the recurring theme is the importance of living a natural, useful life and using small, beautiful stories to pass these principles to the next generation (1:34:00-1:39:59).

About The Hosts



Natural Health

Dr. Arun Sharma
Health Coach



Umar AlFarooq
Health Coach