

7 Days Natural Health Camp

IMANAH Podcast - Episode 13 - 20260425

» Asha Shivaram, Swati Dhariwal & Sangeeta Dhingra

Camp Information

Camp Date Apr 25, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://www.youtube.com/live/NJ88vUCMGZY?si=6w35gcPcO_jGDBQI

What's Included?

This episode of the IMANAH Podcast (Episode 13) focuses on ethics in the practice of natural health, comparing the philosophy of nature cure to incident and problem management in IT support. The core message emphasizes identifying and removing the root cause of health issues rather than merely treating symptoms (0:20 - 1:46).

Key takeaways include:

The Principles of Nature Cure: Guruji Arun Sharma explains that the body possesses an innate capability to heal itself if given the right conditions, specifically through fasting (the "supreme medicine"), sunlight, and proper nutrition (8:28 - 11:11).

The Role of Toxemia: Health is defined by the timely and effortless elimination of waste. When elimination is blocked by poor diet or lack of discipline, toxins accumulate, leading to disease (14:48 - 16:15).

Personal Journeys of Transformation:

Asha Shivaram discusses her transition from an IT engineering career to becoming a holistic health coach, focusing on whole-food, plant-based nutrition and natural hygiene (28:19 - 34:47).

Sangeeta Dhingra shares a powerful testimony of recovering from multiple severe health conditions—including cancer, partial paralysis, and a meniscus tear—by embracing nature cure, avoiding traditional medical procedures, and maintaining strict dietary discipline (42:50 - 1:15:23).

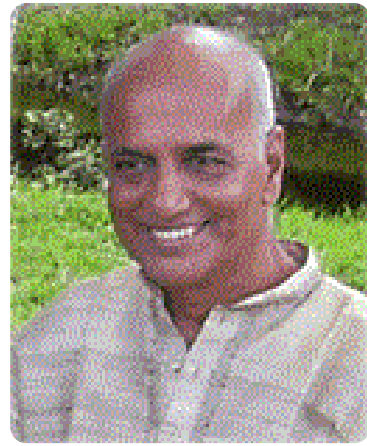
Collaboration and Future Goals: The podcast highlights the potential for organizations like IMANAH and Wellcure to collaborate to share case studies and promote the philosophy of nature cure to a wider audience (40:00 - 41:50).

About The Hosts



Natural Health

Umar AlFarooq
Health Coach



Dr. Arun Sharma
Health Coach