

7 Days Natural Health Camp

# IMANAH Podcast - Episode 5 - 20260227

» Preeti, Rama and Santosh

## Camp Information

<b>Camp Date</b> Feb 28, 2026	<b>Duration</b> 1 Days camp	<b>Camp Location</b> LIVE
<b>Category</b>	<b>Phone</b>	<b>URL</b> <a href="https://www.youtube.com/live/yaK5U9kJRmw?si=ltqmr0LQqU958DLR">https://www.youtube.com/live/yaK5U9kJRmw?si=ltqmr0LQqU958DLR</a>

## What's Included?

**Critique of Conventional Medicine :** The host shares personal experiences regarding the limitations and side effects of pharmaceutical interventions like statins and the struggle against coercive medical systems. The conversation highlights how terms like "standard of care," "quality of life," and "herd immunity" are often misinterpreted or used as misnomers.

**The Concept of Toxemia :** Dr. Sharma explains that toxemia—originally defined as an excess of toxicity in the body's tissues and fluids—is often narrowed in modern contexts to only apply to pregnancy. He emphasizes that toxic accumulation stems from non-food items (like processed sugar/chocolates), poor lifestyle habits, and external pollutants, which the body can naturally eliminate through proper diet, rest, and movement.

**The Power of Nature Cure :** Guests Santosh Mani (a scientist) and Dr. Priti Man (a cultural anthropologist) share how embracing a natural lifestyle helped their families overcome health struggles. They discuss the importance of community support through health camps, where individuals learn to reconnect with nature and regain control over their health.

**Holistic Health :** The episode concludes with a focus on the "triangle" of health: Body, Mind, and Spirit. Dr. Sharma argues that spiritual health is not tied to a specific religion but is achieved through the balance of mind and body, and acts of kindness toward others, which reduces stress and improves overall vitality.

## About The Hosts



Dr. Arun Sharma



Umar AlFarooq

