

1 DAY NATURAL HEALTH CAMP

IMANAH Podcast - Episode 2 - 20260207

» Rachna Kharbanda, Vandana Ahuja and Venugopal Maddukkur

□ CAMP DATE

Feb 14, 2026

□ CAMP LOCATION

LIVE

Date: Feb 14, 2026 – Feb 14, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

The Five Pillars of Health: Dr. Sharma outlines a healthy lifestyle based on five core elements: ample exercise, adequate rest, positive food, positive thoughts, and an occupation that aligns one's skills with a passion to help others.

The Power of Vital Economy: The body possesses a "creative intelligence" and is the best healer. Rather than suppressing symptoms with medication, one should allow the body to heal itself by removing toxins and improving overall health.

Overcoming Fear: A recurring theme is the importance of avoiding fear-mongering, often associated with medical diagnoses. The speakers argue that fear suppresses the body's ability to heal.

Personal Healing Journeys:

Suchitra and Venugopal share their experiences in healing from various conditions, including COVID and diabetes, by strictly following the five natural elements: ether, air, sunlight, water, and earth.

Rachna Kharbanda recounts how she helped a family member recover from liver abscesses by focusing on rest, fasting, and natural therapies instead of suggested surgeries.

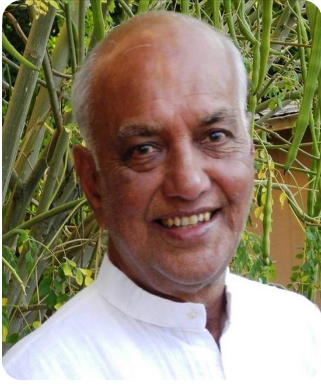
Vandana Ahuja describes her transition from a family deeply rooted in medical reliance to practicing and teaching Natural Health Science.

Practical Application:

The guests actively host Natural Health Camps where participants learn to implement these principles through structured schedules, including morning runs, raw food diets, and knowledge sessions.

Dr. Sharma explicitly advises that even serious issues like gallbladder polyps can be addressed through persistent application of these lifestyle changes, as the body's chemistry eventually balances.

About The Hosts



Admin, Health Coach

Dr. Arun Sharma



Admin, Health Coach

Umar AlFarooq