

7 Days Natural Health Camp

IMANAH Podcast - Episode 2 - 20260207

» Rachna Kharbanda, Vandana Ahuja and Venugopal Maddukkur

Camp Information

Camp Date Feb 14, 2026	Duration 1 Days camp	Camp Location LIVE
Category	Phone	URL https://www.youtube.com/live/p6M-0nh6S2k?si=zhgD5RWDZY2ISS4H

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



Natural Health

Dr. Arun Sharma
Health Coach



Umar AlFarooq