

1 DAY NATURAL HEALTH CAMP

# IMANAH Podcast - Episode 6 - 20260307

» Ann Law, Harish Anchan, Meenal Jaisswal

□ CAMP DATE

**Mar 07, 2026**

□ CAMP LOCATION

**LIVE**

**Date:** Mar 07, 2026 – Mar 07, 2026

**Duration:** 1 Day camp

**Category:**

**Phone:**

## What's Included?

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**Critique of Conventional Medicine:** Umar shares a personal story regarding his late mother's struggle with illness and the side effects of prescribed heart medications . The hosts discuss the limitations of the "standard of care" and how certain medical terms (like toxemia and herd immunity) have been reinterpreted or misused by modern systems .

**The Concept of Toxemia:** Dr. Sharma defines toxemia—a term popularized by Dr. Herbert Shelton—as an excess of toxins in the body caused by poor lifestyle habits, including improper diet, environmental pollutants, and suppressed emotions .

**Natural Health Science & Lifestyle:** Guests Santosh Mani and Dr. Priti Man share how they transitioned to a natural lifestyle after experiencing health improvements through fasting, raw diets, and exercise .

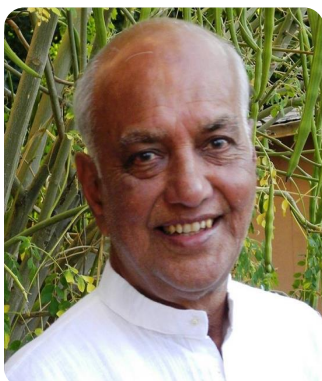
**Community and Purpose:** The hosts emphasize that health is not just physical; it is deeply linked to the mind and spirit. Dr. Sharma highlights the importance of social connection, having a meaningful occupation, and performing acts of service to the community to maintain overall balance and health .

### **Educational Resources:**

The podcast highlights the availability of books on Nature Cure and courses offered through the International Hindu University (IHU) and the IMANAH platform, encouraging viewers to take control of their own health education .

## About The Hosts

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Admin, Health Coach

**Dr. Arun Sharma**

Admin, Health Coach

**Umar AlFarooq**