

1 DAY NATURAL HEALTH CAMP

# IMANAH Podcast - Episode 19 - 20260606

» Saraswati Kavula, Dr. Gauri Rokkam, Archana Kulkarni

□ CAMP DATE

**Jun 06, 2026**

□ CAMP LOCATION

**LIVE**

**Date:** Jun 06, 2026 – Jun 06, 2026

**Duration:** 1 Day camp

**Category:**

**Phone:**

## What's Included?

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This 19th episode of the *IMANAH Podcast* focuses on the **Natural Health Science** movement, emphasizing common-sense health practices, the need for centralized data collection to prove the efficacy of nature-based treatments, and the importance of self-sustainability and community action. The host and guests discuss the challenges of integrating natural health into modern medical frameworks, as well as the environmental and social impacts of current industrial food and farming systems.

### Key Discussion Segments:

**Evidence-Based Natural Health (8:01 - 13:55):** The host and *Guruji* discuss the necessity of moving from anecdotal evidence to formal data collection. They highlight the need for a centralized, rigorous research body to demonstrate the success of nature cure programs to the government.

**Pioneering Coconut Research (13:55 - 42:07):** *Dr. Gauri Rokkam* shares her journey into natural health and her groundbreaking eight-year research at *Sviasa Yoga University* on the impact of fresh coconut on health, refuting claims that saturated fats in coconut are detrimental to heart health.

**Holistic Health & Lifestyle (56:08 - 1:40:29):** *Archana Kulkarni* discusses her transition from a high-pressure corporate accounting career to a path of natural health. She emphasizes the role of *NLP (Neuro-Linguistic Programming)*, healing emotional traumas, and building community-based support systems like potlucks to help others maintain healthy habits.

**Environmental Activism & Sustainable Farming (1:47:15 - 3:07:28):** Journalist and activist *Saraswati Kavula* shares her shift to farming and her advocacy for environmental justice. She details the dangers of industrial farming, GMOs, and the erosion of village life due to urbanization. She calls for a movement of "living with less" to protect the planet and supports local handloom weavers and independent farmers as part of a broader struggle for freedom.

## About The Hosts

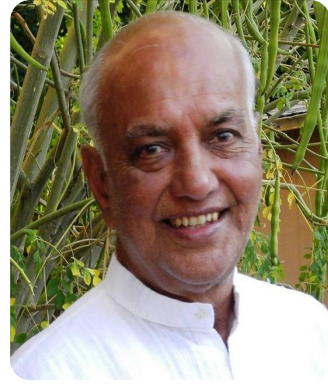
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Hosted By

**Umar AlFarooq**

Health Coach



Guest Appearance

**Dr. Arun Sharma**

Health Coach