



□ CAMP DATE

Jun 13, 2026

□ CAMP LOCATION

LIVE

Date: Jun 13, 2026 – Jun 13, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

This episode of the *IMANAH Podcast* (Episode 20) centers on the theme of decluttering the mind and fostering genuine self-care through the principles of *Nature Cure*. The discussion features insights from 'Guruji' and two guests, Jyoti Gusain and Victoria Mohren.

The Cluttered Mind (0:22 - 35:05): Guruji explains that much like a house filled with physical clutter, the human mind can become overwhelmed. He emphasizes that many physical issues, including chronic conditions like asthma, originate from mental disturbance and negative thought patterns. He advocates for "training the mind" to remain calm and focused, viewing health as a result of consistent, positive choices rather than medical intervention.

Jyoti Gusain's Journey (35:47 - 59:38): Jyoti shares her transition to *Nature Cure*, starting in 2020. After experiencing health challenges and realizing the limitations of conventional medicine, she turned to a fruit-based diet and lifestyle changes. She recounts healing from severe skin issues and recovering from an accident without medication, highlighting the body's innate ability to heal when properly supported.

Victoria Mohren's Perspective (1:00:10 - 1:26:59): Victoria, a nature cure practitioner based in Australia, discusses her transition from a standard Western lifestyle to one rooted in natural health. She argues that *Nature Cure* is the only health philosophy grounded in scientific law—specifically the principle of reasoning from "cause to effect"—rather than focusing on suppressing symptoms. She highlights the necessity of taking personal responsibility for one's own health and questioning conventional medical narratives.

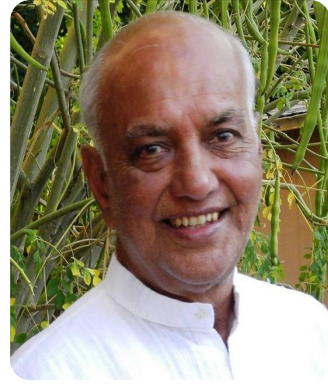
About The Hosts



Hosted By

Umar AlFarooq

Health Coach



Guest Appearance

Dr. Arun Sharma

Health Coach