

1 DAY NATURAL HEALTH CAMP

IMANAH Podcast - Episode 21 - 20260620

» Dr. Kamalpreet Singh, Vinoth Kumar

□ CAMP DATE

Jun 20, 2026

□ CAMP LOCATION

LIVE

Date: Jun 20, 2026 – Jun 20, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

This episode of the *IMANAH Podcast* (Episode 21) focuses on the principles of **Natural Health Science**, the body's self-healing capacity, and critiques of the modern medical system.

The Power of Nature: The guests share anecdotes about animals (a buffalo calf and a dog) that, when ill, instinctively fasted, sought sunlight, and rested to recover on their own, highlighting the body's natural ability to heal without pharmaceutical intervention

The Power of Nature:

Vinoth Kumar V S (15:21) discusses his transition from an IT entrepreneur to a wellness professional after successfully reversing his own autoimmune condition, *ankylosing spondylitis*, through lifestyle changes rather than immunosuppressants

Dr. Kamalpreet Singh shares his path to natural hygiene after searching for answers to his own health issues in 2019, leading him to author *Advanced Nutrition Therapy* and the *Vaccine Crime Report*.

Critical Views on Medical Systems: The participants discuss their skepticism toward the pharmaceutical industry, vaccine safety evidence, and the handling of the COVID-19 pandemic. They argue for the importance of **informed consent** and demand greater scientific rigor regarding vaccine trials

Nutrition and Healing: Dr. Singh emphasizes the superiority of a fruit-based (*frugitarian*) diet for diabetes remission, citing his research on 9-day fruit fasting protocols and the importance of energy conservation in the body

The Importance of Community: The host and guests stress the need for building independent, trusting communities outside of mainstream systems to better handle future crises and maintain health

Core Takeaway:

The episode serves as a manifesto for taking control of one's own biology by moving away from dependency on standard medical systems and embracing the "unchangeable laws" of nature, including

fasting, sunlight, clean water, and emotional well-being

About The Hosts



Hosted By

Umar AlFarooq

Health Coach



Guest Appearance

Dr. Arun Sharma

Health Coach