

1 DAY NATURAL HEALTH CAMP

IMANAH Podcast - Episode 23 - 20260704

□ CAMP DATE

Jul 04, 2026

□ CAMP LOCATION

LIVE

Date: Jul 04, 2026 – Jul 04, 2026

Duration: 1 Day camp

Category:

Phone:

What's Included?

This **23rd episode** serves as the season finale of the **IMANAH podcast**, hosted by **Umar AIFarooq and Dr. Arun Sharma (Guruji)**. The discussion centers on the philosophy of nature cure—emphasizing that the human body is inherently intelligent and capable of self-healing when given the proper environment, free from the interference of unnecessary drugs and processed foods.

Key Themes & Discussion Points

The Power of Nature Cure: The hosts reflect on the season's goal: shifting focus from complicated medical jargon back to basic, natural laws of health. The central takeaway is that the body does not need medical intervention to function; it needs the removal of obstacles like stress, heavy meals, and quick-fix medications.

Wisdom from the Animal Kingdom : *Guruji* draws parallels between human health and animal instinct, noting how animals naturally fast and seek out sunlight or water to recover from injuries without human medicine. He emphasizes the importance of family meetings and encouraging children to learn these principles early.

Guest Interview: Dr. Rashi Tiwari: A PhD in Biochemistry, *Dr. Tiwari* shares her personal journey of overcoming 16 years of migraines through a whole-food, plant-based diet. She discusses how her scientific background informs her practice, noting that many symptoms (like high glucose or low iron) are the body's intelligent adjustments that should be addressed at the root cause, not just suppressed.

Future Initiatives: The panel discusses plans for Season 2, which will focus on standardizing protocols, building a cooperative research database, and encouraging community-driven, medicine-free living. *Abdullah* emphasizes that making this lifestyle affordable and leading by example are crucial for reaching a wider audience.

Core Principles Shared

1. Vital Energy is Limited: Every stressor and quick-fix medication depletes the body's energy.

2. Symptoms are Adjustments: Disease, in this philosophy, is the body's intelligent attempt to flush waste and regain balance.

3. Nature Needs No Help: The body is a self-healing machine that only requires cooperation, not constant intervention.

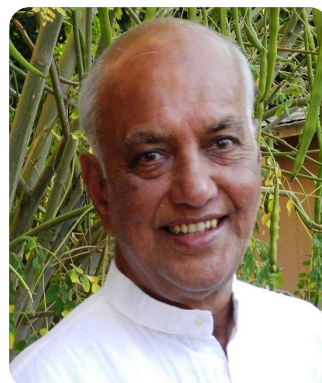
About The Hosts



Hosted By

Umar AlFarooq

Health Coach



Guest Appearance

Dr. Arun Sharma

Health Coach, Camp Counselor, Tutor