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IMANAH Podcast - Episode 19 - 20260606

- 06 Jun 2026
-  8:00 AM EDT
-  5:30 PM IST
- LIVE



Speaker
Umar AlFarooq
Admin, Health Coach

CO-HOSTS



Saraswati Kavula



Dr. Arun Sharma



Dr. Gauri Rokkam



Archana Kulkarni

Episode 19 opens by drawing parallels between historical military strategy and the modern natural-health movement, before guests share their own paths to natural living.



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