



# Dr. Janelle Ranasingha DC

Daytona Beach, Florida



Premier Natural Health

## *Learn about Florida Entrepreneur Dr. Janelle Ranasingha DC:*

Originally from Weston, WV, Dr. Janelle Ranasingha DC, Founder and Owner of Premier Natural Health, moved to Port Orange to attend chiropractic school at Palmer College of Chiropractic. She was initially leaning towards attending Palmer's Davenport, IA, campus, but after a bad snow storm the previous winter, she had enough of the cold and was ready to move to The Sunshine State. After graduating from chiropractic school in 2012, Ranasingha's journey took an unexpected turn.

"My husband had a business focused on avionics called Avionics Installations," she said. "He needed an employee, so I thought 'why not'. I worked as an apprentice for him for two years and eventually received my FAA certification as an avionics repairman. We worked on all kinds of planes including but not limited to World War II era aircraft and 737s.

It was a cool experience, but after a couple years I was ready to start my own business."

In October of 2014, Ranasingha opened In Touch Chiropractic and Wellness Center in Port Orange. Unfortunately, her first venture didn't turn out the way she had hoped. In September of 2016, she closed her doors. Nevertheless, Ranasingha took advantage of a tremendous opportunity to learn what to do, what not to do and how other chiropractors ran their businesses. The year 2016 was, in more ways than one, a pivotal moment for Ranasingha.

"I got pretty sick," she said. "At the time, I was also in need of continuing education. I ended up meeting someone that did Nutrition Response Testing® and in a matter of days, I was better. Things that bothered me for 18 years were gone. Chiropractic treatment didn't help. Modern medicine did nothing. Nutrition is what healed me. I was fascinated and wanted to learn more so I could help others. I took classes at a facility that focused on Nutrition Response Testing® and the instructor offered me a job."

For the next two years, Ranasingha worked for her instructor and focused on learning as much as she could about Nutrition Response Testing®. By January of 2018, she was ready to give small business ownership another shot, but this time she was more prepared and she was armed with a very precise, scientific and non-invasive tool designed to analyze the body in order to determine the underlying causes of ill health.

"When I made the decision to open Premier Natural Health, not a lot of people were focusing on the nutrition that's needed to help people get

better and heal their bodies," she said. "With Nutrition Response Testing®, we help you find what your body needs in order to heal itself. It's so incredible because we get to help people help themselves. It's really cool when we can help a patient that's been dealing with issues for years. I had a patient that suffered through extreme lower back pain for 30 years. After a few visits, no more pain. On a personal level, I experienced my own success. For 18 years, I dealt with horrible cramps related to my menstrual cycle. I tried everything, but nothing relieved the pain. After going through Nutrition Response Testing®, I found out there were critical supplements I was missing from my diet."

Since Ranasingha opened her practice in January of 2018, she's been growing and expanding at a steady rate. On September 1st, they went from an 11' x 12' room to a 1,400 sqft office. Her growing patient base necessitated the move and, while Ranasingha admits it's a big move, she's excited about the future and the opportunity to serve more patients. To that end, she's focused on education and finding the right people to help.

"Education is key to what we do," she said. "We want you to know how to heal yourself. I want to educate more people and get them to our classes. Once they understand how Nutrition Response Testing® works, they'll be more likely to use the service. The challenge is finding the best marketing and advertising strategies to get the right people to our classes."

In addition to Nutrition Response Testing®, Premier Natural Health also provides traditional chiropractic services. They utilize proven techniques such as Cold Laser Therapy and Graston Technique Therapy. For those

patients interested in Nutrition Response Testing®, they can usually expect the following process. After paperwork is completed, the patient goes through a Health Express checkup that includes testing vitals such as heart rate, blood pressure, weight and height. After the vitals are checked, Ranasingha and her staff will go through the patient's health history and identify their top five health complaints. The next step is the actual Nutrition Response Testing®, followed by identifying the recommended supplements and coming up with a game plan of how to treat the patient. Ranasingha admits that not all patients see immediate results, but overtime, every patient will experience beneficial results.

Looking ahead, Ranasingha would eventually like to have her own group practice. As she shared, there are many benefits to working in a group setting. "Anytime you work in a group, there are a lot of cool things that happen. You can mastermind. You can share stories about things that worked and didn't work. You become a family and if you need time off, you have a backup. You really build a camaraderie. It's a good thing. Besides eventually having a group practice, my other big goal is to get more people healthy enough to get off their off medications. Modern medicine is still extremely important in certain situations, but we often use them as a crutch. Instead of immediately jumping on pain killers, I want to help patients find the root of the problem. The same goes for antibiotics. Instead of getting a prescription at the first sign of a cold, let's find the right food and supplements to boost your immune system and keep you from getting sick in the first place."

Ranasingha offers up some great advice for aspiring entrepreneurs. "Be kind to yourself," she said. "It's not going to happen overnight. It takes time. Take your wins and enjoy them, but also celebrate your losses and

see them as an opportunity to learn from your mistakes. Also, sometimes letting people go out of your life, that aren't supportive or positive, will bring more good people and opportunity into your world."

This profile made possible by the following sponsors:

