

MY STUBBORN MOTHER GAVE ME A VISION

My name is Janice Dunn. As a child I was often sick. I probably would not be the person I am today if my mother had exclusively relied on the advice of medical doctors. She knew there had to be other answers. She read everything she could about Complementary Alternative Medicine. Living in Jamaica at that time, it was difficult to obtain certain herbs etc which she read about. This did not deter her. She located suppliers in England and imported a few products. These products helped me improve my health dramatically.

Seeing the results, other friends and acquaintances asked her advice asked her to source products for them. This led to the birth of a small health food store.

What I did learn from my stubborn mother is that **you have to take charge of your own health**. You have to learn everything you can about your body and how it functions. You must know what is good for you - and what is not. **If someone tells you something that does not seem right, do not accept it readily. Check and get additional information.**

I tried to learn everything I could about health and wellness. I joined my mother in her business and after a few years took over the business. I built it to become the most successful Health Food Store in Jamaica. I read whatever I could and, when time permitted, I attended workshops and seminars in various US locations (Colorado, Nevada, California, Arkansas, Georgia). I enjoyed the interaction with customers and really felt I was making a difference in many people's lives. However, managing a large retail operation restricted the time I was able to devote to my customers and I also felt there was so much more to learn.

After a great deal of heart-searching, I decided to sell the business, move to the USA and devote most of my time to studying and being a practitioner. Over the next ten years I gained certifications in Massage Therapy, Reflexology, and Colon Hydrotherapy. I became a Master Herbalist, Certified Natural Health Practitioner, Certified Nutritionist and Certified NES practitioner.

In 2011, I decided that I would take a new direction. I decided to open a (bricks and mortar) health food store in an area that I felt was underserved and in an area where the pace was slower. I chose New Port Richey in Florida (for those not familiar with Florida geography, New Port Richey is just north of Tampa Bay).

I hope you will come and visit me at my store at 5336 Little Road in New Port Richey. We have lots of interesting products – not just vitamins and supplements but also whole organic and gluten free foods. We have health and beauty products. You can check us out online at www.betterhealthandnutrition.net.

The website tells you a little about the store. It also has lots of very valuable information about health conditions, herbs and supplements, drug and interaction and various treatment modalities. There are lots of recipes. You can sign up for regular e-newsletters.

I use Facebook to interact with customers and others. On FB, I selectively insert articles that I think will interest those who follow our page. I would love to hear from you about things you would like me to write about - whether it be menopause, lupus, prostate health or whatever. Look forward to meeting you.

Janice