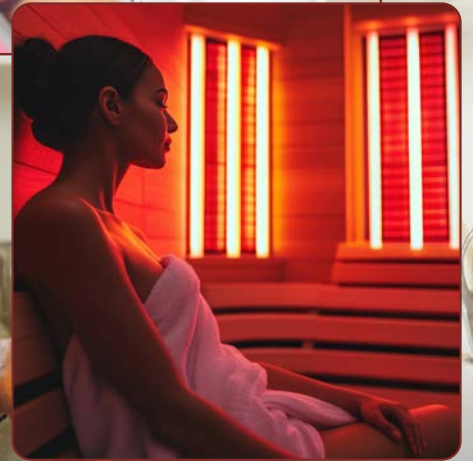
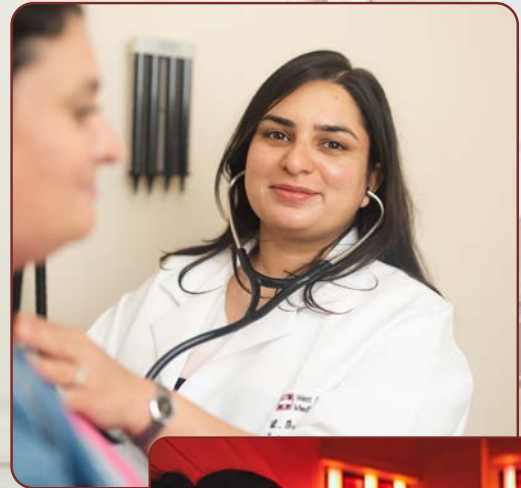




Rancho Wellness
YOUR MEDICAL HOME

Hello, Better Health

PRIMARY CARE THAT FITS YOUR LIFE



SAME-DAY APPOINTMENTS | VIRTUAL VISITS AVAILABLE
NOW ACCEPTING NEW PATIENTS

RANCHOWELLNESS.COM

- 3. *WELCOME*
- 5. *SERVICES & INSURANCES*
- 6. *CLINIC LOCATIONS*
- 8. *MEET OUR DOCTORS*
- 10. *RED LIGHT IS **Healing** You.*



Welcome to Care That Feels Personal

At Rancho Wellness, we believe care should feel supportive, approachable, and seamlessly integrated into your everyday life—not something that adds complexity.

Whether you're focused on preventive wellness, managing ongoing health needs, or simply looking for a team that truly listens, we're here to support you.

With a connected network of providers and services, we make it easier to access care that feels consistent, personalized, and centered around you.

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Rancho Wellness
YOUR MEDICAL HOME



Primary Care for Your Life, Not Just Your Health

CALL TO SCHEDULE!

 (909) 483-7800

Our providers take time to listen, explain, and guide you through your health with clarity and confidence.

What makes us different:

- ✓ *Care that feels personal and consistent*
- ✓ *Providers available when you need it*
- ✓ *Connected clinics for seamless care*
- ✓ *Support for every stage of life*

**Healthcare shouldn't slow you down;
it should support your life.**

Same-day *appointments* / **Virtual visits** *when you need flexibility*
Easy scheduling, *by phone and online* / **Minimal wait** *times*

Flexible Access to Care

Insurances: We accept most major insurance plans.

- ✓ **Medicare**
- ✓ **Medicare Advantage**
- ✓ **HMO & PPO Plans**

IPA: Our network of specialists.
Optum Care Network

Our services are designed to support your health at every stage:

- *Preventive care & annual checkups*
- *Chronic condition management*
- *Acute (sick) visits*
- *Women's health*
- *Men's health*
- *Behavioral health support*
- *Diagnostic & in-office services*
- *Care coordination & referrals*
- *Telehealth visits*

Our Clinics & Providers



01. Upland Clinic

525 N 13th Ave. Ste. A
Upland, CA 91786

(909) 982-5111

Mon-Fri 8:00AM - 5:00PM



02. Rancho Cucamonga Clinic

8231 Rochester Ave.
Rancho Cucamonga, CA 91730

(909) 483-7800

Mon-Fri 8:00AM - 5:00PM



Dr. Ravinder Singh



Dr. Lakshita Gupta



**Barbara Santa
Cruz, PA**



Hilda Mancilla, PA



Heidi Larson, NP

Languages Spoken:
English
Hindi
Punjabi
Spanish

Languages Spoken / English, Hindi, understands Punjabi

Dr. Lakshita Gupta

INTERNAL MEDICINE PHYSICIAN



Education & Training

Medical Degree / Medical School in Karnataka, India

Residency / West Anaheim Medical Center

Background & Approach

Dr. Lakshita Gupta is an internal medicine physician at Rancho Wellness, caring for patients in Rancho Cucamonga and Upland. Originally from India, she completed medical school in Karnataka in 2008, moved to the United States in 2014, and has been practicing in the Inland Empire since 2023. Inspired by her physician parents, Dr. Gupta is passionate about preventive care and patient education, helping individuals make meaningful lifestyle changes to improve their

health. She emphasizes minimizing unnecessary medications—especially for older adults—and works closely with patients to create safe, effective treatment plans.

Outside the Clinic

Outside of the clinic, Dr. Gupta enjoys spending time with her husband and two young daughters. She loves reading, with interests in world history, mythology, and astronomy, and also enjoys dancing and staying connected with her community.

CALL TO SCHEDULE APPOINTMENT!

 (909) 483-7800

Languages Spoken / English, Hindi, Punjabi

Dr. Ravinder Singh

FAMILY MEDICINE



Education & Training

Medical Degree / Wayne State University

Residency / Baylor College of Medicine

Background & Approach

Dr. Ravinder Singh is a primary care physician with over 25 years of experience, practicing at Rancho Wellness in Rancho Cucamonga and Upland. Originally from Detroit, Michigan, he brings a patient-centered approach focused on long-term health and chronic disease management. His philosophy emphasizes lifestyle modifications, with a strong focus on diet and exercise as the foundation for improving and maintaining health. He works closely with patients

to make thoughtful, sustainable decisions that support lifelong wellness.

Outside the Clinic

Outside of medicine, Dr. Singh enjoys reading history and fiction, staying active at the gym, playing basketball, and following Michigan sports. He values an active, balanced lifestyle and brings that same perspective into his approach to patient care.

CALL TO SCHEDULE APPOINTMENT!

 **(909) 483-7800**

The Heat Is On — *AND* *THE LIGHT IS HEALING YOU*

Infrared sauna and red light therapy are the fastest-growing wellness tools in the Inland Empire. Here's the science behind why Rancho Cucamonga residents are stepping in — and why they keep coming back.

Rancho Cucamonga is glowing. Not metaphorically — literally. The warm amber haze of infrared panels and the deep red pulse of light therapy lamps have become the signature aesthetic of the Inland Empire's fastest-growing wellness category.

This isn't a fad borrowed from Beverly Hills. It's a shift that makes particular sense for a community like Rancho Cucamonga — a city of active families, working professionals, weekend athletes, and aging adults who all share the same need: a recovery tool that works as hard as they do. Infrared sauna and red light therapy, often used together, deliver exactly that. And the science backing them up has never been stronger.

5,000+

Peer-reviewed studies

Photobiomodulation — the mechanism behind red light therapy — is one of the most extensively researched wellness modalities, with over 5,000 published studies examining its effects on human tissue and overall health.

4–8 weeks

Weeks to visible results

Most users report noticeable improvements in recovery, sleep quality, and skin appearance within 4–8 weeks of consistent 2–3 sessions per week. Mood and relaxation benefits are often felt after the very first session.

86%

Started in the last 2 years

According to a 2026 global wellness technology survey of 7,000 adults, 86% of red light therapy users first adopted the practice within the past two years — the steepest adoption curve of any wellness technology tracked.

First-time users should mention any history of heat sensitivity, photosensitivity disorders, or cardiovascular conditions to studio staff — most offer modified protocols for those with specific health considerations.

Rancho Wellness encourages patients to speak with their physician before beginning any new wellness modality, particularly for those managing chronic conditions. These therapies are powerful complements to — not replacements for — individualized medical care.

This article is for general wellness and informational purposes only. Rancho Wellness recommends consulting with a physician before beginning infrared sauna or red light therapy if you have cardiovascular disease, are pregnant, have a history of heat sensitivity or photosensitivity, or are currently taking photosensitizing medications.



HEAT THERAPY

Infrared Sauna

Unlike traditional steam saunas that heat the air around you, infrared saunas use light wavelengths to warm your body directly from within. The result: a deeper sweat at a lower, more tolerable temperature — typically 120–150°F versus 180°F in a conventional sauna.

Best for: Muscle recovery, cardiovascular support, detoxification, stress reduction, and improved sleep quality.

LIGHT THERAPY

Red Light Therapy

Panels emitting red (630–670nm) and near-infrared (810–850nm) wavelengths penetrate the skin and are absorbed by your mitochondria — your cells' energy factories. This stimulates ATP production, reduces inflammation, and accelerates tissue repair. Originally developed by NASA.

Best for: Skin rejuvenation, joint pain relief, collagen production, wound healing, and post-workout muscle recovery.

COMBINED SESSION

The Synergy Effect

When used together, infrared heat increases circulation and opens blood vessels, making tissues more receptive to the light wavelengths. The result is a compounded therapeutic effect that neither modality delivers alone — the reason most Inland Empire wellness studios now offer both.

Best for: Maximum recovery, chronic inflammation, athletic performance support, and comprehensive anti-aging benefits.

“INFRARED HEAT WARMS YOU FROM THE INSIDE OUT — AND RED LIGHT WORKS AT THE CELLULAR LEVEL, BOOSTING THE ENERGY YOUR BODY USES TO HEAL ITSELF.”

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Now Accepting New Patients

PRIMARY CARE FOR YOUR FAMILY

- ✓ *Same-Day Appointments*
- ✓ *Virtual Visits Available*



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Your Partner in Care

☎ (909) 483-7800

