

# Healing arts practice launches

By Ceili Cornelius  
Correspondent

Brianna Lattanzi has been practicing holistic healing for 11 years — since she was 14 years old. Now she is launching the healing arts practice *Legendary Strategies* in Sisters.

“I had been interested in learning about it early on. My grandparents had cancer when I was young and I wanted to find ways to make life enjoyable for them suffering, but also for those of us taking care of them,” she said.

Lattanzi’s mission “is to cut back the pill pandemic and the way we handle mental and physical issues that arise with holistic remedies and showing my clients that their brain is the best pharmacy they could ever use.”

The holistic healing prospect is basically the practice of traditional Chinese medicine, or Eastern medicine. It uses a lot of meridian therapy and acupressure and energy work. She primarily works through pressure areas in the body, as well as through the feet. According to the Mayo Clinic, “reflexology is the application of pressure to areas on the feet... the theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to corresponding areas of the body.”

That, in combination with Ayurvedic medicine, which is a traditional Indian system of medicine, “aims to preserve health and wellness by keeping the mind, body, and spirit in balance, preventing disease rather than just treating it,” according to Healthline.

“The feet are a place where toxins can be released, as well as you can get in touch with every part of the body through the feet,” said Lattanzi. “I work with the mind and the body and senses together to promote pain relief, stress management, and overall

relaxation in the body.”

She describes the relaxation process of the body as being in the “ultimate healing mode. This is when the body can relax completely, and the organs heal quicker and work better and more in harmony.”

Lattanzi works with people of all ages and backgrounds and believes that everyone can benefit from some form of energy healing because, she says, it helps with anxiety, depression, stress, chronic pain, and gets the body into a relaxed mindset and more healed state.

“I try and really work with the mind, body, and the spirit through the use of touch and words. Sometimes an emotion or thought can manifest during a treatment that had been suppressed and it is healthy to get that out,” she said.

During her cranial treatments, for example, she is using touch on the head that translates into the brain and is then able to get in touch with all the other parts of the body.

“A lot of times these suppressed emotions and pain can manifest in the form of disease, so we try and eliminate that pain and toxins from the body to heal,” she said.

Lattanzi basically educated herself in the practices of holistic healing. She used a program called *Century of Excellence*, which has 150 hours of credits and classes and she used their programs to get diplomas online in different services in reflexology.

“I really wanted to learn how to do this for myself and for others. I was kind of learning it nonchalantly, and when the pandemic hit, I wanted to get certified and retain the information in depth,” she said.

Lattanzi sees a benefit to this kind of practice.

“It provides not only relief in one area of the body, but across what we call the meridian, which promotes blood flow and builds better circulation throughout the whole body,” she said.



PHOTO PROVIDED

**Brianna Lattanzi is passionate about her healing work.**

Lattanzi decided to start her own holistic healing practice in May of 2020 during the height of the coronavirus pandemic.

“I saw a need for it because we were seeing so many people suffering from anxiety and depression,” she said.

She is also working with a social worker at *Sisters Family Access Network (FAN)*, providing relief to struggling mothers and children.

“I have been in those situations, having to grow up quickly, having my first child at 17, so the mission for my business is to really give back and help people that might be suffering from displacement, mental illness, and depression,” she said.

Lattanzi sells aromatherapy jewelry and \$10 of the proceeds goes toward benefiting FAN and she hopes to work with them more in the future.

Lattanzi has lived in Central Oregon for 16 years and was glad to make it out here when she did.

“I love it here, it is so beautiful, and the people are great,” she said.

She opened *Legendary Strategies* inside *Three Sisters Chiropractic* located at 270 S. Spruce St.

For more information visit [www.vagaro.com/legendarystrategies/services](http://www.vagaro.com/legendarystrategies/services).

# Habitat leaders met with representatives

Sisters Habitat for Humanity’s Board President Ellie Hammond and Executive Director Sharlene Weed met virtually with Representative Daniel Bonham and Senator Lynn Findley on Tuesday, March 9, as part of Habitat Oregon’s annual lobby day.

They were joined by Columbia Gorge Habitat for Humanity’s Executive Director Chad Krause, and Habitat for Humanity of Oregon’s Director of Engagement Megan Parrott.

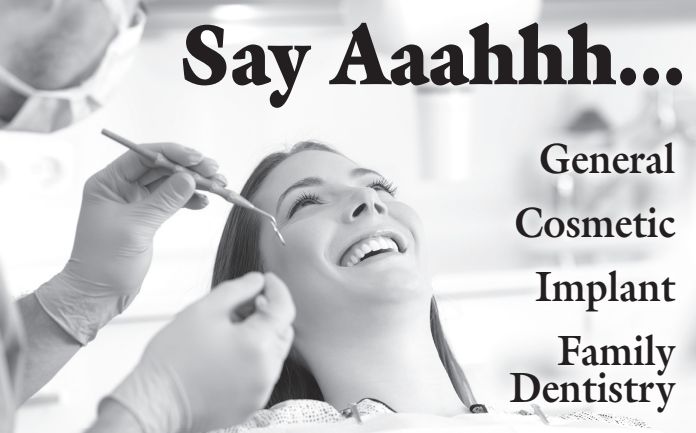
“It is fun to connect with our legislators each year to promote our good work at Habitat and express our support for legislation that we feel will help promote our vision of a world where everyone has a decent place

to live,” Weed said.

More than 40 Habitat advocates from around the state met with their legislators virtually to support policies promoting broader access to safe, decent, and affordable homes. Habitat for Humanity leaders expressed their concern for strengthening household resiliency in Oregon during and after the COVID-19 pandemic, especially as the state faces compounding crises, such as wildfire recovery. Even before the COVID-19 pandemic, one in six Oregon households were paying half or more of their income on a place to live. With the situation made even worse by the pandemic, Habitat leaders are asking the state to enact

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