

## New Acupuncture Clinic Opens in St. Helens Brad Whisnant Brings an Attitude of Service to Columbia County

By Scott Laird

Brad Whisnant has a unique approach to medicine, and a unique approach to life. It probably comes from a somewhat unique path he's taken to get where he is today.

Whisnant is a licensed acupuncturist and certified herbalist who just recently opened a new office in St. Helens, in addition to his current practice in Portland. He is using a variety of methods to reach a wide range of patients.

In Portland, in addition to seeing regular patients through his private practice, Whisnant helps run an Outpatient Detox program. He also regularly visits a retirement community where his grandmother lives, offering five-dollar acupuncture treatments for the elderly residents there. Additionally, he has started a non-profit called One Day Closer which offers free medical care in foreign, impoverished countries.

A 2007 graduate of the Oregon College of Oriental Medicine, with a Masters Degree in Acupuncture, Whisnant took a circuitous route to the medical field. After serving in the Marine Corps out of high school, he got a degree at Portland State in Criminal Justice, and then worked in the family shipping business and sold Real Estate, before studying oriental medicine.

"It's always been about helping people for me," said Whisnant, during a visit to his new St. Helens office. "Originally, it was from a more aggressive standpoint. But then I thought about doing it from a more compassion-based and medicine-based point of view. But it's always been about serving."

Whisnant had a number of patients he was working with in the Longview and St. Helens areas and so it made sense

to open a practice in Columbia County. He offers acupuncture treatments and consultations on herbal remedies three days a week—Mondays, Wednesdays and Saturdays. His hope is that more Columbia County residents will take the opportunity to use his skills to help them with their medical issues. "I will always offer a free consultation by phone, or they can come in so we can talk about whether I think I can help them," says Whisnant. "My main goal is to help people get better."

He has created an even wider extension of his work through his volunteer-based, One Day Closer. The non-profit recruits medically-trained volunteers, mostly in Chinese medicine, to staff medical camps that set up in a designated country. In the past few years, Whisnant has traveled to India, Honduras, Guatemala, and Vietnam, treating an estimated 20,000 people. "The depth of experience we get overseas is so much deeper than over here," he said. "When we're over

there, we're out in the country-side where there's no doctors, no dentists, no hospital, no emergency rooms. There's nothing. So to see the depth of diseases we see is huge. It's intense and amazing, and beautiful all at the same time."

Whisnant uses his connections with herb companies and needle companies to raise donations for the medical camps. The volunteer camps operate anywhere from two weeks to four months, and staff usually try to teach some basic protocols to locals so they can help treat problems they see all the time. "There's a part of me that just wants to give back," says Whisnant. "I think it's something I will always do."

Acupuncture is now more widely recognized in western society as a legitimate form of medical treatment, and is accepted by most insurers. Whisnant also uses his expertise with herbs to

augment his treatments for patients. He is able to help patients with pain, migraines, sleep issues, emotional issues, allergies, asthma and many other issues that western medicine doesn't seem to have an answer for. "I always get the people who say, 'We've tried everything else, we don't know what else to do.'" he says.

Whisnant likes to look at medical treatment in a holistic way, including involving both western and eastern medical modalities. "I look at it like eating a meal at a table. If I just give you a spoon, you might have a hard time eating your full meal. But if I give you a fork and a spoon and a knife, you're going to be able to eat your meal much easier," he explains. "Both eastern and western medicines

serve their purpose and both are amazing, so if we bring them together, then the patient will benefit the most. There are only so many things acupuncture can help with. And when it's not working, we better get them referred to the right person."

Whisnant sees himself as lucky, and relishes his many opportunities to serve others. "I've always been about giving back," he says. "I have just been fortunate. I don't have a lot, but what I do have I feel grateful for. It just blows me away that everyone doesn't have adequate health care. I always thought part of my practice would be about... well, certainly I need to work to make money and there's value in that, but also part of that value is in giving back."

To read more about Brad Whisnant's non-profit One Day Closer, go to [www.acupuncturevolunteer.com](http://www.acupuncturevolunteer.com).

To schedule a consultation at the St. Helens office, contact Brad Whisnant at 503-760-6238.



Brad Whisnant performs an acupuncture treatment on a patient at his new office in St. Helens

## Better Parenting: Never Argue With Your Kids!

By Sonia Spackman, MA, MFT

Arguing grows out of different interests. Arguing is a power struggle, a contest of wills.

**So why do you do it?** You got into a wrong way of communicating your wants. You're trying to get your child to agree with what you want. You think you need to explain your decisions to your child.

**Why do your kids do it?** They are interested in what they want. They want to point out the mistakes in your reasons. To them it is not about the issue, it's about getting what they want.

**When does it go bad?** After ONE minute, since it is a contest of wills. When you are not the one asking the "why" question. There is never a good reason for parents to argue with their kids! NEVER, DON'T DO IT!

**What makes you do it then?** Because you believe your kids should understand your reasons. You believe you should explain your reasons. You believe when your kids see your reasoning they will instantly agree and be happy about it.

**What should you do instead?** #1 Set Limits: Give your reasons, do not argue. Say: "Here are my reasons, one..., two..., three..." and say: "I don't feel right about it." Add: "And my decision is final." To curb further hassles, go to the next step. #2 Give Empathy: Say: "I understand. I imagine I would be disappointed too, if I were in your place. Just the same, the decision is final." If your child continues arguing, go to the next step. #3 Give Choices: Say: "This is the final word, any more hassles will result in consequences." And then give your child two options, make sure that either one will work fine for you. For example: "What would be best for you, to be fun to be with here or find another appropriate place to be?" "Would you rather be fun to be with here or find another appropriate place to be?" "You may be fun to be with here or find another appropriate place to be." You are saying the same thing with a different phrase, choose the one that is most comfortable for you. If your child does not choose, or decides to do something you do not like, then you choose.

**What should you not expect and what should you expect?** Do NOT expect: that your kids will understand—or that your kids will agree—or that your kids will be happy about it. DO expect: your child will not understand your concerns—and your child does not have the advantage of your experiences in life—that in life, we all are sometimes required to follow decisions we don't like or understand.

**Why then do my kids STILL argue with me?** 1. Kids get to put off doing what they are told. 2. Kids want to talk you out of your decision. 3. Kids want to bargain for a better deal. 4. Whoever is asking the "why" question is in control. 5. Kids cause a hassle so you will give in. 6. Kids enjoy the contest of wills with you. 7. Kids make you suffer first. 8. Kids expose your objections to argue longer, and it's fun sometimes.

**What can stop this arguing?** Things you can try to stop the arguing:

- THE SPONGE:** Gather information. YOU become the one who asks "why." When your child begs and pleads, ask: "Why should I let you?" and "Why do you think you need this?" and "Tell me more about it." You might ask your child to write out all the reasons and bring you a list. Gather his/her entire argument, so they will use their energy thinking and feel more heard, and say: "No, you can't, but thanks for asking." or "I am sure it would be fun, but the answer is no."
- THE BROKEN RECORD:** Acknowledge your child's wants. Say: "I understand that..." If your child continues to protest, use the words nevertheless, regardless, in spite of that. For example: Child: "That's a stupid reason." You: "Honey, it may be stupid but nevertheless the answer is no." Child: "It's not fair." You: "Regardless of if it is not fair or not, the answer is no." Or you can repeat over and over again: "I love you too much to argue." And if you need to, give choices again.
- ZERO TOLERANCE:** Do not allow ANY harassment. If you do, you are teaching your child to mistreat you. This is a boundary issue. You need to set clear boundaries. Say: "I am your mother/father, when you are disrespectful, you will have consequences."
- DELAYED CONSEQUENCES:** Immediate consequences are usually better than delayed consequences. However, if you don't know what to do or if you are angry, you may make a poor decision; delayed consequences will give you time to think of a consequence or talk to someone to get help. It is important that you do not let things get out of hand. Stop justifying your decisions or you will make things worse. If your child gets angry, makes threats or follows you, say: "I am going to have to give you a consequence for this, but don't worry about it right now." Then add: "I will be discussing this with you (then state a time that is convenient for YOU). Then stop talking immediately, stop eye contact, slowly turn your face in another direction and walk away slowly. You want to guide your child in love and not do anything that will hinder the relationship you and your child have.

Resources: Dr. James Jones, American Parenting Institute, Jim Fay/Cline/Fay Institute.

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## To Your Health: The Many Benefits of Gardening

By Heather Lewis, LMT, CLT, NT

Sightings of a golden spherical UFO over Vernonia have been recently reported, twittered, and blogged about on Facebook. Halleluia! Spring has finally begun.

Bridgette and I made our rounds in the garden. The plum trees are in full bloom and the pear trees are not far behind. The raspberries and marionberries are showing signs of new growth and the rhubarb has pushed its sleepy head through the compost. We love working in the garden. I say we, but I have yet to get Bridgette to be productive at anything more than enticing me to play ball. Lilley, on the other hand loves to dig in the raised beds. Unfortunately, it is in the wrong places and for the wrong reasons. I have become quite inventive at coming up with devices to outwit her. Many of the ideas have come from fellow gardeners I have met at the garden club. They meet at the library at 1:30 PM on the second Tuesday of each month; all are welcome to attend.

I have enjoyed comparing notes with folks who have lived here long enough to know what works well in our short growing season and discussing topics from rainwater collection to four-season gardening to seed collecting to organic fertilizer options (we have an abundance of local llama, cow, sheep and yak compost, who knew!). A couple of the local gardeners are also participating in the current Ford Family Foundation Leadership Training. Their enthusiasm was enough to inspire the group to sponsor the development of community garden(s). What an exciting addition to our town for those who need access to space to garden and for students to learn and get involved.

There are many health reasons to get involved in the garden, benefiting the body, mind and spirit:

- Did you know that 50-90% of the nutritional value of most produce is in the peel?
- 100% of your needed vitamin D can be produced within

15 minutes while working outside in the garden

- A diet rich in phytonutrients is recommended by the American Cancer Society
- Increase muscle and bone strength, coordination and balance
- Increase blood oxygenation
- It is wonderful for stress reduction and is beneficial in lessening depression
- Can be an excellent family activity with opportunities available at all age and skill levels
- Cultivate an appreciation for the natural cycle of life
- Decrease carbon footprint by eating what you grow, sharing your abundance and composting your excess
- Nothing tastes better than something picked ripe right from a garden where you know exactly how it was grown, with love.

Now for those of you who don't have the desire to get your hands dirty, you too are in luck. I can see Julie Prohaska from my window as I am writing this, and she is hard at work in her garden, planting, tending and preparing for the Farmer's Market. I am sure many of you enjoyed not only her wonderful veggies last year, but also her always-smiling face. I know I did, and I am looking forward to her great cabbage again this year! Year round, however, Debbie Johnson does a marvelous job keeping the produce isle at Sentry stocked with a wide variety of quality produce. Thank you both!

Well, I think I'll wind this up and get back outside. I have to extend my raspberry rows if I want any for myself. Last year, Bridgette learned how to tell the ripe ones and I caught her more than once helping herself, stripping the canes bare. Luckily for her, I have the thornless variety.

Here's wishing you good health.

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