

# Holistic healing finds a home in county



Kathleen Ellyn

**D**r. Renee Grandi has served her Wallowa County patients for 15 years and in that time she's seen a lot of changes in the medical field.

"When I took my sabbatical 22 months ago I was struggling with how I fit into the medical world," she said. "I liked to spend more time with my patients. I was a middle-aged physician in a rapidly changing field."

While she was taking time to rethink her life, even thinking of retiring from medicine, she visited with friends — and they told her they were all getting sick and didn't know why.

"They told me 'You need to go out and find out why,'" Grandi said.

About the same time this was on her mind, Grandi heard about a conference being put on by the American Academy of Environmental Medicine. So she attended.

"I fell in love," she said. "They were speaking my language: health through nutrition, detoxification, treatment of environmental poisons, injury recovery, hormone

balancing, new treatments for chronic inflammatory diseases and auto immune diseases such as chronic fatigue, fibromyalgia, Lupus and MS."

They were also keenly interested in the health problems that long-term stress caused, and new treatments for long-term or chronic pain.

Grandi started getting training in those fields immediately, mentoring with medical doctors specializing in endocrinology, ear nose and throat, allergies and more. She spoke with local health practitioners and listened to their ideas, concerns and observations. And she has attended more conferences.

She continued her relationship with Winding Waters and "they were really supportive of what I was learning," she said.

Remaining associated with the clinic had its benefits, but Grandi was still committed to managing her own time and she couldn't see herself returning to a regular schedule.

So, she created her own business.

That business, Triple H Healing, opened March 8 in what used to be Dale and Martha Weitzel's old place at 507 S River Street in Enterprise. The business is across the street from Ruby Peak Naturals. The building was originally a bed and breakfast, so there were plenty of bathrooms already built and Grandi added an ADA accessible bathroom and completely remodeled the shake-sided building.

There are now 2,000 square feet of office space with six treatment areas. Kate Barrett is holding down the front desk and those treatment areas are used by acupuncturist Amy Zahm and massage therapists Tai Jaques Colleen Whelan and Patricia (Trish) Zennie.

The group will be doing double and triple duty by also offering Chinese medicine, consultations for herbal treatments, designing corrective exercise programs, practicing aromatherapy, reiki, reflexology, tripper point therapy, yoga, meditation instruction, managing use of an infrared sauna and much more. Grandi also plans to hold diabetic cooking classes in the full kitchen, meditation classes and other pain and stress treatments, and she has an integrated psychiatry approach to emotional or mental disorders. Triple H Healing will be working with Wallowa Valley Center for Wellness to support clients with those issues. Grandi hopes to work with other local businesses that carry supplements, herbs, teas and tinctures as well.

She's still a medical doctor, too. Holistic medicine considers the whole person — body, mind, spirit and emotions — in treatment and there is no conflict in using medical approaches along with other forms of health care.

"We're carrying a very light load right now," said Grandi. "But we've been very well received and people are showing up for

tours and to ask questions."

And 75 people are already on a waiting list for the privilege of calling Grandi "their" doctor and Triple H Clinic "their" clinic.

"I think we're doing this at a perfect time for Wallowa County," Grandi said. "There are a lot of people looking for answers beyond taking a pill."

That said, Grandi is quick to point out that "Wallowa County is very lucky to have such a great hospital system that supports this."

We see this in the "comprehensive" and preventative care that traditional medical clinics and mental health services are embracing as well. And alternative approaches to good health seem to be an idea that Wallowa County really likes — witness the success of the CHIP program and the interest in making the county a Blue Zone where good health is a focus.

So it is probably no surprise that Winding Waters Clinic has continued their support of Grandi's plans, leasing her newly-remodeled building and managing the bookkeeping. Grandi and her staff are still employed through the Winding Waters Clinic system, but Grandi's time and choice in treatments is more her own.

And you can make it more your own. To learn more about Triple H Healing, visit [holistichealing.windingwaters.org](http://holistichealing.windingwaters.org). An open house is planned in April.

## GOATS

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McCullough's mother, who lived on the ranch, passed away in 2004 and McCullough saw the possibility to return and keep the family business running.

"I'd wanted to come back for years," she said. "The kids were grown up and I took the chance."

McCullough quit her job in Virginia and returned to Bowerman Ranch in 2006. That's when the work started.

The ranch had fallen into disuse and the grass was eye-high. She had heard that goats were good at clearing land. A love affair started when she rented goats to eat down the grass.

"They did a marvelous job, and I rented them for two more months," she said. "I was in love with the goats, and I thought, 'This is my calling.'"

The goats stayed for the winter, and McCullough bought six of them and the seller threw in a seventh for free. She was in.

McCullough started raising goats for meat, laughing that she's too lazy for milking. The goats are mainly Boers and Boers crossed with Texmasters, which are



Steve Tool/Chieftain

Bowerman Ranch co-owner Wendy McCullough raises goats at the foot of Mt. Joseph.

85 percent Myotonic, or fainting goats. The fainting helps build muscle, which translates into meat, which is USDA inspected and gaining a regional following through both retail stores and Saturday market sales. McCullough's partner in the

venture is fellow goat raiser Nancy Knoble.

"It's grass fed, low fat, high protein and low cholesterol," she said. "It's yummy!"

She also raises some Boer/La Mancha goats to provide milk for her other venture,

Sally B. Farms, which features handmade goat milk soap. That entity is McCullough's own venture. The ranch still belongs to the Bowerman Family Trust.

At the moment, McCullough has 25 adult goats, along with some young kids.

"Once in awhile, if one of the market goats has an unusual personality, I'll hang a name on it while it's here," she said.

McCullough is currently in the midst of kidding season, which has its difficulties.

"Kidding is fun, but there's a lot of stress involved between cold weather and water freezing," she said. McCullough also said that she wouldn't have made it though the first season if not for her friend Debbie Gilbert, who showed her the ropes.

"It didn't matter when I called her. If I had a question or needed help at the barn she was always there for me," McCullough said.

The most challenging part, though, is the amount of time involved in their care.

"You have to feed them twice a day, trim feet, give shots, stuff like that. It's time consuming."

At the same time, McCullough also finds her chosen profession rewarding.

"I just love these goats. I'm putting out a good product."

McCullough said she isn't sure what the future holds for her ranching business.

"I'll do it as long as I feel up to it. I deal with nice people, and I love the life. It's rewarding," she said.

## 'Hiring Your First Employee' Workshop

NEOEDD and WorkSource Oregon offer a free workshop to help entrepreneurs and small-business owners understand the legal considerations of hiring employees—what's required and recommended, and best practices.

Matt Willson, who is a Business and Employment Specialist with WorkSource Oregon Employment Department, will lead the workshop.

Thanks to a Community Development Block Grant through Wallowa County, the workshop is offered free of charge. Register by Mar. 31 to reserve your seat at one of four workshops in Baker City, La Grande, or Enterprise.

Workshops takes place in:

- Enterprise: Tuesday, Apr. 4; 6 to 9 p.m. at Fishtrap, 400 E Grant St.

- Baker City: Wednesday, Apr. 5; 6 to 9 p.m. at Hatch Baker, 2019 Main St.

- Baker City: Thursday, Apr. 6; 9 a.m. to 12 p.m. at Hatch Baker, 2019 Main St.

- La Grande: Thursday, Apr. 6; 6 to 9 p.m. at Umpqua Bank, 1215 Adams Ave.

To register, call NEOEDD by Friday, Mar. 31 at 541-426-3598 or 800-645-9454, or email [kristyathens@neoedd.org](mailto:kristyathens@neoedd.org). Preference is made to people with low-to-moderate incomes; income verification will be required.

## County supporters of Standing Rock gather

### Prayer services held across U.S.

By Kathleen Ellyn  
Wallowa County Chieftain

Local supporters of the Standing Rock Sioux Tribe and indigenous grassroots leaders met at Wallowa Lake March 10.

The approximately 30 people gathered on the north end of the lake were meeting in solidarity with those who marched on Washington D.C. the same

day. Solidarity marches and prayer services were held across the U.S.

The groups are protesting the Dakota Access crude oil pipeline (DAPL) on treaty lands in North Dakota.

Local Native American representatives Quint Lynch and Joe Whittle both spoke at the Wallowa County gathering, bringing the crowd up to date on recent activities and reviewing the history of U.S. treaty violations.

"This (the Standing Rock protest) was a success," said

Lynch. Wallowa County supporters sent supplies and representatives to North Dakota and Lynch said that some of the water protectors were aware of Wallowa County.

In explaining the treaty violations throughout U.S. history, Whittle pointed out that "this lake (Wallowa Lake) legally by law, belongs to the Nez Perce."

A sage smudge (sage burnt as an offering and spiritual cleansing) had been sent back to Wallowa County by documentarian/journalist and Na-

tive American activist Myron Dewey as a gift to the Wallowa County group. It was circulated prior to the prayer.

"We're all natives," said Lynch, "Those (at Standing Rock) were just our indigenous brothers."



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