

How to do Equine Breathing with your horse

Equine Breathing is a way of training your horse's breathing, it is not a veterinary procedure and this guide is not a substitute for veterinary advice. If your horse has any problems or you have any concerns then consult your vet.

Basic instructions



- Choose a safe place where you will not be disturbed at least until your horse starts to enjoy and want to do 1N
- Make sure you have enough time and are not rushed
- Put a head collar on your horse (for the first few times)
- Stand by the left hand side of your horse and face nearly the same direction
- Hold the lead rope but **don't overly restrict** the horse
- Put your left hand over the horse's left nostril and completely block all air flow you should feel suction and pressure on the in and out breaths. Try not to allow any leaks, move your hand to find the best position.
- Keep your hand in position for 5 minutes
- Move to the right side, put your right hand on the horse's right nostril and keep it there for 5 minutes
- Keep your own mouth shut and quieten your own breathing
- Don't talk to the horse
- Don't fiddle with the horse, allow them to enjoy the 1N in peace
- Don't give food or tit bits before, during or after the session



Safety



- Stand facing almost the same direction as the horse so that if they start in a dream your toes will be safe.
- Don't lean in over their heads if they lower them, again, they may start in their sleep and knock your face.
- Choose a safe place to do 1N sessions

How much?

Do this set of 10 minutes 1N at least once and preferably 3 times a day.

First thing in the morning is a good time and before and after exercise and last thing at night. Don't do a set straight after feeding.

Continue until the horse has recovered correct that is, **indiscernible** (at rest), breathing. This may take weeks or even years.

What to expect

This is the gentlest form of Equine Breathing and yet it can have profound and often immediate as well as long term results.

Many horses will immediately recognise the pleasant feeling associated with 1N (probably due to increasing levels of carbon dioxide towards normal) and will relax or even fall asleep, which is fine. They will soon perk up if you want to work them afterwards.

Some horses, particularly those whose breathing has deteriorated may show initial nervousness. The way you manage this initial



nervousness is important. The best general tip is to be calmly persistent. As the horse moves keep the hand over the nostril without using force to restrict the horse. If you let go, the carbon dioxide is blown off again, and it takes longer for the horse to feel its pleasant effects.

It is important not to frighten the horse at this stage as **Equine Breathing should always be an enjoyable experience** for the horse and owner.

The more a horse trusts the handler, the more quickly they will take to the breathing. If you feel the horse does not trust you enough, Monty Robert's 'join up' (From my hands to yours) in a round pen is invaluable. For those without access to a round pen, the un ridden exercises in Kelly Marks' book 'Perfect Manners', Richard Maxwell's book 'Unlock your Horse's Talent' and in Parelli natural horsemanship, also build trust. Try doing some before the 1N session.

If you are still having difficulty, try doing the 1N after the horse has been exercised.

Responses

As the horse's breathing returns to more normal levels you may notice various responses. These may be similar to responses shown in any holistic approach.

They include the diminishing of symptoms but also a flare up of symptoms known to holistic practitioners as "a return of symptoms". These returns are usually subtly different from the original symptom and don't last very long.

Clearings occur, it is thought, when the rate of healing is higher than the excretory systems can cope with. As in humans clearing symptoms include a runny nose, itchiness, diarrhoea, lack of appetite, increased thirst, or rashes. Clearings often pass quite quickly, sometimes in a few minutes. If they are a nuisance, wait for a day or so until the body has caught up before resuming 1N. Consult your vet if in any doubt.

Probably the most common responses are those which may be due to the to the increasing carbon dioxide including snorting, yawning and coughing.

Responses with 1N are likely to be mild or non existent as it is a gentle approach, but you may wish to obtain some **unrefined salt**.

Unrefined salt is available from supermarkets or this link, and is clearly marked as containing the original proportion of minerals and trace elements such as magnesium and potassium. Some horses go through phases of wanting unrefined salt as their breathing changes.

When you start an Equine Breathing regime you may wish to offer your horse unrefined salt in a bucket so they can manage their own intake.

More information on what to expect and how to manage an Equine Breathing training program is available in the **Equine Breathing Starter Guide** and the video / DVD – **'Using the Equine Breather**.

See www.equinebreathing.com.



Black is initially nervous



but relaxes when he feels the pleasant effect

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