



In Practice

Over breathing – signs to look for

If your horse has a chronic ailment such as sweet itch, hay fever, allergies, arthritis or breathing (respiratory) problems; or a behavioural problem such as wind sucking, cribbing, separation anxiety or head shaking then I believe they are likely to be over breathing.

In 50 years of research and practice Professor Buteyko, who developed the breath training technique for humans, found that chronic illness was always accompanied by over breathing in people.

If your horse has no discernable chronic symptoms they may still be over breathing. Good breathing at rest is hardly perceptible by sight or sound.

You can observe your horse's breathing and learn to recognise the signs. In over breathing the nostril flares to a greater or less degree with each in breath, thus changing shape, and there is an audible sound of air moving in and out. Even with your ear to the nostril you can't hear good breathing. It may be difficult to find a horse with good breathing to observe!

In addition there may be certain clues such as the horse;

- has difficulty concentrating or paying attention and responding to communication
- is easily agitated
- is aggressive
- is bargey
- has separation anxiety
- is over sensitive to stimuli such as sudden noises or new objects
- dislikes being groomed
- snorts more than just occasionally and when aroused eg before feeding or being ridden
- has runny eyes
- needs to urinate when being ridden
- carries excess weight possibly with crest development
- has a regular high worm count
- has digestive problems
- has difficulty maintaining condition
- has difficulty recovering from injury (even insignificant cuts etc) or illness
- is lethargic
- has hormonal imbalance
- drinks a lot
- has a tendency to tying up after exertion
- has skin problems
- exaggerated immune response eg to insect bites
- has an in breath of less than or longer than about 5 seconds.

Signs of over breathing in people will be addressed in a later 'Horse Breather'.

Contents

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FAQs

Answers for commonly asked questions
Coming soon – "Why does my horse snort during or after Equine Breathing?"

In short

Bits and pieces of news and comment



flared nostril of horse over breathing at rest

In short

Competition riders!

Look out for an article on how to use Equine Breathing to gain competitive advantages in the April issue of Natural Horsemanship Magazine. If you are not a subscriber and would like to be, contact Lorraine for more information or print and use directly, the PDF application form that is attached to this email.

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"When using the Equine Breather some level of supervision is required..."



Spok and friends

If you have any queries or comments I would love to hear from you
breathe easy
Clare

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The contents of this ezine are not a substitute for veterinary advice.
If the reader has any concerns they should seek independent professional advice from a vet.