



Horse Breather

Equine Breathing ezine September 08 issue 35



Breathing difficulties, chronic cough, head shaking, allergies, lethargy.... etc

Roni Leaf

Roni's talented Saddlebred show horse Derby had such bad long term symptoms despite comprehensive and expensive treatments that she was forced to consider euthanasia. She found the Equine Breathing website and immediately started 1N with Derby. With diligence and commitment she did 3 months of daily 30 minute sessions and to her joy and relief Derby recovered so much that Roni is now confident she will be able to show him once again next season. She recounts her experience....

Derby is an American saddlebred. He won the 3-gaited Pleasure Horse of the Year for BC #4 in the North West, and was never out of the top ribbons. But with his health problems we had to quit showing.

Two years ago he went away to a trainer who used to say the safest place was on his back. He bit kicked and would be as arrogant as he could be with no respect for animal or humans - very bad character. I wondered what I had bought. Within a month he had a terrible infection and I did not know how sick he was until I saw him. That was the start and he never healed.

His symptoms were very noisy breathing, a cough, headshaking, bucking, allergies, very fussy, no energy (he would be tired all day and at a show he actually lay down to sleep flat out for almost 2 hours, almost like a person with chronic fatigue) and his immune system always seemed to be down. He was such an adrenaline junky and had been since I got him.

He also had nearly all the symptoms described for horses that breathe wrongly (in "Over breathing signs to look for" in issue 4 of 'Horse Breather' eg dislikes being groomed, over active immune response eg to insect bites, etc - ed). He was only 7 years and too young to have all these problems.

At worst, it was impossible to ride him and I could not do anything with him. But I could see so much in him, he loves to work and to be a real show off. It was getting very frustrating.

We took him to two separate vet clinics for endoscope pictures but the two clinics could not agree on what was really wrong. They agreed with me that he had allergies. Maybe the left side had a little paralysis. One vet said he was not a candidate for surgery that he did not have that problem.

So it was very confusing and expensive. He was on all kinds of antibiotics, pulmonary drugs and steroids, none of which seemed to do any good. They just made him awfully toxic and did not seem to make a difference. I pulled him off all these drugs. The best effects were homeopathy and herbal remedies, but they never stopped it or took it away. As another year went by it seemed as if the allergies just got worse.

I found the Equine Breathing website in June and it sounded good but I had been so disappointed to date. I was feeling so desperate for my horse and my self and not knowing where to turn. My horse was so bad I had no time to wait to try Equine Breathing as I was considering putting him down. I had no fears or concerns about trying it, just went ahead and started. After one week the 1N had already made a difference in this horse.



Nostrils near the start in July – thickened and enlarged



Some improvement by August

I have to say I have a new horse or a normal horse now. No one would know it is the same horse at all.

There have been a ton of improvements.

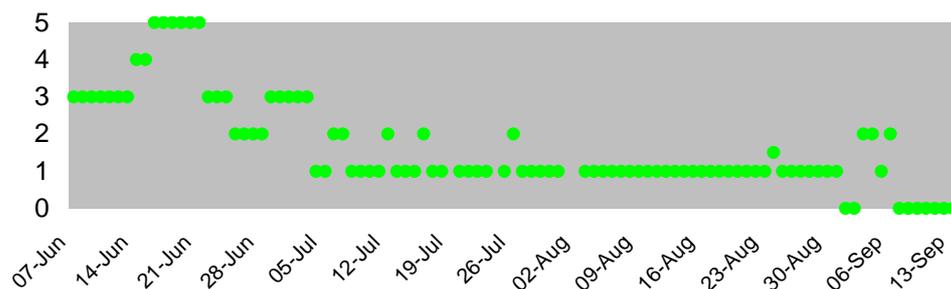
- Energy level back to normal.
- Focused, attitude calm thinking, not just reacting before things happen. Calm most of the time.
- Body and muscle shape in body has really changed. His body is much more rounded not so drawn up anymore. The whole body and muscles look more relaxed even though he is very solid. Carries himself better.
- Can work mostly without coughing or noisy breathing.
- Eyes have softened and changed his attitude into a pleasure to have and be around. For the first time in 5 years he is not always trying to bite everybody and everything. He is much more content and seems to be getting much happier with himself

Just needs the coughing and heavy breathing to be stopped altogether. Would be wonderful. A miracle!!!!

Equine breathing is easy to do and when you stop and think about it, it totally makes sense. I love spending the time with my horse. It is so rewarding to stand in front of your horse and watch him learn to enjoy your presence with a trusting bonding.

1N Trial results chart

Symptoms were scored from their worst (5) to none at all (0)



Derby was not the willing character at the start. He has always been a horse that you can not touch his nose. It's just been in the last year I have gotten him over that. We had a little fight for almost 4-5 weeks before he would let me really do the 1N. I told him everyday that I was looking after him and he did not have to look after me (*Roni started leadership exercises to help Derby feel safer and more able to relax - ed*) and he seems to be much happier not being boss. Now he stands very quietly and drops his head right down.

The second week the symptoms all came back all at once, not just one at a time like it does with allergies. So I knew something was happening. Was a little scary but this is beginning to be a different horse. He is real calm. Starting to stay relaxed. Not as flighty, spooky.

By the end of the week 3 he had 3 days without coughing and was very quiet. The farrier was here and Derby usually is quite a pain, kicking the doors, walking his stall, head wringing. But none of that. In fact while the shoes were being put on hot I was doing breathing with him and he was wonderful. I usually have to use a stud chain on him all the time (he is just too tall) but did not have to for the first time.

WWeek 4, some coughing but his breathing seems relaxed. He is a totally different horse. Very mellow. In some 1N sessions his breathing is quiet, he is almost going to sleep. Derby has never been this quiet, with brushing, handling etc.

WWeek 5 Has not been coughing much in the last 2 weeks, only when worked, at the start, but seems happy and it does not seem to bother him. Lots of energy. The allergies do not seem to be getting to him like usual. He is on no antihistamines or anything like that. He is starting to like to be brushed also.

Week 7 scored all 1s. Started riding again. All week basically I did not hear him cough. Just more blowing or sneezes.

Week 8 I just realized he does not seem to be head shaking . He has only done this once lately. We just trotted a trail ride and he was happy and no coughing.

Week 10 Did not hear one cough this week. No sneezing. I have not even wet his hay down.

Week 11 Now I think that I will have to put him on a diet. Derby has always been hard to get weight on. Since I've started the breathing he has changed his body. And now I need to watch what he eats. Derby coughed twice in the stall, the first in a few weeks. Then when I long lined he started to cough after 4 minutes, but they were almost like half coughs and had lots of white foam. He did not really have noisy breathing.

Week 12 Turned him out for a little bit. This horse does not know what it is to stay still for long. He starts running and showing off. He really goes but today I did not hear any heavy breathing at all. Have noticed Derby is becoming such a joy to be with. He seems to be staying calmer, like a normal horse confident in his surroundings. Have not heard any coughing.

Week 13 Wednesday I rode Derby today. He did cough once, shook his head once and was raspy, not really heavy breathing but definitely audible. Guess I still have a ways to go.
Thursday Hand worked Derby with the double bridle on and were doing collection work. When his breathing got a little heavier, I stopped and did 1N till it was quiet then started again. Derby coughed in his stall. He seems to have little symptoms come and go. He is not stressed by it only me. Now when I do 1N I can hardly detect that he is breathing. Way too cool. I have a ways to go with Derby yet I know but hopefully by Jan, Feb or before I really will have my big fellow back.

Roni - bio

I have had horses from when I was 11 years (I am 60 years young) and have had Derby 5 years. I also have a 3 year old gelding American Saddlebred.

I'm an OAT Amateur, owner trainer, living in BC Canada. I show in the US in A rated horse shows on the Northwest Coast (Washington to California). I manufacture a line of therapeutic vet wraps- neoprene form splint boots, hock, shin, rundown, trail boots and galloping boots, magnetic and ceramic horse blankets. I have travelled with vets doing seminars and in some of the US on Alternative products.

I have been a Natural Health Practitioner for about 15 years. Have done lots of Clinics with vets all over BC and some in the US on Alternative therapies for horses and dogs and why we use them mostly for before injury and after.

*Do get in touch if you have any queries
Till next time
breathe easy
Clare*



September – nostrils still have a way to go...



clare@equinebreathing.com