

## Head shaking – Success with 1N

Jacky's horse Jack suffered from mild sweet itch and headshaking which came on in the spring and summer. Bright sun in spring time caused the worst symptoms and dusty conditions such as riding in a dry manège. Jacky could still ride but schooling exacerbated the head shaking and she found it disconcerting. She rated the head shaking before starting the trial as 'distressing'.

Jacky found a nose net helped a little but not enough for her to persevere with it. Herbs didn't help. Jacky had videoed Jack head shaking so she had a good record of what his symptoms were like at their worst and what she could expect this spring. She was able to define the following scores for Jack's head shaking.

- 5 Twitching on average 9 times per minute (1/2 may be large head movements). Snorting once every 2 minutes / Rubbing his nose once per minute.
- 4 Twitching on average 6/7 times per minute. Snorting once every 5 minutes. Rubbing his nose 1/2 times every 5 minutes.
- 3 Twitching (not shaking) 3/4times per minute. Rarely snorting / Rarely rubbing nose.
- 2 As above but twitching less than 1/2times per minute.
- 1 Only twitching mildly in school – at no other time. (i.e. no symptoms present – unless ridden)
- 0 No symptoms even whilst schooling/riding.

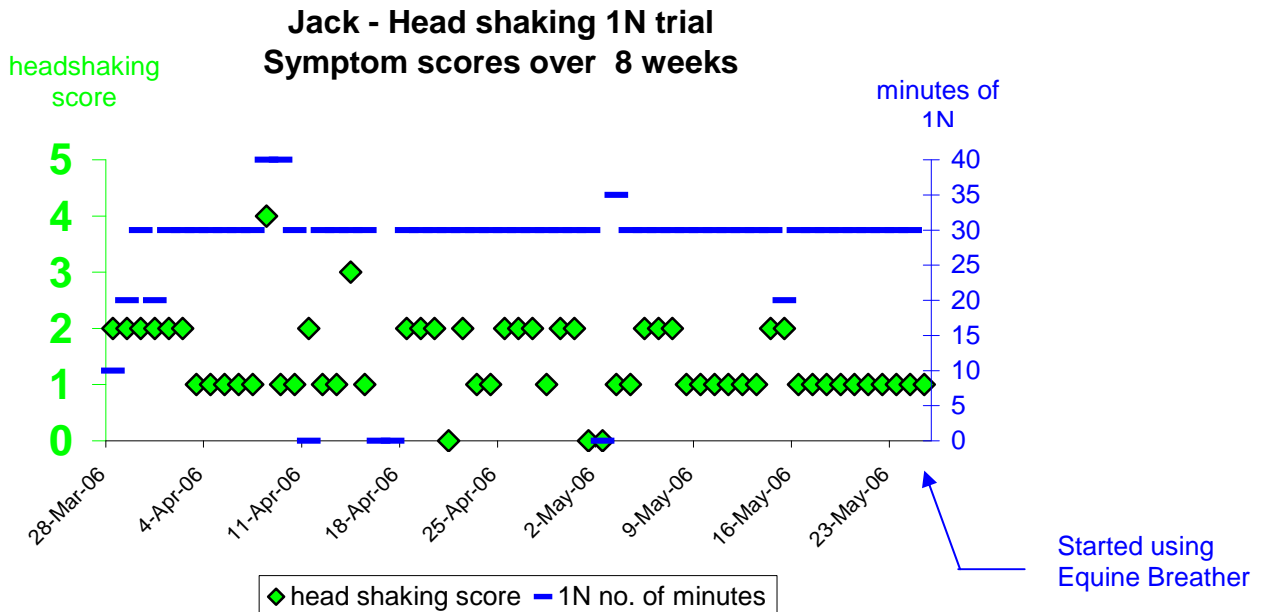
Jacky started the 1N trial in March 06 before the symptoms had really developed and were still only at a score of 2. The results (see below) show that Jack stayed at a score of 1 or 2 (or even no symptoms at all) for the 8 week period except for 2 days. At this time of year in other years, Jack was scoring 3s, 4s and 5s.

In addition Jacky found that there were other benefits. She noted in week five "I'm sure his wind is improving, ie better staying power and he is walking faster."

Jacky is so pleased with the results that she has bought an Equine Breather and has started using that now.

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Jacky rated the change in symptoms on the 1N trial as being 'significantly better', saying, "Equine Breathing has undoubtedly helped Jack. I know the head shaking symptoms would, at times, have shown themselves in a more severe manner if I had not been treating him. The symptoms so far this year appear to be less severe and less frequent. When they are present I am able to lessen them or even to stop them by doing 1N."

1N is definitely effective. Although not 'cured' by the end of the trial period (I did not expect him to be) I believe there is a marked improvement in the condition."

Last year there were times when Jacky felt she should not ride because of the symptoms but this has not happened this year.

"I am so glad I found the web site and took part in the trial. The keeping of notes is essential to monitor improvements clearly.

I feel this has to benefit every horse with or without problems, the relaxation alone is great. If you can relax your own mind it can give you a peaceful rest too. However, you do need to be committed and I can understand that not everyone would be disciplined enough to do 1N everyday. My teenage daughter says - its so boring! 1N is time consuming and that can be a problem for people on a limited time schedule, but you are rewarded by the relief you can give your horse.

I have no hesitation in saying it is worth the effort. I would certainly recommend it to others, particularly those who have tried and failed with more conventional methods as at that time they are usually more ready to take on a larger commitment. It makes you think it is almost too simple to be effective.

People ask – "if it is **free**, can it really be any **good**?"  
**YES** it can and **YES** it is. But you need patience and commitment.

Equine Breathing is mystical to the non-science based average Joe! I am very happy with the overall results at the trial end. 1N has proved to me that it does work. I keep thinking about how my horse will be next week or next month. I'm sincerely hoping his progress will continue."

## **Taking the Plunge – starting with the Equine Breather**

Pam Eustace is an experienced horse woman who was initially sceptical about Equine Breathing when she first saw it at the Natural Horse Gathering in September 05. However, having started using 1N on her horses she recently decided to invest in a Breather.

### ***Why did you decide to try Equine Breathing in the first place?***

"I remember going onto the bitless bridle site and reading all the threads on the EB thread and being quite impressed with the findings and deciding to give it a go because my older mare [Megan] is a cow and really makes me cross at times cause she is so silly about things. I know it is not her fault but the way she was treated but that was quite a time ago although I caused her distress sending her away when I lost my grazing."

### ***What happened when you first tried 1N?***

"When I first tried it on Calico [hypersensitive to flies and gets in a real panic] she really relaxed into it and seemed to enjoy it. I did 3 of mine this week and they all took it well. The mad mare [Megan] is being very chilled just now; she is getting ETouch and Equine Breathing. I had the youngster in today and did E Touch with her and her feet. She got a bit agitated by something she thought she saw so I did 1N with her. She was very resistant at first and her heart rate was so high you could see it bouncing in her chest but as she relaxed into the breathing you could see her heart rate lessen."

### ***What happened to make you decide to carry on using Equine Breathing?***

"I really kept using it cause I found it was so good when I tried it on myself. It really gives you more stamina and I told my daughter who has not got a horse and she tried it and it made her feel more energised too. My other daughter tried 1N on her horse and her horse enjoyed it."

### ***What made you decide to invest in the Breather?***

"Doing 1N is time consuming. It was mostly for Cas who is paranoid about flies and suffers very badly from them but will be used with Megan who is very uptight and nervous although a very chatty and loving mare."



Calico having the Breather on for the first time and not yet properly adjusted



Calico in her first Breather session. "She was comfy relaxed and had forgotten the flies that were bothering her a few minutes before"

### **What happened when you first put the Breather on Calico?**

"It was funny really cause she is a laid back mare and didn't object at all. She sort of stopped breathing for a short time like she was waiting for something then she snorted a bit, wriggled her nose and top lip then just relaxed. She only had it on for 30 mins the first time but she just stood with ears down and eyes soft. She still had a lot of flies around her but she seemed as if she had switched off and hardly flicked her tail although she did twitch her skin at the flies they didn't agitate her like they usually do. She didn't want me to leave her though and got agitated if I left even if it was just to go to the car.

I left it on for 90mins today while I did Equine touch on her mother [Megan] then I put it on Megan for 30 mins. Megan is very nervous and is the one with problems putting stuff on her head. She was not sure of it at first but then she is not good with head collars or anything on her head. She too didn't want me to leave her with it on but was ok once she settled and I stayed near her.

I put the breather on Cas today and my daughter came down for a visit and commented on how chilled out she was in it. Hardly a tail swish at the flies whereas she had been running away from them in the field just before. She does 1N on her rescue mare."

### **What do you hope to achieve by using Equine Breathing?**

"I am hoping that Calico will lose her panic about flies and get less sensitive to them, and her mother will just calm down and not be so paranoid about things like head collars etc."

Pam has promised to keep in touch so we will be able to follow her progress in a later edition of *'Horse Breather'*.

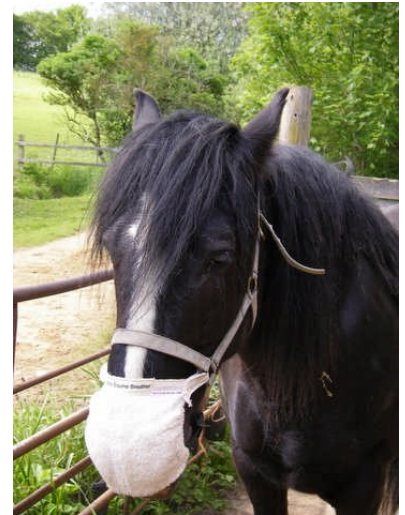
NB For hygiene purposes the Equine Breather should be washed and dried before use on a different horse

breathe easy  
Clare

*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.*



"Megan is very nervous and dislikes things on her head. She is ok with 1N but it is only the second time with the breather and she was fine - see the droopy bottom lip"



Storm finding his first Breather session very relaxing