



Horse Breather

Equine Breathing ezine issue 68



www.equinebreathing.com

Sweetitch Trial

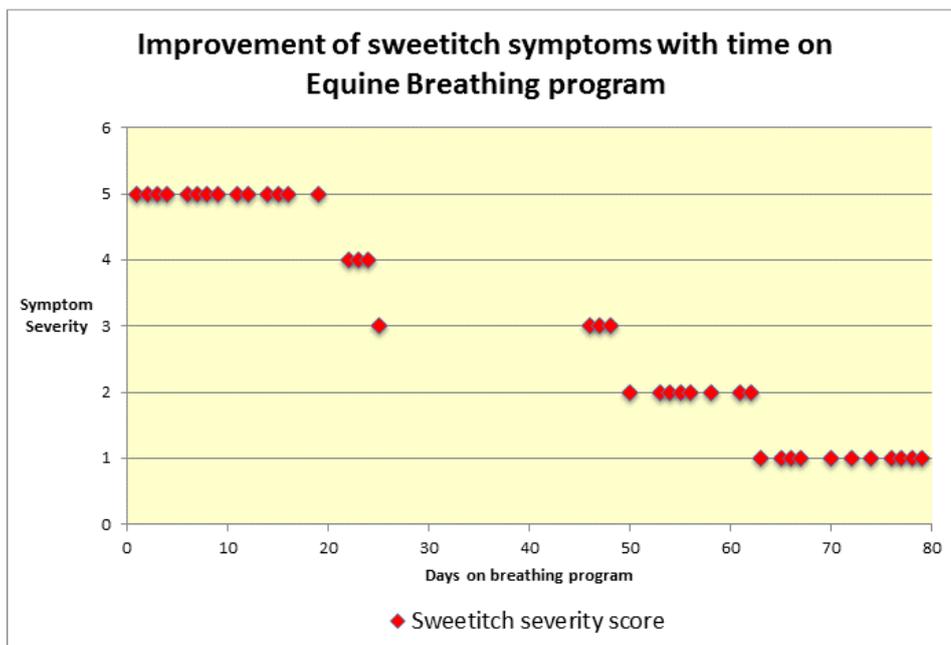
19 year old CK suffered severe, year round sweetitch for at least 13 years. His habit of lying down to rub his belly caused damage to his joints resulting in frequent lameness. His skin was permanently bald and scabby and even raw at times due to his severe itching and scratching. Another issue that developed recently was swelling and inflammation of the sheath.

Over the years CK had numerous veterinary treatments including anti-fungal, anti-mite, anti-inflammatory, anti-histamine and gut balancing remedies to name but a few. The general opinion of his vets was that the sweetitch was incurable and therefore must be managed as best as possible to minimise the damage and discomfort. This has meant being always rugged and mostly stabled since he was much worse if turned out.

Four years ago he was taken on by Katherine. "I have tried numerous means of resolving the sweetitch –supplements, dietary changes, topical treatments, rugging, homeopathy, Radionics Therapy, ArcEquine, Soundcodes therapy, management – and nothing has solved the problem although the condition is now much better than it was."

This year Katherine decided to try Equine Breathing and to record progress in an Equine Breathing trial. Before starting the trial, Katherine defined 5 symptom scores basing the most severe score of 5 on his current condition prior to starting Equine Breathing, which was;

Bald and scabby skin on belly, legs, face and ears. Forelock almost rubbed away. Lies down to frantically rub belly repeatedly especially if turned out and frantically rubs himself on any firm object in barn and especially his head after being ridden. Kicks his hind leg up to rub his belly.



Results

Katherine started Equine Breathing with CK at the end of January. After about 3 weeks the severity score started to go down. In February she went away for 3 weeks so no Equine Breathing and no further progress but by the beginning of April his symptoms had reduced from a 5 to a 1.

Score 5

Bald and scabby skin on belly, legs, face and ears. Forelock almost rubbed away. Lies down to frantically rub belly repeatedly, especially if turned out and frantically rubs himself on any firm object in barn and especially his head after being ridden. Kicks to rub belly with hind leg.

Score 4

Skin condition as in 5. Less frantic, fewer and shorter belly rubs in field and on ground or hay feeder in barn. Doesn't try to rub when tied up or kick belly. Rubs head after being ridden but less frantic

Score 3

Belly skin smoother and fur beginning to grow back on belly, legs and head. Ears less scaly with fur growing back. Forelock growing. Rarely rubs belly in field and no longer rubs head after being ridden.

Score 2

No scabs on belly and most bald patches here and on legs and head now have a few millimetres of fur covering. Forelock is more than 1 inch long. The ears are less scaly and more furry inside and out. No longer rubs his head after being.

Score 1

More fur on his belly than bald spots. No scabby places on belly or between forelegs and the scrapes on his legs are healing well. There is fur growing on all the previous rubs on his face. Forelock is now at least 2 inches long. The fur is growing better inside the ears (scaliness is going) and around the outside rim of the ear. He lies down to either sleep or roll and then gets up again without showing any sign of wanting to rub his belly. CK shows no wish to rub himself against posts or walls or with his hind legs when tied up before or after riding or for grooming (even after having his belly rubbed/groomed).

Score 0 Zero symptoms

Katherine was amazed by the lack of itchiness and the shiny beautiful fur growing in the bald places despite spring moulting.

Katherine also defined scores and monitored the sheath inflammation symptoms. Before starting, CK's symptoms (score 5) were: looks like two small oranges hanging down (like an orange on the right side and a mandarin on the left side) and the swelling is fairly hard/solid, particularly on the right side (solid as a plum).

As with the sweetitch, through the course of the trial the symptoms reduced to a 1 and even a 0 on one day. After the 3 weeks with no Equine Breathing they were back up at a 5 but reduced when again when the breathing training resumed.

Sheath inflammation

Score 5
looks like two small oranges hanging down (like an orange on the right side and a mandarin on the left side) and the swelling is fairly hard/solid, particularly on the right side (solid as a plum).

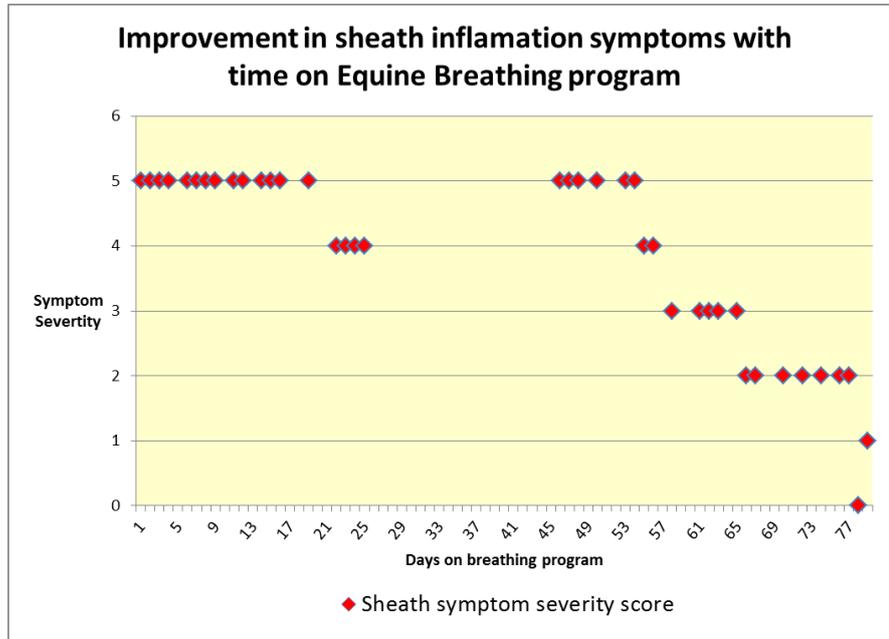
Score 4
looks like the size of a mandarin on the right side and a kiwi fruit on the left side (solid as a ripe banana).

Score 3
looks like the size of a kiwi fruit on the right side and a plum on the left side (consistency of a ripe tomato)

Score 2
looks like the size of a plum on the right side and a grape on the left side (consistency is soft)

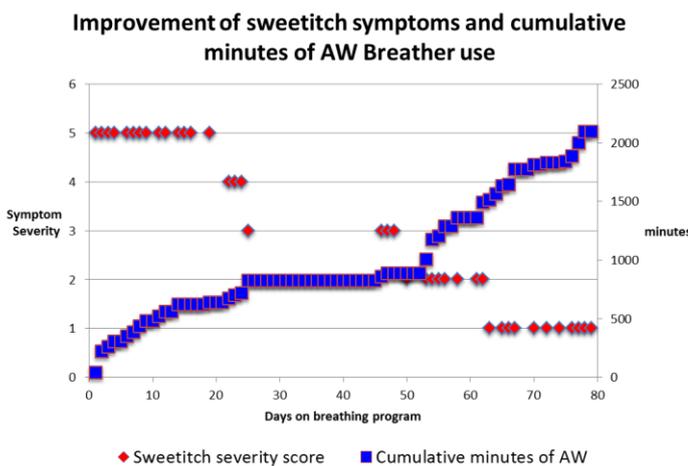
Score 1
looks like the size of a grape on the right side and no swelling on the left side (consistency is soft)

Score 0 no symptom

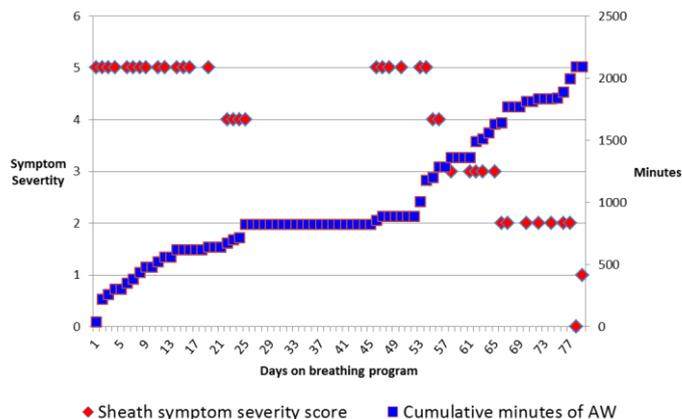


I am used to Equine Breathing being effective but I was a little surprised by Katherine's degree of success, because she was only able to do about 20% of the usual recommended Equine Breathing program. However despite the severity of CK's condition, this program seems to have worked for him. Katherine used a small amount of 1N and mostly a combination of an All Weather (AW) and an Equine Breather.

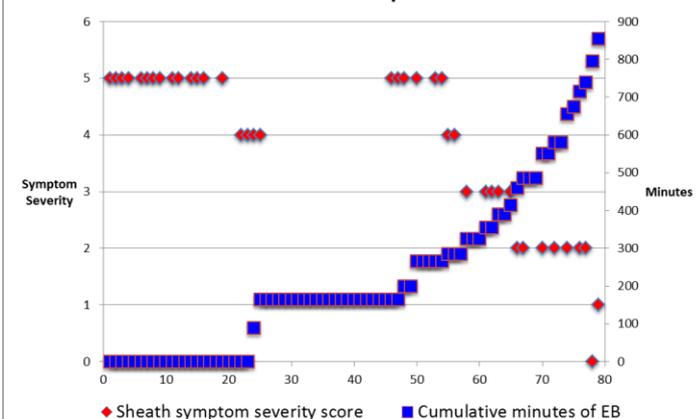
The following charts show that as the hours in the AW and Equine Breather mounted up, the symptoms for both sweetitch and sheath reduced. When there was no Equine Breathing for 3 weeks, there was no further improvement in the sweetitch and the sheath symptoms got worse before improving again on resumption of Equine Breathing.



Improvement in sheath inflammation symptoms and cumulative minutes of AW Breather use



Improvement in sheath inflammation symptoms and cumulative minutes of Equine Breather use



Here are some of Katherine’s observations during the 12 week period.

Week 4 17 Feb 18

“There seems to be new fur growing on the bald patches on CK’s belly which I hope is a sign that he’s not rubbing his belly so much now.”

Week 7 10 March 18

“CK’s owner lunged him twice. She said he was full of beans on the lunge, unusually playing up (she said ‘in a good way’), bucking and kicking out playfully, and sound in walk and trot.”

“What I particularly noticed about CK is that he looks really furry, much more so than when I last saw him. Also his forelock has grown..... The bald/scabby patches below his eyes have mostly gone.”

Week 9 24 March 18

“Happy to report that CK is sound in walk & trot ...While being tied up / groomed, CK made no attempt to rub himself on the post or to swipe his hind legs under his belly. He did not even try rubbing his face after removing his bridle after riding (I’ve never before known him not to rub his face after removing the bridle).”

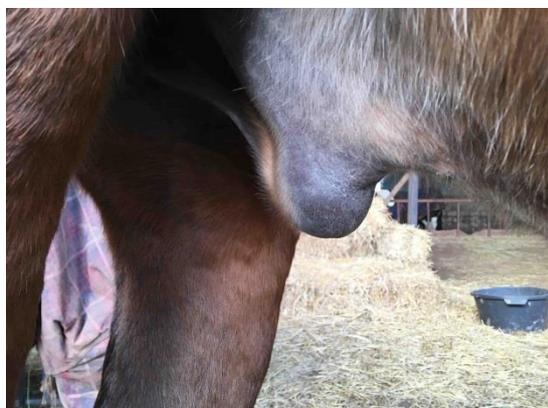
“CK is now at a Score 1 (yeah!!!!). This is amazing. I have known CK for more than 10 years and his belly has never looked this good (certainly not in the last 4 years since I started working with him).”

With the increase in over breathing triggers in the spring and summer, I would expect CK’s symptoms to increase again now but hopefully not to the original extent. With continued breathing training, I hope his physiology will continue to improve so that eventually the symptoms disappear altogether. We will bring you an update on his progress in a few months time.

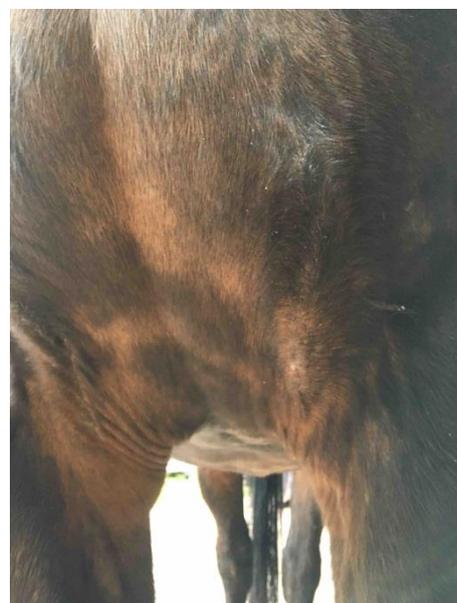
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Typical symptoms before Equine Breathing



After 2-3 months of Equine Breathing



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