



Horse Breather

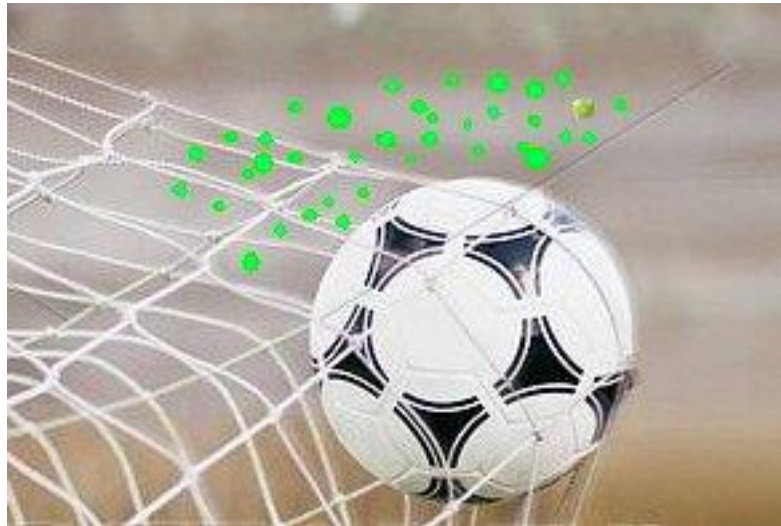
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www.equinebreathing.com

How do nose-nets work?

A commonly held belief is that nose-nets work by filtering pollen and dust. This doesn't make sense to me as the holes in the mesh of the nose net are 1000's of times bigger than the incredibly small (microscopic) pollen and dust particles. So trying to filter pollen and dust on a nose-net would be a bit like trying to catch peas using a soccer goal net !



Over breathing is damaging to the physiology and can result in, and increase symptoms. So my explanation is that it's the small resistance to air passing through the nose net that enables it to be helpful by cutting down over breathing.

Some nose-net manufacturers claim that nose-nets don't impede air flow but the ones that I measured ¹ did show a small reduction in air flow and this will have a small benefit in reducing over breathing. In some cases this is enough to bring the horse relief, but not in others ², which I am guessing are those that over breathe more excessively.

For me it doesn't make sense to try and reduce over breathing while the horse is being ridden because the horse does need to increase their breathing when working. For me it makes sense to work instead on reducing the over breathing habit while the horse is at rest and or is in control of their own activity level eg out grazing etc as it can be done more effectively and the horse can fully relax, benefit and enjoy it.

In my view nose-nets can be useful in some cases if the owner wants to ride while the horse still has symptoms. However the aim of Equine Breathing is to allow the horse to recover so that s/he no longer has symptoms and therefore has no need of a nose-net.

It's easy to try Equine Breathing for yourself using the free instructions for the simple technique of 1N
<https://www.equinebreathing.com/how-to-do-it.php>

1 End tidal carbon dioxide measured by use of a capnometer

2 In a published De Montfort University study more than half of horses showed some improvement in hay fever / headshaking symptoms when using a nose net and a quarter showed complete relief of symptoms.

These results with nose nets were considerably more successful than veterinary treatment or food supplements.

Nevertheless the study also shows that many horses (40%) are not helped by a nose net. Ref; Taylor, K, Cook, S and Mills, DS (2001) The Veterinary Record 150; 311-31.



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.

