



# Horse Breather

Equine Breathing ezine March 08 issue 30



## Seasonal disorders

**Spring is a good time to start Equine Breathing** if your horse suffers from seasonal disorders such as hay fever, head shaking or sweet itch.

Anyone can try the most gentle form of Equine Breathing (called 1N) by following simple guidelines outlined with pictures and video in the section 'How do I do it with my horses?'.

The 1N technique is easy to learn and its free! It enables you to see if Equine Breathing is helpful to your horse. If it is, you can work to improve the horse's breathing before the seasonal triggers (eg pollen, strong sunlight, warmth) build up.

If you would like to read some case studies, Curyghan's story is in issue 9 of 'Horse Breather'. He recovered from distressing hay fever with snorting, nose rubbing, head shaking and fly hypersensitivity within two weeks of starting use of the Equine Breather.

Even just doing the more gentle 1N technique can be effective. Jack's story is in issue 19 of 'Horse Breather'. Owner Jacky found that doing daily 1N sessions significantly reduced his head shaking problem over a 2 month trial and if he did start head shaking she was able to stop it by doing 1N.

Jacky says about 1N,

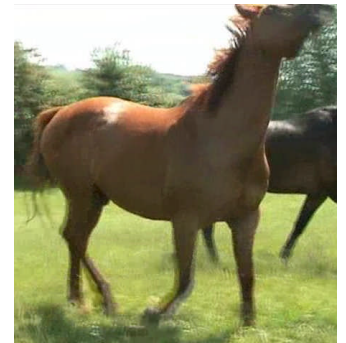
***"People ask - if it is free, can it really be any good. YES it can and YES it is."***

If you have previously used Equine Breathing, now (spring in the northern hemisphere) may be a good time to do some booster sessions. Even if your horse no longer has symptoms, increasing fitness and calm attentiveness can be useful if you compete or if you do more riding in the summer.

If you are currently already using Equine Breathing then this newsletter may not be of much use to you. But maybe you know someone who is dreading the arrival of spring and summer because their horse suffers seasonal disorders, who might find it interesting?

If you are interested in participating in Equine Breathing trails or have any queries or feedback I would be pleased to hear from you.

Breathe easy  
Clare



headshaking



nose rubbing



sweet itch

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