



# Horse Breather

Equine Breathing ezine Oct 19 issue 31



## Which Breather should I get?

Breathers are available to owners who've tried 1N and found that it benefits their horse. Breathers provide a more efficient and effective way of helping horses recover.

All three designs of Breather do the same thing – they reduce over breathing so that the physiology can start to recover.

Please note; **NONE of the Breathers** can be used when the horse is ridden.

### **All Weather Breather (AW)**

This is the simplest Breather to use and easiest to clean. It has the mildest effect but can be used in any weather conditions for 12 hours a day. The horse continues their normal activities, eg running, playing, eating etc and is usually happy to do ground work

### **Grazing Breather (GW)**

This is more powerful than the AW and is also used for 12 hours a day but it can only be used in dry conditions. The horse continues its normal activities in the same way as with the AW and is usually happy to do gentle groundwork.

### **Equine Breather (EB)**

The EB is the most powerful Breather and therefore only needs short (ideally 90 mins total a day) sessions, which are supervised, The horse tends to sleep but may be happy to do gentle groundwork. Must be done in a dry place

Which Breather is most suitable for you and your horse depends mainly on your horse regime – how often you see your horse and their living conditions. Here's a quick summary

	All Weather	Grazing	Equine
You see your horse once a day or less			✓
Someone can put Breather on/off 2x a day	✓	✓	✓
Horse lives out but someone can remove the Breather immediately if it rains	not necessary	✓	not applicable
Horse lives out 24/7 no shelter	✓		
Horse lives out 24/7 but shelter or stable available	✓		✓
Horse lives in stable or stall at least half the day	✓	✓	✓
Horse lives with playful field mates that might rip a Breather			✓
Horse can wear headcollar 12h a day	✓	✓ If dry	✓
Horse can't wear headcollar 12h a day			✓
You've been unable to achieve 1N – horse resists.	It's not recommended that you buy a Breather without first seeing that 1N is effective on your horse		
You've seen the benefits of 1N but the full 30m daily for a week not possible eg due to your health or absence	✓	✓	

Compare the main features of the three designs, to help you decide which you think would be most suitable for you.



### All Weather Breather

#### Strength

Mildest Breather

#### Method of use

Simplest Breather to use. Worn for up to 12 hours a day in any weather. Horse continues normal activities

#### Preparation

None necessary. Can be used immediately on a horse that has never done 1N and length of session gradually built up

#### Conditions of use

Can be used in any weather conditions

Horse can graze, eat hay, drink, roll, self groom and interact with others for example by mutual grooming and playing

#### Supervision

Once accustomed to the AW the horse can be left grazing in it for long periods – safety headcollar is recommended

The horse may dislodge the AW by rubbing or nodding the head but it is designed to return to its correct position through the horse's movements.

#### Typical session

Horse may initially relax deeply but often just continue with their normal activities



### Grazing Breather

#### Strength

Medium

#### Method of use

Also worn of up to 12h a day but only in dry conditions. Horse continues normal activities.

#### Preparation

None necessary. Can be used immediately on a horse that has never done 1N and length of session gradually built up

#### Conditions of use

Must not be used in wet conditions so if it rains it must be removed or the horse brought under cover

Horse can graze, eat hay, drink, roll, self groom and interact with others for example by mutual grooming and playing

#### Supervision

Once accustomed to the Grazing Breather the horse can be left grazing in it for long periods – safety headcollar is recommended

The horse may dislodge the GB by rubbing or nodding the head but it is designed to return to its correct position through the horse's movements.

#### Typical session

Horse may spend some time in a resting, deeply relaxed state but is free to carry out normal activities as and when they like.



### Equine Breather

#### Strength

Most powerful Breather

#### Method of use

Used for 90 minutes (ideally) a day. This can be split into 2 sessions eg before and after riding, or morning and evening etc.. Horse usually sleeps

#### Preparation

Horse must do at least a week of 30 minutes of 1N a day, to start the healing process gently before using the EB

#### Conditions of use

Must not be used in the wet, but can be used under cover on a rainy day

Horse tends to go into a deeply relaxed state or sleep and is unlikely to eat or drink and should not be allowed to do so.

#### Supervision

Horse should be closely supervised until s/he goes regularly into a relaxed state for breathing sessions and then supervision can be at a more relaxed level.

Horse should be in a safe, enclosed place

#### Typical session

Horse goes into a deeply relaxed resting state or sleep

The designated session provides a safe situation where s/he can be completely undisturbed by people, horses or other events.



## All Weather Breather

### Protection of the Breather |

If there are rough or sharp objects in the vicinity the AW may get caught or damaged.

Boisterous field mates may grab, rip and destroy the AW

### Exercise

As the AW is the mildest Breather the horse is likely to be able to do a higher level of exercise in hand. than with the GB or EB. The horse must not be ridden in the AW.

The exercise must be kept well within the horse's comfort. Exercise will boost the effectiveness of the AW

### Clearings

Horses using the All Weather Breather may experience signs of clearings. These need to be recognised and in some cases managed, as described in the training video.

Horses using the AW should have access to unrefined salt



## Grazing Breather

### Protection of the Breather |

If there are rough or sharp objects in the vicinity the GB may get caught or damaged.

Boisterous field mates may grab, rip and destroy the GB

### Exercise

Horse is likely to be happy to work in hand in the GB but will need to build up fitness gradually. The horse must not be ridden in the GB.

The exercise must be kept well within the horse's comfort. Exercise will boost the effectiveness of the GB

### Clearings

Horses using the Grazing Breather may experience signs of clearings. These need to be recognised and in some cases managed, as described in the training video.

Horses using the Grazing Breather should have access to unrefined salt



## Equine Breather

### Protection of the Breather

If there are rough or sharp objects in the vicinity the EB may get caught or damaged. If the horse rubs on them to relieve an itchy nose.

Horse can do their EB session in a stable so that there's no risk of another horse ripping the EB in play.

### Exercise

Horse is likely to be able to benefit from light work in hand in the Equine Breather once his/her breathing improves. The horse must not be ridden in the EB.

The exercise must be kept well within the horse's comfort. Exercise will boost the effectiveness of the EB

### Clearings

Horses using the Equine Breather may experience signs of clearings. These need to be recognised and in some cases managed as described in the training video

Horses using the Equine Breather should have access to unrefined salt

If you have any queries don't hesitate to ask. [clare@equinebreathing.com](mailto:clare@equinebreathing.com)

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.