



Horse Breather

Equine Breathing ezine issue 71

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Equine Breathing a whole herd

I started Equine Breathing over a year ago. I hoped it might help Kite who was a year round, severe head shaker at rest and play, also suffering breathing difficulties of RAO/COPD. The effect was impressive so I started doing it with my other 3 horses. I have been astounded by the improvements across a wide range of problems. Many of these improvements are ones that I could not have hoped for! Here's a summary.

KITE

- Head shaking
- RAO/COPD
- Painful muscles and weakness - including azoturia & lameness
- Sensitive tummy and difficulty keeping weight
- Anxiety
- Heart murmur

Kite needs a lot of healing. He started to develop COPD alongside his severe head shaking. He was in very poor condition when I bought him 8.5 years ago. His extremely painful muscles and weakness caused him a lot of movement difficulties. He had monthly physio sessions, which gave him short term relief but did not cure him of his problems.

He was very sensitive to new grass, high fibre, protein and sugar. Suffering with weight issues, his diet was tricky to manage. Kite has learnt to trust me over the years and depended on me to look after him. My absence in 2016 due to serious injury caused a huge impact on kite's stress levels, sadly this coincided with Kite's heart murmur being diagnosed. Kite has made huge progress with healing since using the Equine Breathing technique. Kite has a lot of symptoms to heal, his improvements so far are massive!



[Headshaking before and after Equine Breathing - video](#)

Headshaking

Amazingly without any drugs, his head shaking has 99% disappeared! See video for a comparison of symptoms before and after Equine Breathing.

RAO/COPD

His RAO/COPD is no longer a problem – he no longer has any breathing difficulties.

Sensitive tummy and difficulty keeping weight

He carries a good weight without extra feed and he is looking fabulous. He no longer has chronic diarrhoea and his lovely tail stays clean!

Painful muscles and weakness - including azoturia & lameness

When I first got kite, he had a lot of trouble with the muscles in his back and hamstrings. The pain was so much he was too frightened for anyone to walk towards his quarters, picking up or touching his hind legs was impossible. Trotting was difficult for him and canter was not achievable. With time he built trust and confidence with me. He had monthly physiotherapy that helped to a certain degree but didn't fully recover him.

He has made a great improvement with his muscles just by using a breather over the last 1yr. He is happy trotting and cantering in his field, we have started to enjoy horse agility with **zero symptoms**. Kite's muscles have improved so much it's a joy to see him have a jolly in the field now, his trot is beautiful! He still has healing to do and I'm so proud of him and his recovery so far.

Anxiety

The pain contributed towards his anxiety, over the years I gained his trust me but he still struggled with new people. Now he is a lot calmer and confident with new people and change.

Heart murmur

Cardiac auscultation identified a grade 4/6 plateau holo-diastolic murmur with a point of maximal intensity over the left heart base was identified, suggestive of aortic regurgitation. The murmur did not radiate widely. A grade 1/6 systolic plateau murmur with a point of maximal intensity over the left heart apex was also present, suggestive of mitral regurgitation.

[Kite has his own fb page:- Kite The Horse](#)

I hope one day the breathing may even help his heart to recover.

it is so lovely to watch Kite enjoy his life again!

CHICO

- Very heavy breather suspected COPD
- Anxiety
- Very sore muscles on his back, neck and shoulders – he would cringe, twitch and shudder when touched.

Breathing

Chico's breathing had become worse over the years, he became a very heavy breather but manageable if not pushed too much & medication was used when necessary.

His heavy breathing has decreased so much it is no longer an issue!

Sore muscles

In the past Chico used to have regular physiotherapy but his muscles continued to show soreness. I thought he was very ticklish on his shoulders, I didn't realise the constant tickle twitch was soreness and in need of healing.

I really wasn't expecting such a great healing response in this area either and so quickly! During the healing process his muscles transitioned from sore to itchy.

Amazingly now he doesn't twitch or flinch when he is touched in those areas and the itchiness has slowly disappeared too!

Anxiety

Chico is much calmer now, and doesn't boss the others around so much.



Kite is now able to enjoy activities such as Agility



Chico

ELSIE

- Cushings
- Blind left eye (chronic keratitis)
- Heart arrhythmia

Cushings

Elsie had started showing signs of Cushings in 2017 her coat would not moult, she still had a huge amount of winter coat left to shed in July.

This year, for the first time since 2017 her cushings was non existent and her coat was quick to shed like the rest of the herd.

Blind left eye

The chronic keratitis in Elsie's left eye had been getting worse over the years, I tried many different steroids and drops in her eye to help but it continued to get worse rather than better.

I wasn't expecting Elsie's eye related symptoms to improve with Equine Breathing as they are very complex! However, Elsie's eye has improved dramatically and I am hoping the healing continues!.

Heart arrhythmia

Elsie developed a heart arrhythmia at the beginning of 2018. Having a herd of horses I wanted them all to be on the Equine Breathing journey together. I wasn't expecting her heart symptoms to improve either as they are also very complex! However, Elsie's arrhythmia has disappeared! The vets were amazed as they have never seen this happen before! She had a return of symptoms at the beginning of 2019 when the arrhythmia came back but I'm so pleased to hear it has gone again now (September 2019) and hopefully this time for good. I couldn't be happier with her improvements!



Elsie

BELLA

- Head shaking
- Anxiety
- Weight loss

Headshaking

Bella suffered extreme headshaking. Now her head shaking is almost non existent, There have been times when the symptoms have mildly reappeared if she is working out something new or in time of stress but Bella has not had any symptoms for months now even in summer!

Anxiety

Bella is the youngest of the herd she has suffered extreme anxiety. She has gone from a high adrenaline pony, climbing over 5 bar gates, stable doors and 5ft fences to an easily managed pony staying behind standard 3ft high, low power tape with zero problems.

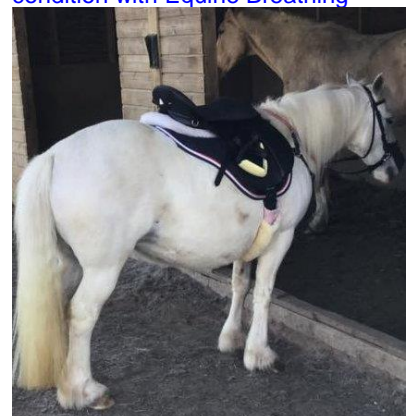
Weight loss

Bella lost a lot of weight after my injury and it was a big struggle for her to re-gain it. The difference in her since using the All Weather Breather is incredible!



Before Equine Breathing

Symptom free and in great condition with Equine Breathing



[Bella has her own fb page:- Bella the Unicorn](#)

I use Equine Breathing for their general health and happiness too. I am amazed by the improvements they have all made! With Chico and Bella being the “destructive types” I thought they would stress, rub and destroy their Breathers instantly. But with a gradual introduction they still have their original breathers they started with and turns out they really enjoy wearing them!

Kite will often come over to me, put his nose on me and start giving himself 1N, I have often found Kite in his field shelter too using the wall for 1N! The learning process has been incredible!

Thank you to Clare and Equine Breathing for helping in ways I didn't think were possible!



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.