

Horse Breather

Equine Breathing ezine 1 August 06 issue 21
first Tuesday of the month



In Practice

Equine Breathing a mare and foal

Liz reports on her use of the Equine Breather on a mare that has just foaled. The mare is usually a little nervous (having been a rescue case) but when she foaled a week ago she became very possessive. She would not allow Liz to get any nearer than 15 feet.

If Liz approached Elly would alert the foal with an urgent nicker and wake him if necessary and charge off with him. Liz wanted to be able to get to know the foal but was reluctant to upset Elly.

Elly did Equine Breathing all through her pregnancy and always enjoyed sessions so Liz put the Equine Breather on and was amazed to find that Elly immediately relaxed completely and allowed Liz to approach and handle the foal. She showed no tension about it whatsoever whilst in the Breather.

At first Liz was somewhat apprehensive, wondering if Elly would suddenly rouse herself, become aware of her close presence and bowl her over, but Elly remained completely relaxed and accepting of Liz' attention to the foal.

In the field Elly had been equally possessive with regard to the other horses. Liz tried letting her good friend, a little pony called Chapman in to see if he would help Elly settle down, but Chapman was kept aggressively away at a distance of about 100 feet.

Liz tried letting Elly and foal in with Chapman while Elly was still in the Breather. This time Elly again drove Chapman aggressively away but she stopped sooner each time so that he was allowed within about 20 feet, which was a marked improvement.

Liz hoped that repeated Equine Breather sessions would gradually enable Elly to relax more and allow her foal to interact with other horses and with humans as he clearly enjoys the contact.

She was not disappointed. After four days of Equine Breathing sessions Elly suddenly permitted Liz to approach and interact with the foal even when she was not wearing the Equine Breather.

On the same day, whilst in the Breather Elly showed no aggression to Chapman and he was allowed to come close. When the Breather was taken off she again became aggressive, but less so and Liz hopes that she will continue to gain confidence with each breathing session.

Liz did Equine Breathing with Elly throughout her pregnancy in discussion with her vet. At the moment to be on the safe side we cannot recommend Equine Breathing for pregnant mares unless your vet advises it.

It is hoped to carry out trials under veterinary supervision to determine how much Equine Breathing is suitable for pregnant mares. If you would like to take part in such trials please get in touch.

Introducing the foal to 1N will be the next step. This can be done by leaving the fingers open so that the foal gets a reduced 1N effect to start with and then gradually closing the gaps as the foal gets the idea.



Liz is allowed to greet the foal when Elly has the Breather on



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