

Horse Breather

Equine Breathing ezine April 07 issue 24



Equine Breathing Skruven

Ulrike, a hoof trimmer in Sweden is currently participating in Equine Breather trials on two of her horses, but Skruven the Shetland plainly thought that he too should get some Equine Breathing.... as Ulrike reports

Skruven's Equine Breathing journey was not really planned. About three months ago I started an Equine Breathing trial on two of our horses. While these horses were having their breathers on and enjoying their sessions, Skruven would always be there as well, hanging around, looking on. He seemed to ask: why not me?

Of course he was right. I decided to buy one more breather and get him started, so that he also might benefit from Equine Breathing.

Skruven is a Shetland pony without papers, so we do not know much about him. He is around 20 years old and a good little carriage horse. When he came to our place his hooves had been neglected and looked very bad, his hinds were extremely crooked. Now he has had a natural hoof trim for some time, his hooves are getting better and better, and the crookedness is gone.

Having lived with bad hooves (reduced circulation) for probably all of his life, his entire system might be damaged in different ways, with toxins not being discharged. One could tell by his stocky little body. Even though his body looked much better after some time of proper hoofcare, I gathered that Equine Breathing might do his metabolism a lot of good.

The first time I put on the breather, he was fiddling around all session. Next time he was dozing right away and enjoying his session just like the other horses. So now I had three addicts!

Well into the second week of Breather use, I saw him lying down in the pasture one day. I usually never see him lying down except if there is something wrong but there was nothing obvious. He was not so happy to have the Breather on. During the session his behaviour was weird, he kept on trying to lie down, then getting up right away, and so forth. He seemed both tired and restless at the same time.

After the session he went straight out, sniffing the ground, lying down in peculiar places, getting up. And he did not eat his oats! With Equine Breathing we are told to expect the unexpected and I recognised that this might be a clearing as it seemed that the healing symptoms were very strong, so I gave him some days off. The next day he was normal again, feeling fine and eating as usual, and I thought I could see a grin on his face.... I was so relieved!

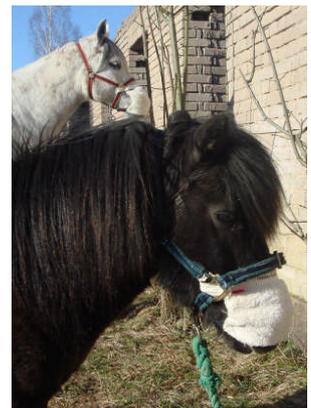
A few days later Skruven had started to escape under the fence and graze on a field nearby. So when I called the other horses for their session, I did not expect Skruven to come. But he crept back into the pasture, came trotting with his little legs going like drumsticks and lined up beside the other horses. He definitely wanted his breathing session!

By now we have done six weeks and Skruven is looking absolutely smashing! He has slimmed down and has an athlete's body (yes, in spite of being a Shetland pony). I think he looks absolutely glorious now! He has become livelier and is eager to go when pulling his carriage. And he looks a lot younger.

Equine Breathing is an astonishing, impressive and powerful healing method. It has certainly done a lot for Skruven.



Skruven before Equine Breathing



Skruven loves his Breather sessions



The new athletic, younger looking Skruven

And in a very subtle way it also does a lot for those who use the method on their horses.

Ulrike Hermelin, SHP, Sweden

The information in this newsletter is for educational purposes only. Equine Breathing is not a substitute for veterinary care.