

# Horse Breather

Equine Breathing ezine April 08 issue 31



## Which Breather?

Enquiries to the Equine Breathing website suggest that there is a pressing need to help horses suffering from distressing symptoms such as hay fever, sweet itch, head shaking and photosensitivity when grazing; and for horses that suffer ongoing symptoms such as wind sucking.

The Grazing Breather was designed to provide immediate relief for these symptoms and to continue to provide relief over long periods of several hours.

Trials and measurements on The Grazing Breather suggest that it is milder than the Equine Breather. It is also designed so that the horse can carry out all its normal activities whilst wearing it.

The Equine Breather on the other hand is designed for use in a shorter, designated Equine Breathing session of about 90 minutes length and is more powerful in its effects. In summary one Breather is milder but can be worn for longer, the other is more powerful and is used for shorter sessions.

The aim of both Breathers is to retrain the horse's breathing. It is not possible to say which method would be quicker in terms of regaining normal breathing so its more a question of which Breather is more suitable for you, your horse and your situation.

I would guess that some horses may respond better to one or other method and expect that some owners would find that one or the other would fit better into their regime.

Outlined below are the main features of the Equine and Grazing Breathers to help you decide which you think would be most suitable for you.



### **Equine Breather**

#### **Strength**

Most powerful Breather effect

#### **Methods of use**

Used for 90 minutes (ideally) a day for one or two months for maximum effect on a wide range of chronic symptoms or behavioural problems.

Can be used as an 'intervention' at times that are most difficult for the horse.

### **Features**

### **Grazing Breather**

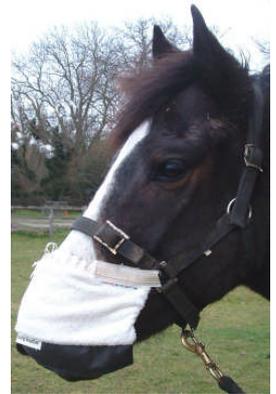
#### **Strength**

Less powerful than an Equine Breather

#### **Methods of use**

Can be used in exactly the same way as an Equine Breather for designated sessions, but can also be used for several hours on horses that are out grazing.

Especially useful for horses with conditions such as hay fever, head shaking, photo sensitivity, excessive fly worry and sweet itch that are triggered or exacerbated by grazing.



**Preparation**

Requires that horse does at least one week of daily 1N sessions before use

**Conditions of use**

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

Horse is unlikely to eat or drink (and should not be encouraged to) and tends to go into a deeply relaxed resting state

**Supervision**

Horse should be closely supervised until s/he goes into a reverie or very relaxed state for breathing sessions and then should be supervised at a more relaxed level.

**Exercise**

Horse is likely to be able to benefit from light work in hand in the Equine Breather once his/her breathing improves

**Protection of the Breather**

Once fitted securely most horses simply relax and enjoy the session. If s/he gets an itchy nose s/he may dislodge the Breather or even damage it by rubbing it on rough surfaces

The higher level of supervision means that the Equine Breather is less likely to be played with by another horse

**Typical session**

Horse goes into a deeply relaxed resting state

The designated session provides a safe situation where s/he can be completely undisturbed by people, horses or other events and many horses seem to particularly relish this.

**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 DVD

Horses using the Equine Breather should have access to unrefined salt

**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

**Supervision**

Once accustomed to the Grazing Breather horse can be left grazing for long periods but if there are rough surfaces in the vicinity (eg barbed wire or thorn hedges) there is a risk that the Grazing Breather may be caught or rubbed and thus damaged. Rubbing on the leg or whilst rolling is not usually a problem

**Exercise**

The Grazing Breather offers more flexibility for increased exercise in hand and training as breathing improves

**Protection of the Breather**

Horse is more likely to dislodge Grazing Breather by rubbing or nodding the head but it is designed to return to its correct position through the horse's movements. If the horse rubs its nose, it is less likely to cause serious damage because the Grazing Breather moves over the horse's nose rather than the rubbing surface

Other horses in a herd may find that it's a good game to play with your horse's Grazing Breather. Unfortunately the Grazing Breather is unlikely to survive if another horse plays boisterously with it while playing with your horse.

**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.

Some horses seem to prefer shorter resting periods and like having the freedom to be active when they choose whilst wearing a Breather

**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 DVD.

Horses using the Grazing Breather should have access to unrefined salt

If you or your horse would rather do specific designated Equine Breathing

sessions where the main objective is to achieve maximum relaxation and healing then the Equine Breather is probably a good choice.

If your horse is suffering from symptoms and you would like her/him to gain relief over prolonged periods, and if you have relatively 'Breather safe' turnout conditions and can remove the Breather if it starts to rain the Grazing Breather may be the best option for you.

If you have any queries I would be happy to hear from you, just click contact us on the web pages.

breathe easy  
Clare

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.