



# Horse Breather

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## The benefits of Equine Breathing for an older horse

Trudi got Oakey about 7 years ago when he finished his career patiently carrying disabled riders. He was then in his early 20's then and had issues commonly associated with older horses including stiffness, rapid loss of fitness if not worked and having difficulty getting fit again. Oakey also became over weight very easily in spring and had to have his grazing controlled. Trudi noted that his breathing was very obvious at rest and that he often had runny eyes.



Equine Breathing has transformed Oakey, he looks "fabulous", has come out of himself and become alert and motivated, with a new found suppleness and energy that makes riding him a joy. This spring Oakey did **not** get over weight and did **not** have to have his grazing controlled.

In April 08 after a couple of weeks of using the Grazing Breather Trudi wrote;

*"WOW what a different pony! He now feels softer and more forward, more able to move in a swinging lovely way. He used to feel like you had to drag and push each stride from him. Today he felt as if it was fun again, a little squeeze and he would trot on, a little more encouragement and there would be canter and when he was walking, just a little more swing in my back and he would stride out in his walk like I have never felt him do before. So, I was just chuffed to feel that, it was such a joy to feel him like that.*

*I have had Oakey for 7 years and now in his late 20's with all those years more age on him and he feels totally different to what he did when I first rode him. I had sort of stopped riding him a lot because I felt that maybe it was becoming a bit of a struggle for him but with Equine Breathing he feels like maybe he is getting a bit of a second wind, so to speak.*

*He has perpetually had mucky eyes since I had him. Now his eyes are definitely less inflamed looking and although they still have a discharge it is much drier than it used to be, and quite a bit less*

*I am so pleased with the change in Oakey, bless his little heart. I always knew there was a fun pony buried beneath that stiffness that he has always had, it is so lovely to see him come a little better and feel better physically because he deserves to feel better and have some fun."*

Trudi always found it difficult to control Oakey's weight in spring and had to resort to using a grazing muzzle to restrict his grazing. This spring (Trudi is in Australia) after 8 months of Equine Breathing, things are very different – Oakey was up to 100kg lighter without use of the “abhorred grazing muzzle”.

Here are some extracts from Trudi's reports this spring.

*3 October*

*“I have just put them in a new field and the spring grass is quite long and lush looking so I am watching with interest as to whether I will have to get out the abhorred grazing muzzle if the thick cresty neck appears but I am not sure it will be needed this spring. It is only four days that they have been in the new (very lush) field but he can put weight on faster than the speed of light. He's 458 kg's by the weigh tape which is about 50kg lighter than he was last year at this time and he just doesn't seem to eat so methodically and with such apparent starvation at the moment. I am guessing this is a direct result of the breathing. Each day makes me more confident that the grazing muzzle will gather dust this spring or if I do pull it out it will be for a very short time, this time last year he was VERY fat weighing in at around 520kg. I am watching him carefully as the rain and warmth are getting the grass really popping.”*



Oakey in the “abhorred grazing muzzle” last spring – a porky 520kg

*12 November*

*“I measured Oakey with the weigh tape and he has lost weight!! This I can't believe but know to be true judging by the hole the girth did up on. He certainly looks superb and feels great and he measures a svelte 426 kg on the weight tape.”*

*30 November*

*“He is still enjoying munching on a new field with quite long grass in it and is hovering around 440kg which is quite good for him. He is really sharp and quite forward thinking to ride.”*



Late spring this year, on long grass, no grazing muzzle, and a svelte 440kg

*Oh, the exciting news is that I have finally got Oakey to make a major breakthrough with his ground work. He is really paying attention to where I might be going next and he has stopped banging into me and trying to rub the flies off on me which was his little way of telling me that he didn't have great respect for my personal space. But yesterday and today I need only whisper and Oakey is right there in the moment moving out of my way or with me, without the slack in the rope ever being taken up (well, mostly) so it is much nicer. Bless his little soul, yesterday and today when I let him go and walked away he would walk with me as if he was still attached which is a pretty nice change in itself. He is a very sweet horse, and its lovely to see him make such a big step in such a short time.”*

Another benefit that Trudi noticed was that putting on the Grazing Breather had an immediate effect on the number of flies (“little black sticky mongrel things”) around Oakey's eyes. “*Within minutes the flies disappeared, not completely but they reduced a lot.*” This is effect has been noticed by other Equine Breathers.

Do get in touch if you have any queries  
Till next time  
breathe easy  
Clare

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