



Horse Breather

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Why I became an Equine Breathing Trainer

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My horse had such bad separation anxiety, I was unable to take his field buddy away for fear that he would injure himself so badly that he would have to be destroyed. The benefits brought by Equine Breathing were so powerful I was compelled to travel from Australia to the UK to qualify as an Equine Breathing trainer and I now look forward to helping people and their horses.

Just over two years ago I brought home a lovely black Thoroughbred named PJ. He settled well in his new home, and became firm friends with his companion Oakey.

The first sign of trouble was when I took Oakey out for a ride. PJ neighed a lot and began galloping up and down the fence. I thought that a few routine separations would see this behaviour dissipate. I began with taking Oakey away for a short time each day. I was dismayed to find that this did not have the desired effect and in fact, the more I did the worse PJ got. He escalated from pacing and neighing to galloping around the paddock, screaming and sliding into the fence or gate at speeds that were frightening and distressing to watch.

All the experts I asked said that separation anxiety couldn't be cured and that thoroughbred horses are the worst for it. This was a recurring theme on my searches of the Internet too.

Then one day, my "Google" search turned up a link to Equine Breathing! The main thing that made so much sense to me was that reducing breathing would lower adrenaline levels and aid in returning the horse to a more relaxed 'anabolic' state. I felt this was key to the 'separation training,' it could then proceed with a state of mind that was conducive to learning.

I read every page avidly then went out and did 1N with PJ that very afternoon. I was amazed to see the profound effect this had almost immediately. He went into a very relaxed state and dozed with his head down and eyes half closed for the thirty minutes I did 1N.

Within minutes of starting he stopped looking to see if Oakey was still there in the paddock. He didn't get upset when Oakey disappeared out of sight later in the session.

The thing that confirmed how much effect Equine Breathing had in such a short time was when we walked back to the paddock. PJ was calmly walking at my side, when Oakey saw us coming he nickered a greeting as he walked up the paddock towards us, to my surprise PJ didn't prick his ears or even look in Oakey's direction.

As I continue to do Equine Breathing with PJ I have seen a whole range of improvements, for example improvements in the way he moves. Before I started with Equine Breathing it was a little like riding with the handbrake stuck half on. He resisted in transitions to trot or canter with head tossing and then leaping through the transition. In all paces he felt stiff, awkward and on the brink of stopping. A canter would often end in him disuniting and falling back to trot.



PJ playing in the Grazing Breather

As his breathing improves so does his fluidity and willingness to go forward. PJ's transitions from walk to trot are relaxed. He does not resist by throwing his head about. I have only to give the slightest aid, just a lightening of my seat and a very light squeeze. Now his trot is a very clear two beat pace with a lovely swinging relaxed back. Canter has improved as well, ending in calm clear transition back to trot.

PJ's improved ability to cope when separated from Oakey was tested to the full in September when Oakey died suddenly. I used the All Weather and Grazing Breathers intensively and PJ maintained a calm manner and didn't start to pace and call out. He spent two weeks alone with no equine company. Throughout that time he was calm and ate and drank normally. He was understandably excited about the arrival of a new horse but with a Grazing Breather fitted the introductions went smoothly. After a little sniffing they both walked off and began to graze as if they had known each other for years.

For the last two years I used both my horses as case studies, working closely with Clare via email. I bought Grazing Breathers, built up a good knowledge of how to use Equine Breathing and trialed the new All Weather Breather. I then, having seen the extraordinary benefits of Equine Breathing decided to travel across the world to the UK to complete my training and qualify as an Equine Breathing Trainer.

We covered theory and had practice on a range of horses. One thing that impressed me was the importance of establishing yourself as leader through control of movement, immediately from the first moment with a strange horse. This makes the horse feel safe and to allow itself to let go and enjoy its' first experience of Equine Breathing.

The relief I gained from being able to help PJ with his distressing condition was immense and so I am very excited to be able to help owners like me who want to help their horses recover from chronic problems. There are so many ailments and difficulties that can be alleviated by Equine Breathing, it is a wonderful way of improving their overall health and is something the owner can actually do to help.



If you live in Australia and would like to chat to Trudi she will be glad to hear from you on 0427 221263 or email at trudireiter@dcsi.net.au