

Horse Breather

Equine Breathing ezine February 2010 issue 48



Nelly had a history of serious respiratory problems and was slow to appreciate 1N. For the first few days, Austrian owner, Michaela was worried, but she persevered and now, two weeks later, she is very glad that she did.



Starting a horse with breathing difficulties

Michaela Weilguny

Mr. President's Sweet Nelly is a Missouri Foxtrotter mare, born on the 15th of April 1997 at IGM-Stables in Lichtenberg, Austria. Remarkable and eponymous for the Missouri Foxtrotter horses is the Foxtrot, an interrupted flat gait, which allows to walk over long distances without getting tired. Nelly is trained with Dr. Miller's Imprint Training and Resistance Free methods. She is ambitious, caring, even-tempered and inquiring. Nelly and I do trail riding - sometimes riding for several days.



3 years ago Nelly suffered a bad influenza and pneumonia. The pain made Nelly over-breathe. She never lost this behaviour. Summer 2009 she again had a cough. The veterinarian gave her medicine to take in and to inhale. Her cough soon stopped but one day she collapsed during inhalation. This happened because of a wrong inhalation method and a decrease of lung-capacity due to the cough.

We stopped inhaling and only continued with taking in medicine. In December 2009 the vets said that Nelly's lung capacity had increased again and there was no lung noise so she was cured. But Nelly continued coughing every day (3 – 10 times) only during a rest or eating grains or snow, but never when moving and running around. It seemed to me as if her larynx was irritated or her coughing was due to over-breathing.

As my friend cured her seriously ill horse with the help of Equine Breathing and only with Equine Breathing, after 7 years of bad asthma accompanied by breathlessness and cough. So I too started to think about doing 1N with Nelly in order to let her cough fade away and recover fully.

Unfortunately, this was not as easy for us as it might seem for others. Because of the collapse in autumn Nelly and I had a trauma. I really was afraid that Nelly would suffocate during Equine Breathing or collapse again, even though I knew that Equine Breathing enables the horse to get more oxygen not less.

Every day I had nightmares and I did not even appreciate being with my mare anymore. But I knew I would have to get over it or else sell her. Nelly is my big love. I bought her despite being a student just because she made me fall in love by picking me to be her owner.

This is why I focused on relieving my anxiety and increasing my self-esteem with the help of Clare and tried every day 1N with my mare. During the first few days 1N

was a challenge – Nelly began to headshake strongly, cough and get rid of me under every circumstances. I therefore could do it for only 5 – 10 minutes. It was exhausting and discouraging, accompanied by anxiety for me to not let her prevail and so continue and feel confident with what I am doing.

Day 4 was particularly difficult, so after talking to Clare, the next day I did some Natural Horsemanship movements to increase Nelly's trust in me as leader so she could relax. In addition I kept my fingers open a little in the 1N and she relaxed and then I closed my fingers and she liked it.

At times I was pretty nervous and agitated when doing 1N and had to tell myself every second: "don't be afraid – it will help!"

Well, and it did! Now, 2 weeks later, when doing 1N Nelly doesn't even have to cough or try to get rid of me. I too do not have to hold onto her. I only put my hand on one nostril and she immediately relaxes, falls asleep and appreciates it that much, so we already do it for longer than 30 minutes/day.

Nelly has changed since starting 1N in a very positive way. She seems to be more concentrated on me and her surrounding area, her body and movements appear to be stronger and she is breathing in more slowly and easily. Above all, I think that Equine Breathing recovered Nelly's appetite

For me the immediate result of 1N is disappearance of my anxiety, an increase in my self-esteem, and the regained strength of our relationship after the bad collapse in autumn 2009. For the first time since her collapse and her coughing I feel pacified and confident. Because of Nelly's relaxation during Equine Breathing I relax too, which definitely strengthens our relationship.

Luckily, I do enjoy being with my mare now. I abstain from riding to let Nelly concentrate on Equine Breathing and its healing. I intend to start riding when her coughing has stopped completely.

What I like most about 1N is that Nelly often has beautiful small nostrils right after EB.

Although the everyday-cough varies from day to day – one day hardly any coughing, the other more coughing, I am sure that in a long-term Equine Breathing will help my mare to breath in a right and correct way and recover fully, as it already seems to get better.

I am now planning to continue with Equine Breathing every day without any exception using a Breather in order to achieve full recovery and enjoying a healthy life with a correct way of breathing. I have learned from the experience, that Nelly is unusual in taking so long, presumably because of her poor breathing, therefore I know now to hang in there. If there should be any difficulties again doing 1N I will just use gentle leadership exercises to help Nelly relax and appreciate a good thing

Before starting Equine Breathing with my mare I did not feel that anything could help her. The medicine she received was expensive and made her lung volume



increase again, but did not banish her coughing, it only reduced it. I had moments in my life, where I couldn't relax on my own anymore and suffered from pain – I needed help. Bodies are able to recover and regain strength on their own but sometimes they are used to wrong patterns which can weaken them and cause pain. You then have to break through the patterns to change from bad to good. This is what I have started doing with Nelly – I change her breathing pattern which in consequence will change her physical and mental condition. I am absolutely certain, that Equine Breathing will help, as it has already.

About Michaela

I am 28 years old and am studying cultural sciences and water techniques with the focus on mountain risk engineering.

Horses have always been my passion. I have a tight bonding to nature and try to experience as much as I can together with Nelly. I am convinced of barefoot riding and open stable. Nelly lives in a herd with a lot of room to fool around. She is therefore well-adjusted and has a very good social behaviour and represents a partner for me to count on in any situation.



For an update on Nelly's progress see ***Horse Breather*** issue 50

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.