

*Three months ago Michaela in Austria reported on how she was able to use 1N to help Nelly start to recover from serious respiratory problems (issue 48 of Horse Breather). Seeing the relief that Equine Breathing gave Nelly, Michaela bought an All Weather Breather so that Nelly can enjoy the benefits all day long and she feels confident that Nelly is on her way to a full recovery.*



Michaela and Nelly

## Breathing difficulties and chronic cough – update by Michaela Weilguny

So I continued with Nelly Equine Breathing with the All Weather Breather on for about 8 hours per day. During the first week her coughing staggered – one day more the other day less. Then after talking to Clare, I give her the AW during night for approximately 12 hours.

Nelly's coughing increased and increased, became worse and really made me nervous. At the point where Nelly coughed about 30 times per hour I stopped using the All Weather Breather and decided to put her on drugs from the vet again. To tell you the truth I meant it well – my aim was to have Nelly soon recovered. But the drugs were such a bad idea – really! I did only give it to her for 3 days then stopped immediately, because Nelly's breathing and coughing became even worse, drastic and threatening.

We reached a point where one was able to hear the bad breathing in form of a gurgle sound as a result of Nelly compressing air out so strongly. I reproached myself a lot. Clare again kindly accompanied me and told me to let the AW on continuously in order to gain ground again. Within 1 day with the AW on and without drugs Nelly decreased her bad breathing. 3 days later it became a lot better. I felt so relieved and really have learned my lesson. Now, after 2 weeks of doing Equine Breathing with the AW continuously on, the coughing nearly disappeared.

Nelly feels well in herself. She fools around and feels the spring coming. I watch out for clearings attentively, but obviously my mare needs the AW continuously on as she seems to really ask for it back on, when I take it off for washing.

Since 3 days we are doing a bit of walking with the breather. I do not force her. She loves it and walks even fast and energetically. For me it seems as if Nelly feels more relaxed when wearing the AW because as soon as I remove the breather she starts breathing heavily. I do not want to think about what would have happened if I did not stop the drug treatment. I am afraid of that thought!

In addition to Nelly's Equine Breathing, my boyfriend and I started to reduce our breathing too because we have asthma since our childhood. We like it, because it gives us the feeling as if more oxygen is available for our lungs in a perfect dosing which makes us feel comfortable. We both



Nelly enjoying a roll in her All Weather Breather

had astonishing clearings such as fever, snuffles, bad headache and feeling tired for a few days. 3 weeks ago I had a knee operation. The pain seems to be reduced while wearing the dust mask when doing physiotherapy exercises. Reduced breathing will help me through the recovery. We will continue.

Above all some other horses of our stable started to cough – one even had fever for 3 days. So I helped a friend of mine, Natalie, to start her horse on 1N. They are both doing a great job. The fever disappeared and the coughing reduced. By now our vet will probably think we all perform magic because we no longer needed his visit and attendance.

Two weeks later;

Nelly is fine now - and me too! She is getting better and better every day - I really enjoy observing her (now she isn't coughing anymore). She breathes more slowly and doesn't compress air out strongly. Her nostrils are very beautiful.

Every day I do a bit of walking (with the AW on) and Natural Horsemanship exercises with her and she is not breathing loudly anymore! Above all she isn't nervous anymore. I feel this is a big change!



Natalie and Pretty doing 1N