

## First impressions of Equine Breathing

Samantha-Leah Tobias (veterinary homeopath and classical riding instructor)

"Hi Clare, firstly thank you for spending time explaining this technique to me. It was much appreciated. Because I am always looking for ways to improve the lives of the Animals I deal with, and your Equine Breathing Technique seemed simple and down to earth, I was happy to put up both your articles on the Horse website but I really did want to test it out for myself.

As I mentioned to you I was working on some health issues on 2 Stallions and at your suggestion, I thought I'd try the 1N method so downloaded your PDF notes, read them and off I went.

I tried very hard to follow each step and didn't do what you would call a 'full session' perhaps but I did manage a few minutes on both nostrils.

The effect was stunning! The horse just literally dropped his head and went very dopey within minutes and last seen was hanging outside of his box, fast asleep, bottom lip drooping totally at peace with the world and it truly was great to see him like that.

What had taken me some 35 minutes to do using Reiki on Saturday, the relaxation part, I achieved in under 5 minutes using 1N. I know they are two different things with different benefits, but the relaxation is so vital for healing to work whatever you choose to do.

Most of the Staff were watching and a couple of them showed interest in learning the technique which I believe can be used for so many of the problems they could run into. eg: when foals and mares are weaned; for horse and youngsters who do not like being boxed, shod etc. for Stallions who are getting a little above themselves; and medically. All I can see are benefits.

The stresses these horses go through is hard to explain but by the very fact that they don't get too much time outside and have to cope with having mares paraded past them, you can perhaps imagine just a little how much this must bother them. Using this technique, properly, I am now convinced would be just wonderful for them. It was exciting from my point of view to be able to help in such a short time and with so little to think about. It is without doubt something I will constantly think about for future Consults.

It is so simplistic but having had a night to think about it, am now even more excited and enthusiastic to do as much of the Equine Breathing Technique as I can and to inform others about it.

On a more personal note, I don't sleep well. I work very hard and find it difficult to switch off. But last night I sat and did the breathing exercises you described to me. I was in bed and asleep by 8.00pm! that is unheard of. So I aim to pursue the Breathing course you suggested and I will try to remember what you taught me and again, thank you for giving up your time.

Regards, Samantha"

## Profile on Samantha-Leah Tobias

Samantha lost her dearly loved horse at the age of 16. He had overcome vaccination damage following his first ever vaccination. Samantha studied holistic methods in order to help him and eventually qualified as a

homeopath. At 16 years he was diagnosed with toxic laminitis and had to be put down. Samantha says "Probably had I known more about combination remedies and Detox and also Equine Breathing, I truly believe he could have continued on for many more years."

Samantha teaches Classical Riding and is a Dressage Judge, but her days are largely filled with sad stories about chronically ill animals and her job is to try and cure them the best way she knows. "So I am always looking for new, sensible techniques I can offer clients IF they will work on the animal in my absence. The dedicated owners will put themselves out but many will not so I will not work with anyone who isn't going to make the effort.

What I do tires me out mentally and physically and frustrates the life out of me. There are moments I want to give up but my work is dedicated to my horse, whose story is on my website (Natural Horse) and those who read it may perhaps understand a little more about me by reading that."

The information in this newsletter is for educational purposes only. Equine Breathing is not a substitute for veterinary care. Consult your vet before using Equine Breathing.