

# Horse Breather

Equine Breathing ezine November 05 issue 12



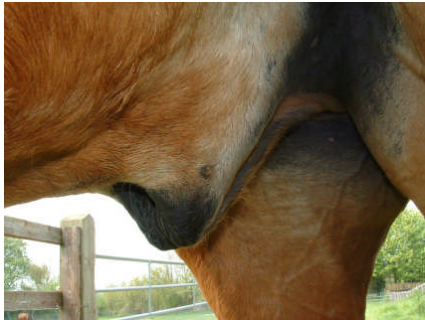
[www.equinebreathing.com](http://www.equinebreathing.com)

## In Practice

### **Sarcoid Saga**

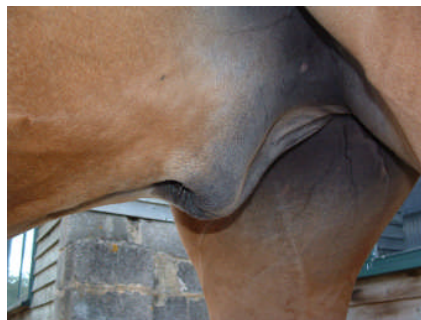
April 2004

Now you see 'em....



September 2005

Now you don't...



After 2 years of Equine Breathing most of Sam's sarcoids had disappeared or reduced to a flat area of bald skin. Sam's owner Matthew is delighted.

Of course sarcoids are known to be variable and to disappear sometimes of their own accord so we will wait and see what happens over the next few years before we ascribe a miracle cure to Equine Breathing on this front!

Meanwhile, if you have a sarcoid problem it would be worth trying Equine Breathing, and if you wanted to take photos before and after or to record the severity of the sarcoids in words or measurements, I would be very interested to hear from you.

## **In Short**

### **Endurance Riders (or any other competitive activity)**

Now is a great time to starting increasing your horse's fitness for competing next year. Even if your horse is not in work, you can improve fitness by use of Equine Breathing to increase oxygen availability to the body by increasing carbon dioxide levels.

If you compete in any equine sport you may wish to take a look at this new article on [www.equinebreathingtechnique.co.uk/endurance\\_riding.htm](http://www.equinebreathingtechnique.co.uk/endurance_riding.htm)

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Its also posted on the British Endurance Riding website at <http://www.endurancegb.co.uk/html/articles.asp>

and other sites world wide such as the informative New Zealand site Horse Talk at <http://horsetalk.co.nz/health-index.shtml>.

The article introduces the physiology behind Equine Breathing and how it can help performance horses in endurance riding (and other disciplines) in areas of fitness, stress reduction and recovery.

## FAQ

### **Can I feed after Equine Breathing if my horse is hungry?**

Gitte is doing a project on Equine Breathing as part of her Natural Horsemanship training, she asks;

*"I just had a question about something on your video. It says not to give horses tipbits or food before or after doing the equine breather. I wondered why this is and also what time period before or after horses can eat. As I'm doing a 90 minute stretch in one go, I'm finding one of my ponies is getting very hungry by the end of it!*

*As soon as the breather is taken off he is searching for any scraps of hay to eat, that is his soul aim. I know you said before healing burns a lot calories so I wondered if that was it. He does appear to have lost weight according to the weight tape although I realise these can't be 100% accurate. I know it may sound odd but I can just tell he's hungry, it is very different with the other horse. He isn't a skinny pony by any means, but whatever the reason for him appearing hungry even if it's my guilt at starving him (!) for 90 minutes, is it ok to give something to eat afterwards?"*

Yes, absolutely. Preferably grazing or hay rather than grain or titbits.

If you think he is genuinely hungry, rather than fidgeting and pulling your strings hoping for some attention/food, I would cut down the length of time in the Equine Breather. He may not want to stay that long in the resting state. We don't want to cause him any discomfort and it is possible that the changes in physiology might make him hungry. Interestingly I've not seen this. Most horses seem less interested in food than usual when doing Equine Breathing, but I can easily imagine it might happen.

The main reason I suggest not to give food before or after Equine Breathing is that eating a feed causes arousal. Having got the horse into a relaxed state with the Equine Breathing it seems likely that enabling the horse to stay in that relaxed low adrenaline, 'healing' state for as long as possible would be beneficial. The surge of adrenaline associated with the excitement of a feed would increase breathing and reverse the effect of the breathing session sooner than if the horse continues to relax.

If the eating is associated with the owner, ie titbits, there are often all sorts of behavioural effects which increase arousal even further.

In humans eating rich food itself causes over breathing. Therefore grain feeds may be more likely to stimulate increased breathing than hay or grass in horses.

Often horses want to have some quiet time after their Equine Breathing session, but if they want to eat grass or hay then that is what they should be allowed to do.

If you think your pony is more fidgeting and pulling your strings hoping for some attention/food it would be worth walking him in the Equine Breather for a few minutes (remember to build up gradually) and see if this puts him back into the relaxed anabolic state.

So it requires some judgement really but I hope that gives you something to go on.

breathe easy

Clare