

Horse Breather

Equine Breathing ezine July 06 issue 20



1N – is it worth doing if you can only do very little?

Three months ago in 'Horse Breather' 18 we followed the 1N diary of 'Lisa' who only gets to see her horse at weekends. To recap; in order to avoid persecution, she had to move him a long distance, to a yard that is supportive of her natural and holistic approach which includes barefoot trimming. In March she emailed to say that her horse, 'Primo' had problems and to ask if I thought doing Equine Breathing three days a week would be sufficient to help him recover. I didn't know the answer to this question so I was very pleased when Lisa said she would like to do a trial, and I am following the results with great interest.

Primo's main problem was lethargy and erratic energy when being ridden, for example he had difficulty staying in trot and in keeping up with other horses at all. Lisa attributed this (possibly rather unfairly) to her riding and had tried various riding methods to try and improve the situation without any success.

Primo is a heavy cob and Lisa said he lost fitness very quickly when not being ridden regularly. He was 'bargey', ignoring the handler, tanking off when being led and uncooperative whilst having his feet trimmed.

Since 2000 Primo has had itchy legs in the summer which drives him mad and he gets very scabby. Vets disagreed whether it was dermatitis or mud fever but none of the prescriptions worked and neither did a range of holistic treatments or total clipping of the feathers and washing daily (It cannot be said that Lisa hasn't tried!).

Lisa scored these problems at the start of the trial as being irritating or annoying and the itchy legs being distressing and sometimes extremely distressing.

Results after 2 months of 1N

Lisa rated all the problems as being 'better' or 'significantly better' after 2 months of 1N. He is no longer lethargic, is fitter, better behaved and so far has had no itchy legs. Considering that Lisa had tried numerous other approaches which had been unsuccessful, and she was only doing 3 days a week of 1N, this is a surprisingly successful result.

Lisa said "I am very impressed with the changes I have seen as I am only able to do the breathing 3 days a week, so was not expecting much in the way of changes, so although all the symptoms are not completely cured, there is in the main, improvements. I would like to continue with 1N for a while yet to see if the symptoms can be improved more."

Conclusion

Lisa's experience and other reports suggest that it is certainly worth trying 1N even if you can not do the full recommended 30 minutes a day. You may find that even the odd session here and there in a busy schedule makes a difference and as its enjoyable for the horse you will probably feel it's a good spend of time.

If your horse's problems are moderate to severe it may still be worth trying 1N even if you can only do low levels. If you get some improvement in the horse you may then decide to arrange more Equine Breathing. Of course if your horse is under veterinary care for any of the symptoms then discuss use of Equine Breathing with your vet.

Update September 06

Lisa is very pleased to report that for the first time in 5 years Primo did not suffer itchy legs this season.

If you have any feed back or queries do get in touch.

Breathe easy
Clare



Sometimes Primo likes to fully relax for his 1N!



Having fun again

email Clare on
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