



Natalie and Jack

Horse Breather

Equine Breathing ezine June 09 issue 41



Post viral lethargy, irritability and over weight – one year later

Following a virus 4 years previously, Natalie's lively and talented cob cross Trakhener youngster became over weight and obsessive about food, 'lazy' (lethargic), bad tempered and even aggressive at times. He was agitated and unable to focus on work and it became so bad despite her concerted efforts that Natalie gave up competitive dressage. But Natalie did not give up her search for a way to recover Jack and a year ago in June started Equine Breathing. She was one of the first people to use a Grazing Breather and reported on the impressive early results in the July issue of 'Horse Breather' (33) and further success after 6 months in 'Horse Breather' 36.

Natalie now describes on how Jack is getting on after a year of Equine Breathing.

When it came to writing this report I looked back at my breathing file to have a quick reminder of how things were this time last year and my initial thoughts were that I had forgotten how BAD things really were and how truly poorly internally Jack was.

Jacks symptoms primarily were extreme lethargy, complete lack of energy in his work, which in turn led to grumpiness in the stable and anxiety in his behaviour; and constant hunger and overweight. I found the symptoms distressing and sometimes extremely so, especially when under pressure whilst training and competing.

Comparing symptoms now to then they are significantly better, and on occasion have **gone completely**.

Jack has come on leaps and bounds again and came through the winter trimmer and fitter than ever.

He has more forward going energy out hacking and in the school. He has better stamina in his school work, and can work well for 40 mins and keep concentration. On a good day now he concentrates immediately he enters the school, when it used to take him 15 mins plus to really get going.

There still seem to be peaks, but he stays there longer. The troughs are less sharp and can be counted on one hand over a 3 to 4 week period.

I have been able to take him back to basics with his school work and his due compliancy has enabled me to re introduce a little snaffle for him - my dream of 4 years!!!!!! My newest project is to ride him side saddle.



Jack came through winter trimmer and fitter than ever

Jack's habits in the stable are more consistent, less teeth grinding and he no longer turns away from me. Now when I arrive in the morning, there are no more sour faces or turning his back on me when I walk into the stable with his tack, and no aggression with his food. He's a very happy horse - which makes me a very happy owner.

Equine Breathing has brought a new lease of life to Jack and it has been efficient in its ability to help him heal at cell level outwards. It has been a slow steady progress over the year and one that has enabled him to recover at his body's own pace, without intervention from drugs or enforced difficult unnatural routines in his management.

I have never been one to consider I need gadgets or gizmos as a means to an end, but generally we all do seem to surround our horses and indeed our selves with many of these things ! But using an Equine Breather cannot be compared to these things at all. I see the Breather purely as a tool that the horse utilises to allow himself to do something that he could once do for himself, but through (in Jack's case) illness or stress, can no longer do; which is to breathe efficiently. And if he can't do that then he ceases to function at all.

To see relief and comfort in my horse's eyes, a slimmer sleeker body, softer skin tone yet stronger healthier tissue, better coloured mouth and eye membranes, fast recovery after exertive work, better fluid intake, reduced stress hunger, and calmness in stable manners, makes me so much happier. I am so relieved, that at last I don't feel guilty making him work. He no longer picks up on my anxiety and constant worry. Me, watching him and trying to work out what WAS wrong with him made him angry and he became more grumpy more miserable. Has it changed our lives? I ask, how could it NOT have changed our lives!

I feel I am now at the end of a long journey - not with the breathing (that journey is still only at its beginning!) - but with jack's health issues that no one but myself would acknowledge.

To find someone and something that has helped Jack get back on track and confirm too, that I wasn't going mad and wasn't over sensitive about him and his issues. How do I feel about Equine Breathing ?? in a word .. **RELIEF**.. in the knowledge I now know why he was like it and that I can help him and hopefully other horsey folk too, to understand that what may seem like a mountainous problem CAN be overcome, easily, safely and..... forever. My many thanks to you Clare

A year of using a Grazing Breather

A year on and Jack still is very happy wearing his Breather. He wears it everyday out in the field and it rarely comes off even after rolling.

If we are out and about at shows or he is travelling, he wears it in between classes (I've found he recovers his breathing more quickly and has more energy for next

class) or he wears it to come home, and he can still tuck in to his hay net !

I have found that just rinsing the Breathers out straight away after one wear and removing all the residue, they dry in the sunshine quite quickly and are useable again by next day. When he doesn't have the Breather on, he doesn't appear as relaxed in his whole body and isn't as chilled in his demeanour. Just 2 to 3 hours seems to be enough to help him, though he usually wears his for 4 to 5 hours.

Being a black horse he does literally feel the heat (glazed eye, starey coat, tight tissue) and after a schooling session I put it straight on whilst I wash him down etc , this again (visually) seems to help his recovery (ie softer muscle tissue, no dehydration, eye clear and bright). Before Equine Breathing there were many times I wouldn't consider riding him, to do anything, in heat, humidity or sunshine, as he just wouldn't have coped. However since starting Equine Breathing last year his ability to work for longer and harder, in these weather conditions has increased 10 fold.

Natalie Lascelles
Hampshire, UK

If you have any questions for Natalie about her Equine Breathing experience she would be pleased to answer them. Use the contact us button on the website and put Natalie Lascelles in the subject box

to contact Natalie email clare@equinebreathing.com and put Natalie Lascelles in the subject box

*Natalie first rode a pony at the age of 3 and has owned horses since she was a teenager. She is a sports therapist for horses and people, and also practices reflexology and uses herbs, nutrition and homeopathy
For further details see 'Horse Breather' issue 33*

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.