



Horse Breather

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www.equinebreathing.com

Why some people have low expectations of Equine Breathing

Some people come across Equine Breathing and immediately just 'know' that it is right. They are confident that it will help their horse and just get on and do it. This conviction may be supported by knowledge (for example divers recognise the physiology) or experience (eg they have seen success in another horse) but sometimes it is entirely due to some sort of instinct or innate 'knowing'.

However some people have a very low expectation of success when they first try Equine Breathing. This is not at all surprising for several reasons. Many owners have been trying to recover their horses from distressing chronic ailments (such as headshaking or hay fever) for a long time. They may have tried numerous treatments/experts which didn't work satisfactorily. This can be heart breaking and so new methods that could help are treated quite rightly with scepticism.

Treating a horse that has a chronic ailment can be not only dispiriting but very expensive with the cost of on-going treatments. It can seem unlikely therefore that something which can be done for free could be effective when costly treatments have failed.

Similarly, if a person has gone from one expert to another searching for a way to help their horse it can seem unlikely that they can help their horse by themselves through their own action just following some simple guidelines. How can something so simple be so effective?

Another factor is the feeling that anything to do with breathing is just an aery fairy sort of thing. Few people actually know the biochemistry of respiration or realise that it means that over breathing has a direct and damaging effect on physiology. Nor do they know that this damage can be reversed by reducing the breathing towards normal.

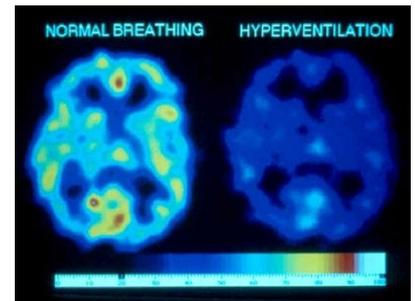
In the horse world in general, over breathing is not noticed or recognised. It seems that;

- the common myth that breathing 'more' is better,
- the idea that horses should just be able to control their own breathing at the optimal level and
- just the sheer prevalence of over breathing in horses (making it seem 'normal')

contribute to this. When signs of over breathing are pointed out, many people immediately recognise them and their significance, but some people may yet find it difficult to appreciate.

So due to a combination of these factors some people starting Equine Breathing don't really expect it to work. In many cases this view is quickly dispelled by dramatic improvements and the clear enjoyment and relaxation of the horse. This gives confidence that Equine Breathing will bring the horse back to full health and the resolve to continue with Equine Breathing.

But in a few cases the horse may show initial resistance due to leadership issues and or difficulty accommodating changes to the physiology. And it is in these cases that the low expectation may lead the owner to decide it's not worth carrying on. This is a pity



One direct effect of over breathing is LOW oxygen levels as shown in these brain scans

because both issues can be over-come.

People who over-breathe can be quite disturbed by the idea of changing their own breathing and might tend to mis interpret a horse's initial leadership issues or tickly nostrils. Their own anxiety about their breathing might lead them to think that the horse does not wish to do Equine Breathing at all.

In my experience all horses go on to enjoy and benefit from Equine Breathing once they get through any initial difficulties but someone with a low expectation of success might understandably lack the motivation to continue on and reach this stage.

Hopefully as more people try Equine Breathing and share their stories there will be more experience around in the horse world to help encourage people when they first start Equine Breathing.

Meanwhile the website has lots of success stories and an introduction to the physiology and I am of course always happy to help.

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.