



# holistic equine



## HOLISTIC HORSE CARE CONSULTANCY SERVICE

Horses are meant to be fun, relaxing, exciting and inspiring. But sometimes it can be challenging with health problems, behavioural problems, tack problems, yard problems, relationship problems... as well as time problems, fear problems, money problems, etc.....

Holistic Equine Consultancy service can help you better understand your horse's needs and help you readdress imbalances and put the fun back into owning your horse!

The domestic horse is reliant upon us for their every need. Horses have changed shape and therefore their athletic capability since early domestication. But from a biochemical point of view, the horse has remained unchanged since before man first used the horse for his selfish means.

This means that the horse's basic needs from an environmental point of view are pretty much different to what we traditionally believe it to be. In other words, by providing an unnatural and unsuitable environment, we are causing damage to the horse's health; on a physical, mental, emotional and spiritual level.

By law it is the owners and keepers responsibility to provide basic needs for the horse, which are;

- For a suitable environment (place to live)
- For a suitable diet
- To exhibit normal behaviour patterns
- To be housed with, or apart from, other animals (if applicable)
- To be protected from pain, injury, suffering and disease

However, we believe that the majority of horses in captivity and domesticity do not have even these basic needs met. The reason for this is the general acceptance within the equine industry for unethical common practices to be okay, despite undisputable evidence proving the practices to be damaging to equine health.

It will take a paradigm shift in attitude to animals and their holistic husbandry to cause a shift in consciousness before humane environmental changes are practised and become 'the norm'.

### Effects of unsuitable environment

Understand this; the horse has the *innate* ability to heal itself, *providing* the environment is *condusive* to its health.

In other words, get the environment right for the horse and it has the ability to heal itself. Indeed, it wants to get better. Healing does not necessarily mean the 'curing' of a disease. It means a return of equilibrium or balance. This is generally a difficult concept for Westerners to accept, but balance can mean a time-ful passing over of a soul.

What's wrong with this picture (below)?? This horse has evidence of Deformed Hoof Capsule (DHC), Equine Digital Elastosis (EDE) and marked metabolic stress (growth rings on hoof wall). This was mismanaged and using common diagnostic techniques and 'conventional' veterinary and farriery 'treatment'; did little to improve the condition.



One symptom of inappropriate environmental stimulus is deformed hoof capsule (DHC) and equine digital elastosis (EDE) as shown in this picture of 'Sun', a 7 year old Thoroughbred mare. In this instance, the inappropriate environmental stimulus was afforded by the shoe, the trim method, haylage and stress from discomfort in soft tissues from compensatory action as a result of metabolic and foot imbalance.

After making changes to **nutrition** and management practices, addressing imbalances with Holistic Equine **therapies** and **products** and following the methods and practices of **AEP**, the horse no longer has DHC and is gaining in vitality and energy. Symptoms in this instance also included chronic laminitis and pedal osteitis as well as tendonitis. She also had marked body imbalance and had extensive osteopathic treatment under general anaesthetic. All in all, improper environmental stimulus cost the owner around £8,000 in treatment for this horse.

Naturally, we cannot replicate an environment enjoyed by our horse's wild cousins, but we can do more than we usually do to provide an environment conducive to health. We really need to provide the best we can whilst accepting limiting factors and Holistic Equine can help you to help your horse and allow him to show his true potential.

### How can Holistic Equine help you help your horse?

Holistic Equine can help you understand the effects the environment has on the health of your horse.

We can advise you on what influence you have to make changes and we will help you implement them. Often, the horse will require healing too and we may be able to offer services and products (visit [www.holistichequine.co.uk](http://www.holistichequine.co.uk) for more details) to help you to help your horse recover from dis-ease which was caused as a result of unsuitable environment.

### What is 'environment?'

Your horse's environment encompasses all that surrounds the horse, including his living, resting, playing and work environment, his food, his supplements, his medication, his companions, the equipment and clothing you use on him including shoes, and the energy of the people who approach him. It also includes chemicals sprayed on his forage or grass and external environmental pollutants such as nearby agricultural spraying and run-off, his drinking water and electro-magnetic pollution in his vicinity and also negative energy from lay-lines or resulting from sick-building syndrome.

We encourage owners to become proactive in maintaining health and performance in their horse. If you feel you have a balanced and healthy horse and want to be sure you have correct management practices in place, a **holistic horse care** consultation with Holistic Equine can help you recognise if any improvements can be made *now* and thus help prevent imbalance or dis-ease in the *future*. It will help you take more responsibility for your horse's health and welfare and become more proactive in your approach to his health and well-being.

We won't help you mask the symptoms of the manifestations of dis-ease caused by poor environment and sometimes you may have difficulty accepting the part you may have unknowingly played in contributing to your horse's dis-ease. However we will not judge you and we genuinely want to help you to help your horse.

We understand from painful past experience what it is like to own dis-eased horses and the difficulties in facing decisions affected by finance, time, and other problems. We have come to accept our responsibilities for our ignorance and strive to help other horse owners do the same. We will help you manage the symptoms of disease and will offer practical solutions to problems which will encourage the horse to heal itself, whilst trying to prevent dis-ease in the future.

Typical holistic approaches used to heal imbalance include making changes to the horse's environment, nutrition, paddock, stable, other animals around the horse's environment, management routine and training or ridden techniques. Steps towards accelerating healing can also be done such as **Reiki, equine body work (EBW), holistic hoof care (AEP), homeopathy and other therapies.**

### What to expect from a holistic horse care consultation

To fully understand your horse's environment and to advise on the most appropriate and efficacious solutions, Beccy will need to visit your horse and explore its environment, including everywhere the horse tends to go, what it eats, the equipment it wears, etc. During the visit, Beccy will take extensive notes and may wish to see your horse in its different environments.

The length of time required for an initial consultation depends on individual circumstances. Allow for around 2 hours but let Beccy know in advance if you have time constraints on the day.

Telephone and/or email support will be provided for follow-up advice and queries and we ask that you accept a fair use limit of 1 hour. A report will be sent by email or by post if preferred. We can also send a copy to your vet and other professionals involved in the care of your horse.

### Expected Costs

Initial consultations cost £35. This includes a 1 hour fair use allowance for follow-up telephone calls or email support as well as a report. Travel costs are additional at cost (approx £0.20/mile at April 2011). Shared visits are preferred as it is better use of resources all round and helps the environment too!

Additional consults are usually recommended and cost £20 plus travel.

**Contact us** to book an appointment or for more information about holistic horse care.

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