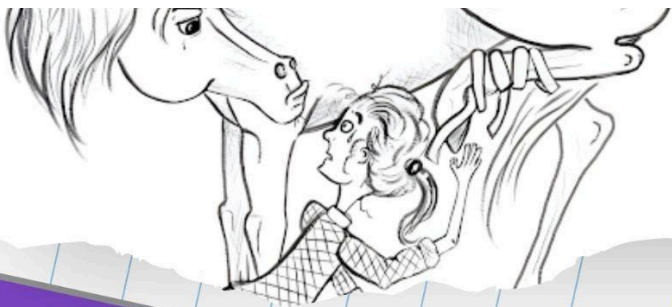


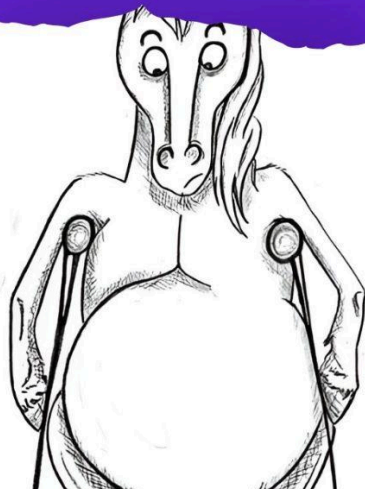
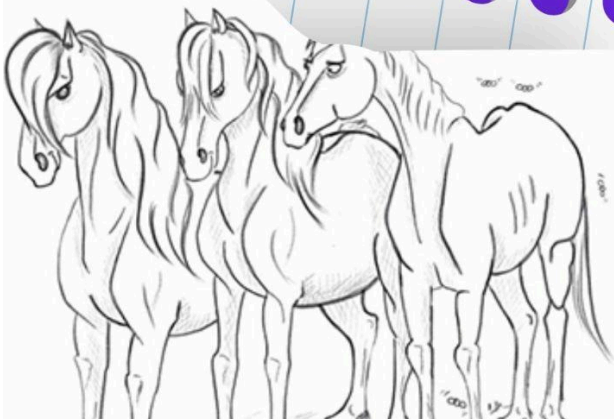


Horse 102

Holistic Alternatives

What Do You Do When Your Horse is Sick or Injured?

Written by April Love
Founder of Holistic Horseworks LLC



Horse 102: Holistic Alternatives What Do You Do When Your Horse Is Sick or Injured?

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Founder of Holistic Horseworks LLC
An IICT Approved Training Provider



APPROVED
TRAINING PROVIDER
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS



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Sheela Rose

Horse 102: Holistic Alternatives
What Do You Do When Your Horse Is Sick or Injured?

Second Edition

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Horse 102

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Dedication

To all my horse-loving clients who have worried and despaired over trying to help their sick or wounded equine friends, there are many more healing alternatives out there besides what I mention in this book. I invite you to learn what works best for you.

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Introduction

My students and clients often ask me what I keep in my equine first aid kit. I'd like to share my journey in finding the right products and practices in this book. The financial expenditures involved in this journey were substantial. How much money did I spend on products that proved to be ineffective? Hundreds? Thousands? I'll tell you it was *a lot*.

I went through a lot before discovering what works best for me. Over the past twenty years, I have also learned many valuable lessons on what *not* to do. Hopefully, what I have shared here can help you save money and stress.

As you read, I encourage you to create product and protocol lists and keep them easily accessible, preferably posted in the barn and also on the fridge at home. Laminate the list and highlight key points. This list should guide you on what to do in various first-aid situations. Make sure to have your vet's phone number on the list, readily available for emergencies, and include the contacts of a few local horse friends who can assist if you're not there.

You will want to keep a paperback copy of this book at home or in the barn for reference. If you board your horse at a stable, make sure to label the book with your name, or you may find that it tends to disappear.

While the content provided here is not intended to replace standard veterinary care, it offers a collection of personal anecdotes detailing my experiences in caring for my horse. I trust you found value in reading “Horse 101: Everything You

Wish You Had Known Before You Got Your First Horse,” which is available on Amazon and my website www.horseacademy101.com. “Horse 102: Holistic Alternatives” serves as the next installment in my series on sensible horse care, sharing insights we all wish we had known sooner.

For first-time horse owners, I hope these stories assist you in safely and affordably caring for your horses at home. For seasoned horse owners, consider this a resource to streamline and enhance your approach to equine first aid.

Chapter 1:

What's right for you and your horse?

An important part of holistic care for horses is figuring out what strategies and products are right for you. And being able to figure that out means being able to get in touch with your own inner knowing.

I use a practice called applied kinesiology, or muscle testing, for all of the products I personally use and recommend, and I encourage you to do the same. In the appendix at the end of this book, you'll find links guiding you to the sources of products mentioned throughout the book, as well as a tutorial video on muscle testing.

I use muscle testing as a way to intuitively rate various attributes of a product on a scale of 1-10. Questions I ask about the product include:

1) On a scale of 1-10, is the vitality of this product over an 8: yes or no? Then I will ask, is it over 9? Is it a 10? Rather than questioning the necessity of a product, I'm evaluating if its energetic components and ingredients are of the highest quality. I will only purchase the product if it scores above an 8 on my intuitive test.

2) Can I or my horse fully utilize this product: yes or no? If not, what else is needed so that it can be fully utilized? Do I need to perform a passive detox first: yes or no? If you're testing for supplements, you want to make sure that the horse's body can fully absorb the expensive nutrients you plan to give it.

3) Will this product work if taken or used with another

product: yes or no? Inquire about the synergy of various supplements and whether they work effectively when taken together. Many supplements may not deliver their full benefits if introduced simultaneously with too many different components in the horse's feed. Understanding the optimal combinations of each product ensures they can perform their intended function. All this means is you might need to split it up into 2 separate feedings like am and pm.

5) What does the body need to heal? X method: yes or no? Examples of methods might be magnets, cold laser therapy, photon therapy, BEMER blankets, etc. Ask about helping the body and what you can do to speed along and optimize its healing process.

6) Does the body need this internally: yes or no? Does the body need this externally: yes or no? I used applied kinesiology before both of my rotator cuff surgeries and my hip repair surgery. These surgeries were done in my 50's and the doctors were impressed at how fast I healed and regained full mobility. All I did was access what I knew was the right path for me.

Why do I choose to muscle-test every product before incorporating it into my routine? While many rely on manufacturer claims and customer testimonials, my experience has shown that some companies may compromise quality to reduce costs. This cost-cutting approach might involve using ingredients that are closer, cheaper, and easier to obtain, but it doesn't necessarily ensure the highest level of vitality when it comes to beneficial content for the consumer.

Begin practicing your yes/no kinesiology right away.

Consistent practice, even if just for a few minutes each day, helps strengthen this skill, much like working an underdeveloped muscle. Daily engagement accelerates the learning process, making it faster and easier. And remember, anyone can develop this ability!

Contrary to the belief that physical touch with a product is necessary for kinesthetic decision-making, we too can connect with products remotely, just like cell phones, provided by the interconnected nature of the universe. Try looking at a product on a website, ask if its vitality is over an 8, and then inquire if it's the right one for your horse or yourself. Yes, it can be that straightforward!

While discussing intuitive and energetic practices, it's important to note that nutritional supplements, homeopathic products, essential oils, etc., when stored in proximity to electronics, may experience a decrease in their ability to offer healing benefits to our bodies. Electronic devices such as microwaves, refrigerators, Wi-Fi connections, computers, and cell phones have the potential to diminish the vitality of these products, both at home and during the manufacturing process.

Similar effects can impact our bodies and our horse's bodies. To mitigate the harmful effects of electromagnetic frequencies (EMF) from cell phones, laptops, and electronics, consider exploring shungite tiles to place on your devices or around the barn and home.

See the appendix of this book for links to recommended products and a video on yes/no muscle testing with applied kinesiology.