

Natural HORSE

M A G A Z I N E

IRIDOLOGY:

DISCOVER CAUSES OF DISEASE,
MONITOR RECOVERY

The Horse's Skin:

More than just
a pretty coat



TEENS WITH

Autism:

How animals teach
social thinking

IMPROVE YOUR
PASTURES
WITH ROTATIONAL
grazing



Sandy is tending to Sunny who at age 33 suddenly was unable to rise. Her willingness to continue to care for him in this situation allowed for his recovery and one and a half more beautiful years of life.

DOWN HORSE: IT MUST NOT (ALWAYS) BE THE END

by Ella Bittel, Holistic Veterinarian

How Horse Guardians Accomplish the Seemingly Impossible

SUNNY & SANDY *A Scary Discovery*

Fall was turning into winter in Virginia. The weather forecast had announced the first freezing spell that night when Sandy Rakowitz stepped out to find her 35-year-old gelding Sunny lying motionless in a large puddle of water that had collected in the pasture. Sunny had been requiring increasing amounts of care as is so commonly needed in aging horses. At the same time that Sandy was ready to engage in giving hospice, her heart was tenderly preparing for a good-bye. Was it tonight?

Sunny was alive but did not respond to encouragement to get up. If a horse is kept from breathing by covering up his nostrils for just the length of one breath, he will leap up to his feet if at all he still can, but Sandy did not know of this old veterinary trick, and her vet was not reachable. Sandy knew she had to warm Sunny up if he was to rise again. She started vigorously doing Ear TTouches she had learned to do as a TTOUCH practitioner, which can make a tremendous difference in steadying body temperature, pulse, and respiration. Next, Sandy massaged his trunk and legs. When Sunny still did not rise, she retrieved a number of warm blankets for him.

Sandy's rigorous efforts were rewarded by Sunny rising after about half an hour that felt like an eternity. She continued to work on his body and exchange the blankets with ones warmed in the dryer. It would turn out

that by overcoming that day's scary hurdle - and continuing to support Sunny even after he stopped eating and drinking for several days at another time - the gelding was able to pull off a complete turn around in his health, gain his weight back, and live for another splendid year and a half.

JASPER & HELENA *In For the Long Haul*

Jasper was 21 years old when he got violently ill after having received the second dose of a West Nile vaccine. Helena Bresk would find out only later that Jasper's full brother, also a Morgan, died from his reaction to the same shot. Helena was adept in both the work of Linda Tellington-Jones and the use of homeopathy, and it would take her that and more to navigate Jasper through years filled with mounting health issues in the vaccine aftermath. For the first 6 months Jasper would develop violent tremors and show sudden, severe, and alternating lameness on (mostly) the front legs. He developed hives and welts all over his body. At times he would lose his appetite for extended periods, resulting in weight loss of up to 500 pounds. He had serious episodes of colic over the course of several years. Such bouts had Jasper down several times, and, if not for the discovery of organic coffee enemas, he may have surrendered to the merciless repeat onslaught of colic attacks. By giving two gallons of dilute, body-temperature organic coffee into the rectum once to twice daily for many months on end, Helena was able to get Jasper back on

track time and time again. In hot weather he would not take in sufficient amounts of water, so she would also hydrate him with fresh water enemas.

Helena was always on the lookout for the highest quality feed that she could get Jasper to accept, and for some time it was a coconut oil supplement he favored. Yet there was one winter he would not have survived was it not for her idea of collecting fruits and vegetables from the nearby farmers market. When he would completely ignore his regular feed and hay, Jasper would still devour with gusto not just carrots and apples, but also pears, peaches, plums, apricots, chard, sprouts, green salad mixes, radicchio and beet tops. Some of this he received juiced together with garlic and ginger, ingesting also the valuable pulp and fiber. Jasper enjoyed life out on pasture with his beloved horse buddy, at times carrying Helena and her little nieces around. He did not surrender to his health challenges until the age of 33.



Jasper is receiving an enema by Helena, a simple procedure that finally made it possible to stop the multiple colics which at times led to Jasper being down.

Photograph by Faye Baker.



Spirits in Transition™

First ever!

Online Classes on End-of-Life Care for Animals

with Ella Bittel, Holistic Veterinarian

The time to prepare is when your animal is still well.

www.spiritsintransition.org

Nicki became a pro in, on occasion, awaiting help to get up. So far very few horses receive the benefit of such support, most people assume the horse must be euthanized when all it takes is a helping hand. Ready...



NICKI & BRIGHTHAVEN

Lending a Hand Whenever Needed

Nicki came to live at the wonderful residential animal rescue and hospice BrightHaven in California, which was founded by Gail and Richard Pope. Nicki celebrated her retirement in style in the company of other elderly equines, being the grateful recipient of occasional reiki, chiropractic and acupuncture treatments. Her arthritis eventually developed to the point where Nicki was, at times, unable to get up on her own. What would have meant a death sentence to most every other horse developing the same condition was, at BrightHaven, simply tended to as needed. Extra late night and early morning checks ensured timely discovery of the senior horse lady being down on occasion. At the age of 30, Nicki learned that it was only a matter of little time before someone would lend her a hand to get back up, to then merrily continue on her daily routine. Nicki lived for another four years before she passed in her own time under hospice care.

Horses don't usually spend a lot of time resting on the ground. They have three special anatomical structures (the stay apparatus, the reciprocal mechanism and the locking mechanism of the stifle joint) which allow them to get most of their rest while standing. An old horse who knows he may have trouble getting back up if he goes down, may also start leaning against walls or fences for additional support. One give-away of a horse no longer lying down is that he remains clean. However, if a horse is unable to lie down for weeks and months on end, he will eventually get very tired. Once he comes to understand he will receive help in getting up, if he does go down, rather than scrambling to get back up right away, he may want to stay down and rest to gather some strength back, if given enough time before helping him back up.

Horse Down: How to Help

- Know your horse's daily rhythm of lying down, the usual times, the usual location. If in doubt, brush him nice and clean and observe how soon he has bedding, soil or dust in his coat again.
- Installing a webcam in the area he is in at night and monitoring it from your computer can also be helpful.
- Begin working diligently on mobility support at the first signs of stiffness: Joint supplements, chiropractic, acupuncture, TTouch, and



Voila! Nicki says "Thank you" to Jessica before she continues to go about her daily business. Being assisted in this manner Nicki lived for four more happy years before she passed in her own time under hospice care at age 34.

WINGED HORSE HEALING



Reiki

*Animal Communication
Neuromuscular Retraining*

PAM SOURELIS

WingedHorseHealing.com
815.351.8155

**HEALING
FOR ALL
CREATURES**

laser treatments can all contribute to keeping your senior mobile.

- If you find your horse down with his feet against a wall, first make sure to cushion the area his head and eyes are currently on, and will be on, once turned. Next, use a rope around the fetlock of the hind leg that is closest to the floor. Run it across the horse's body. Turn the horse over its back by pulling the rope, making sure to step out of its way.
- Try to utilize the help of another person in lending support to a down horse. One person offers resistance on a lead rope attached to the halter; another stabilizes by getting a good strong hold of the tail.
- If you and your horse get into a well-accepted routine of assisted rising as Nikki did, you may consider allowing the horse to rest on nice bedding for two to four hours before helping her back up.
- In some rural locations the fire department will respond to calls to help get a horse back on his feet. They use fire hoses to rig a harness around the horse's trunk.
- If your horse is down for more than 48 hours, though he is not in the active, normal dying process, it is of utmost importance to find a way to get him back up on his feet and continue to support him in remaining upright. It is an inspiration to hear the amazing story of Scimitar, aka "Bunny" (which is also available as a movie, www.saving-bunny.com), a two-year-old Arab gelding who, with the unceasing efforts of his handlers, recovered from an injury that left him

unable to get up. While "The heart of a horse" shows there are always exceptions to each rule, horses generally do not tolerate being down for extended periods of time. Not only do they develop skin sores very quickly, but they also tend to colic, develop breathing issues, and overall quickly fail to thrive. You can find instructions on how to make a sling for a horse online at www.ehow.com/how_8499158_make-sling-horse.html. If a tractor or fork lift is to be used to get the horse back up, you may need your veterinarian's assistance in keeping the horse safe by giving a sedative first.

What have you found to work to save your horse's life in situations when euthanasia was considered the only solution? Please share your story with us at spiritsintransition@verizon.net. ☺



About the author:

Specializing in holistic treatment options for animals for over 20 years, Ella Bittel is a German veterinarian who lives and works in California and Arizona. One of her passions is hospice for animals; she offers online classes on the topic. For more information

please visit www.spiritsintransition.org.



Earth Song Ranch

All Natural & Herbal Equine Products

- Equine Supplements and Feed Additives
- Herbal Salves, Sprays and Shampoos
- Pet Supplements and Supplies
- Nosodes and Homeopathics



WWW.EARTHSONGRANCH.COM • 951.514.9700