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Complementary or holistic care is coming into its own in this country and we feel it is important to have a few of the basics under our belts. The following is a guide to some options for your consideration; in fact, we consider all books/videos mentioned to be essentials in any horseperson's library. It can be quite an adventure learning just how much something like knowledgeable massage can positively affect not only the recovery time following an injury but also the bonding between horse and human. Of course, these techniques are transferable over to your dogs, cats and, by extension, to your human family as well. While we have found these techniques work wonderfully well, those who have been optimally mineralized through being on our suggested feeding and DYNAMITE® supplement programs seem to respond even more quickly and thoroughly with less chance of relapse.

Massage

Manipulation of the soft tissues of the body for relaxation, rehabilitation from injury or illness, blood and lymph circulation and general health purposes, is an ancient techniques which has come full circle. Massage has now become an integral part of integrative and sports therapies for humans and is becoming more well-known for horses. The principles are relatively easy to learn and we recommend that anyone working with horses learn some basic techniques.

Canadian Massage Therapist Jean-Pierre Hourdebaigt has authored an excellent volume (& companion video), Equine Massage: A Practical Guide [www.booksonhorses.com] which is loaded with charts, diagrams, photos and more covering everything including anatomy, physiology and kinesiology (movement). He presents clearly and concisely not only a series of routines (relaxation, maintenance, recuperation, warm-up and cool-down and trouble-spot assessment) but also describes 15 disciplines (e.g. school horses, pleasure horses, dressage horses, racing horses, western performance horses, draft horses, etc.) and the major stress points they produce.

As a Certified Neuromuscular Massage Therapist, I certainly know the value of what good massage can accomplish. Along with other techniques mentioned in this article, massage may very well be, as one reviewer said, "... a major key to unlocking the door to a horse's future, one that promotes good health and improved performance."

Not exactly massage but very effective for relaxation is the Linda Tellington-Jones TTouch work.

For even more effectiveness, we suggest using DYNAMITE® Release before and after any massage session.

Chiropractic

This form of care has achieved widespread acceptance with most human insurance companies who have found it a viable and cost-effective alternative to sometimes costly and invasive surgical techniques, and the equine form is essentially no different. According to Daniel Kamen, DC, author of The Well Adjusted Horse [www.animalchiropractic.com/1-800-742-8433], subluxations in horses can come from toxins within but most frequently are from injuries or human "toxins" from without: improperly fitted saddles, obesity of both horse and rider, poor

mounting techniques, pulling on leads, confinement, transportation, racing and improper shoeing. He claims that chiropractic adjustment is the single most effective treatment for neuromusculo-skeletal disorders restoring normal joint function and has been successfully used in treating neck and back pain, colic, tying up, difficulty in funning/jumping/trotting, difficulty in agility, lameness due to musculo-skeletal pain, hyperactive horses, and foaling problems. Dr. Kamen has a marvelous sense of humor which makes learning a very complex subject more enjoyable. In addition to his equine, canine and feline chiropractic books, he also offers videos and seminars.

One of the many techniques he teaches, and which we have taught for nigh on twenty years, is the "tail pull" which anyone can learn and which can accomplish a tremendous amount. It actually works on the cranio-sacral system [[learn more about human cranio-sacral work: www.upledger.com](http://www.upledger.com)] and can allow the body to "adjust" many areas all on its own. Horses love this, but be careful of a kicker!

1. Grasp the tail with both hands close to the base
2. Leaning back ever so slightly, exert some pressure and pull slowly but firmly making sure you follow exactly the direction of that particular horse's croup/tail
3. Frequently the horse will add its own pull by leaning forward a bit
4. Simply hold that pull until you "feel" it is time to slowly release the pressure
5. Again, frequently the horse will sigh and release its forward pull letting you know the "session" is complete
6. Dr. Kamen does suggest a sharp tug at the end, but we prefer to let that be up to you and the horse as it is frequently unnecessary.

You can also "wind-up" the horse and release more holding patterns by moving the tail from side to side in clockwise and counterclockwise motions. "Wringing" the tail for a few minutes through kneading, squeezing and twisting, can also produce dramatic relaxation results.

For even more effectiveness, we suggest using DYNAMITE® Release before and after any chiropractic session.

Acupressure

The study and application of acupressure is essentially acupuncture without the needles and numerous physicians and veterinarians alike have discovered the efficacy of both forms. While one cannot visibly see meridians, or energy (Qi or Chi) channels, during dissection, new research has shown the actual cellular structure of the tissue at acupressure /puncture sites to be differentiated from surrounding structures. Individuals can train themselves to feel the meridians as they course through the body; charts act as guides since each individual is slightly different.

What is so interesting is how meridians show the interconnectedness of the body. As an example, the Bladder Meridian goes from BL1 on the inside of the eye to behind the ear, along the "tenderloin" and down the back leg through the hock ending in the left hind coronet band Ting point BL67. Thus, if a horse ends up injuring its hock, it is also possible

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that an eye problem may show up. A horse yanked around by its halter may have a blocked BL10 behind the ear, and could end up with eye or hock challenges. A cut or compression (from improper trimming or shoeing) at the Ting point on the lateral point of the hind leg can affect the entire GI tract as it travels up to the inside of eye. This is just a tiny part of one meridian and there are twelve.

As important are the two major vessels which bisect the body from top to bottom on any creature: the Governing Vessel runs down the mid-line of the back while the Conception Vessel runs down the front or belly side from top to perineum. Again, all areas of the body can be affected if these “vessels” are constricted. In fact, when I was learning meridian work on humans back in the early 1980’s, we found you could actually turn off or “unzip” someone’s energy by moving your hand downward in front of them over the Conception Vessel, and turn it back on by moving your hand back upward. Translated into equine terms, apply this concept as you groom your horse. You can also see just how critical proper tacking out and hoof care (there are 6 Ting points around each coronet band) are to the overall well-being of your horse.

Tallgrass Publishing of Larkspur CO [www.animalacupressure.com/888-841-7211] offers excellent books and charts not only on equine acupressure but also for canines and felines as well. Additionally, authors Nancy Sidonis, Amy Snow & Marie Soderberg offer seminars and a new equine acupressure video. Their website states: *“The goal of practicing any form of vibrational medicine is to restore, replenish and maintain the natural harmony and balance needed in animal and human to support optimal health and well-being.”*

For even more effectiveness, we suggest using **DYNAMITE® Release** before and after any acupressure session.

Homeopathy

How in the world can a ‘medication’ which tests out as water have a healing effect on an organism? The answer sounds simple – through vibratory frequencies. As a matter of fact, recent studies in Japan are showing that water definitely can hold onto memory, so the proof is on its way. Some homeopathic physicians and vets suggest homeopathic nosodes in lieu of the current multiplicity of vaccinations which can cause an overloaded immune system especially in infants/children. Many individuals keep various basic formulations in their medicine chests, but it is essential to learn how to use them most effectively. They are available in many health food stores (get the 30c remedies) or online. www.homeopathyworks.com has a good equine section called Equiopathics, an “Animal Rescue Remedy Kit”, and instructions online for use and storage.

Samuel Hahnemann, born in Meissen, Saxony, became an MD in 1791 at the age of 36 after self-educating himself in nine languages. As with most great discoveries, his “like cures like” was a serendipitous happening to which he devoted the rest of his life. Hahnemann’s homeopathic treatment of war survivors, and later of the victims of the great typhus epidemic that followed the siege of Liepzig by Napoleon, was highly successful and further spread homeopathy’s reputation. In 1831, cholera swept through Central Europe. Hahnemann, teaching at Leipzig University, instigated the first widespread usage of homeopathy which had a 96% cure rate as compared to allopathy’s 41% rate. Homeopathy has been widely used and respected in Europe since then but is just now

starting to gain adherents in the US.

Homeopathy: Beyond Flat Earth Medicine, 2nd Ed. (2002) by Timothy R. Dooley, ND, MD is considered the simplest and yet the most complete tome for the explanation of how homeopathy actually works and Dr. Pitcairn’s Complete Guide to Natural Health for Dogs and Cats by Richard H. Pitcairn, DVM, PhD shows how homeopathy, among other natural treatments, can be applied in veterinary conditions. A very detailed book, and the culmination of decades of equine treatment, Treatment of Horses by Homeopathy by the late Scottish master and Glasgow University professor, George MacLeod, DVM, is not an easy read but shows the true complexity of homeopathy and is considered the “bible” of equine homeopathy.

In order to locate a qualified veterinarian homeopath, check with The Academy of Veterinary Homeopathy at: www.theavh.org/866-652-1590.

Flower Essences

Similar to homeopathics but using flowers as their base rather than the various salts homeopathy uses. Especially helpful for emotional and psychological uses. However, in our experience, the **DYNAMITE** sprays **Relax**, **Release** and **Tranquil** have been far more effective in most instances than the widely used Bach Flower Remedies.

Machines

The Chinese have developed a machine that emits an infra-sonic frequency said to be identical to the frequency which Qi masters emit from their hands when performing healing work. We purchased one a number of years ago and have found it to be not only invaluable; it is the only machine my system will tolerate. But will it work on horses? TB race trainer Jeff Ward says, *“I know it’s cut down on the amount of anti-inflammatory medicine that we use.”* The “it” referred to is the Equisonic, the equine version of the Infratonic machine [www.chiexplorer.com/800-743-5608] and the horse to whom it was applied was Monarchos, the 2001 Kentucky Derby winner. For those whose horses have undergone various surgeries, including colic surgery, users have claimed remarkable results in lessening or eliminating adhesions and it has proven invaluable in tendon/ligament issues. It is so safe, it can be hung on the wall, and simply turned on; it will penetrate up to 15.’ Horses relax with it enabling them to begin healing.

Also available are portable light/laser units [www.bioscanlight.com/800-388-2712 OR www.lightforcetherapy.com/888-259-9996]. They too can aid in lessening healing time and some prefer them to the above sound machine. One must be extremely careful when using them, however, as they can burn seriously.

For even more effectiveness, we suggest using **DYNAMITE® Release** before and after any machine sessions.

Magnets

Magnetic therapy has become very popular but evidence is mounting that continuous application of man-made magnetic or electromagnetic devices have the potential to destroy or distort the subtle energy makeup of every molecule in our bodies.

Most of us judge how our bodies are doing by how we feel— we think when pain goes away we are better. Therapeutic magnets actually have the ability to overpower the nerv-

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ous system and turn off the nerve signals, but that does not necessarily mean you are better. If magnets are powerful enough to affect the nervous system in this way, they can also break down communications in the immune, and other, systems. Scientists have shown that a 12 gauss magnetic field can alter pineal gland production of melatonin hormone. One small human wrist band magnet can put out a magnetic field 33,000 times stronger than 12 gauss. A spokesman for the Arizona Heart Institute stated that magnetic exposure greater than 10 gauss can accidentally turn off an implanted pacemaker. Most magnets used in mattresses and horse blankets start at 400 gauss while many manufacturers claim fields in excess of 15,000 gauss. Paul Van Lake, chief researcher at St. Jude Medical Center in CA says, "This is as much, and in some cases more energy than produced by an MRI."

Some bio-kinesiologists (muscle testers) have discovered that people who have magnetic pads in their shoes or elsewhere will not test accurately in kinesiological checks on reflex points, testing totally differently when the magnets are removed, and have even anecdotally noticed an increased rate of prostate cancer among patients who wear magnets.

Short-term therapeutic use (30 minutes or less) of a magnet to speed energy and healing to a specific area can be quite helpful, but longer appears to be chancy.

Dowsing/Muscle Checking

It would be hard in certain parts of the country to find a water well that has not been "dowsed;" in fact, many well drillers have their own "water witches" on retainer to avoid dry holes as much as possible. We have heard that many oil companies do the same as do some other companies looking for various metals or stones.

Dowsing on the body for interruptions in cellular electrical activity is little different. One can perform this type of dowsing the same as with other types which is by holding a pair of "wands" (metal coat hangers work) close to the body. The wands will dip toward the body where the energy is low and will almost bounce out of the hands where the energy is greater. An excellent video showing dowsing, and other, techniques by noted holistic counselor and horse communicator Sheila Ryan [www.horsecommunications.com/401-225-1955] reveals her hands-on techniques for 'talking' to horses through touch. Her approach not only helps strengthen the bond between you and your horse (or dog or cat) but also aids in identifying painful areas, fitting saddles, establishing feeding programs, determining training methods and solving emotional problems.

Another form of dowsing called Muscle Checking is based on the theory that a positive influence introduced into an individual's energy field (as can be seen by Kirlian photography) will strengthen the body – more specifically, the testing muscle. A negative influence will weaken the same. Many forms of Muscle Checking exist such as Bio-Kinesiology, Contact Reflex Analysis, etc., most of which require a knowledgeable, well trained therapist utilizing the "arm pumping" method (testing with the medial deltoid in the upper arm since the owner acts as surrogate for the horse) and memorizing numerous different sites for each 'thing' tested. While excellent in and of themselves, they are generally not easily applicable for non-trained, single person use.

The simple technique I have taught since the early 1980's, utilizes instead the tiny muscles of the fingers and can

be performed by an individual for her/his own needs or the needs of their animals; it is both simple and relatively easily mastered without the need for complicated testing points, but with the requirement of clear intent. The intent I always state before any testing, whether on myself or on others is: "Is this in the highest and best interest to enact Soul's purpose?"

The technique is as follows:

- with the forefinger and thumb of your least dominant hand, form a circle
- with the forefinger and thumb of your dominant hand form a loose pincers and insert them to the first joints into the already formed circle
- *since this is not a test of physical strength, only mild pressure is required*
- when the testing influence is introduced, spread the pincer fingers apart sharply – if the circle holds, that's a "yes" answer; if the circle breaks, that's a "no" answer
- slow or weak responses usually mean "maybe" or that more questions and definitions are needed for clarity

An even more simplified but more subtle version many therapists utilize, is using the fingers of one hand to test with, while the other hand goes to the various areas of the body, or objects being tested:

- using the dominant hand (some therapists prefer the right hand regardless since the left hand is considered to be the receiver), place the middle finger gently atop the forefinger and press lightly
- if the middle finger stays there, it's a positive answer; if it falls off or if both fingers drop sharply, it's a negative answer.

To test your horse, simply run your least dominant hand (usually the left or "receiving" hand) over the horse, anywhere but especially following the meridians, while bouncing your fingers with the other hand. It is really quite fascinating and very simple but it does require practice.

An important thing to be aware of however, is the clarity or 'groundedness' of the questioner; drinking **Elixir** water or taking some cleansing breaths can help grounding. Sometimes necessary is the "zipping up" technique along the Conception Vessel, on both the part of the tester and the testee, spoken of in the acupressure section. Always ask first if you can test this individual; sometimes it's just not an appropriate time for either the tester or testee – try again later.

As with anything, practice of any of these ways to muscle check is required for mastery. While it is very helpful if one can compare answers with someone proficient in muscle testing techniques, be aware that testing over-frequently can result in confusion since the body can change daily or even hourly or less in it's requirements. This technique can be used effectively for finding out individual requirements for dietary specifics, supplements, deworming needs, etc.

While it is rather difficult to find a "How To" book specifically on muscle checking, Richard Gerber, MD's book Vibrational Medicine for the 21st Century offers the most complete view of the possibilities while The Eye of the I by David R. Hawkins, MD, PhD, shows the extent of where simple muscle checking can go for the serious practitioner.

There are many other forms of Holistic Care, but these alone could provide quite an adventure for you both in the equine sense and as a part of a personal journey. ■