



NEWSLETTER

Spring 2008

Welcome

It fills me with great sadness to say that our long-time vet Ben has passed away after contracting Hendra virus. Ben was not only an excellent vet but was a good all-round nice guy, who loved horses and his work. I know that we will never have a vet quite like him again. Our condolences go to Ben's family and friends. Thank you to Ben for all the help he has given our horses over the years (especially of late with our challenging new mare) and for his never ending patience with all my questions and "alternate" ways. You will be greatly missed.

News in Brief

Where to see us!

The NoBit Bridles team will be out and about in the coming months. You'll be able to see us at "**Tom Quilty Gold Cup**" in Nanango from 18-21 September. We'll have a stand at the Showgrounds and most of our product range will be on display and sale. Just let us know if there is something particular you want to see and we'll make sure we have it with us.

Equitana

Make sure you drop by and see us at Equitana in Melbourne from 20th to 23rd November. You'll find us in Booth # 85 near the Demo Arena One in the main Exhibition hall.

Just some of the booth-side happenings include:

- Equitana only specials
- Super prize draw
- Daily giveaways
- Carlos Tabernaberi will be on hand to sign books & DVDs as well as giving some riding demonstrations in one of the arenas

We'll keep you posted with all the details & timings in a separate email a bit closer to the date. Make sure you're on our newsletter list to get all the Equitana news.

Carlos Tabernaberi Clinic

Don't miss the last clinic with Carlos in Boonah (SE QLD) for 2008. We still have space for some fencesitters on both Sat 13th & Sun 14th September.

You can attend on one or both days with the content being different on each day. We also have a saddle fit demo planned each day during the lunch break. It's free for all registered participants and will be run by experienced and qualified fitter, Graeme Aitken.

Little Lonagan's Legs

Lonagan's target of donations has been reached and passed since our last newsletter. As of 17th August the total is now \$42,008 in donations!

To celebrate Lonagan and Donegan's six month birthday, Barbara is throwing them a birthday party which will be open to the public. If you would like to meet the twins make sure you keep your diary free on 5th October. "Willowdale" can be found halfway between Busselton and Margaret River in WA. Full details will be up on Lonagan's website soon.

To help with Lonagan's exercise program we sent Barbara one of our new Mini Horse Balls. Although he was not too sure about the rattle noise to start with, he now loves playing with his new toy.



www.littlelonaganslegs.com

Acupressure workshop

We're excited to announce that we will be hosting both Introductory and Intermediate Acupressure workshops with the founders of the Tallgrass Institute. We've been able to lure Amy & Nancy away from the US and they will be joined by local practitioner, Robyn Grice to run these two workshops. At this stage a date has not been set but they will take place in July 2009 (SE QLD). If you just want to treat your own horses and learn more about the art of acupressure both these workshops would be suitable for all owners. For those interested in training as a qualified equine acupressure therapist these two workshops will be critical to your practitioner program.

If you are interested in attending please register your interest by emailing us at help@nobitbridles.com Full details will be released soon and watch the next edition of this newsletter to get full details on how to become a qualified equine acupressure practitioner.

Olympics & Paralympics

Although this is a little bit late in regards to the Olympics, we are proud to be supporting Olympic equestrian competitor Laurie Lever and Paralympic dressage rider Nicole Kullen by providing them with Equi-N-icE Rapid Cooling rugs and bandages. These amazing new products will assist in keeping their horses cool and calm in the very hot and humid conditions in Hong Kong. With our horses going from a cold Australian winter to a hot and steamy Hong Kong summer, the rugs and bandages will enhance the horses' training and event recovery times and help prevent heat exhaustion. The rugs and bandages work by reducing the horse's temperature by 7 degrees Celsius in just 10 minutes without the need for water.

Not only will Nicole's horse be sporting one of our fabulous Equi-N-icE rugs and bandages, but Nicole will be keeping cool too. Nicole suffers quite a lot from the heat so her mum, Margaret fashioned some cooling clothes for Nicole to wear under her jacket made from the material of the Equi-N-icE rugs.

Laurie represented Australia in the Showjumping events and while he didn't bring home a medal on this occasion, he and the entire showjumping squad did us proud. At 60 years of age, this was Laurie's first Olympics. While he may be the oldest of the Olympic team athletes, his many years of horse experience meant he gave the other competitors a real 'run for their money'. Laurie is based in Victoria where he and his wife Annie run a successful horse training complex and the well-known EQ Magazine.

Nicole is part of the Paralympic Dressage riders team. Nicole is no stranger to international competition. She first competed for Australia back in 2005 at the FEI World Para Equestrian Dressage championships, winning both silver and bronze medals. Nicole is living proof of what can happen in life if you continue to follow your dreams. In 1996, Nicole contracted meningococcal meningitis septicaemia and following six weeks in a coma, she lost both her legs, all function in both her hands and wrists, and has limited strength and movement in her arms. A driving force and inspiration in her life is her mum Margaret, who is her carer as Nicole also requires peritoneal dialysis four times every day which Nicole cannot do for herself. We wish Nicole the very best of luck and hope Nicole can bring home some more medals this trip.

The Paralympic Equestrian events are on from 7th to 11th September. SBS will be covering the Equestrian events on TV so keep an eye out for Nicole and our other Aussie riders and cheer them on to victory!

You can keep up with all the Paralympic news from the official website <http://www.paralympic.org.au/>

Nicole also has her own website. If you would like to know more about Nicole or even make a donation towards her expenses and help keep her competing just visit www.nicolekullen.com

Herb Corner

With Spring being the time of new grass as well as new foals we have included details for some useful "Spring" based herbs which may help your horse through this seasonal transition.

CELERY SEEDS - *Apium graveolens* - Widely grown as a vegetable and salad plant, the seeds of this plant are used to treat urinary, rheumatic and arthritic problems. A good cleansing, mildly diuretic herb, useful in ridding the system of an accumulation of waste products. An improvement in circulation of fluids encourages a horse to drink and sweat more easily. Celery has a significant antiseptic action with carminative (warming) effects.

FENNEL - *Foeniculum vulgare* - The seeds of the plant are used, and contain essential oil. The primary use of fennel is to relieve bloating, but it also settles stomach pain, stimulates the appetite and is diuretic and anti-inflammatory. When combined with Uva-Ursi it makes an effective treatment for cystitis. Fennel can help increase breast milk production. **KEEP TO PRESCRIBED DOSAGE RATES.**

ROSEHIPS (*Rosa canina*) The hips (fruit) of the dog rose are a source of readily assimilated forms of vitamins, minerals and other nutrients, including – vitamins C, A, B₁, B₂, B₃ and K, bioflavonoids (including rutin), carotenoids, tannins, calcium, magnesium, silica, phosphorous and copper.

As well as being considered a dietary supplement, rosehips are often fed to horses recuperating from illness or injury as they help to restore the immune system and aid tissue repair. Feeding them as part of the daily diet is beneficial for *preventing* illness. The vitamin C in rosehips acts as a natural antihistamine, which can assist the allergy-prone horse. Bioflavonoids, as well as having potent antioxidant and anti-inflammatory activity, enhance vitamin C's ability to strengthen blood vessel walls, and this effect contributes to rosehips' reputation for encouraging healthy hoof growth. Rosehips can also help alleviate gastric inflammation and diarrhoea.

ACTIONS include: Dietary supplement, astringent (having a contracting and toning effect on mucous membranes and tissues), aperient (mildly laxative – promoting natural bowel function), anti-diarrhoeal.

DOSE: 1-2 tablespoons per day, depending on horse size and level of work. Large, hard working horses, and horses facing, or recuperating from, illness could require a higher dose – an equine herbalist can be consulted to determine the appropriate dose in these cases.

VERVAIN (*Verbena officinalis*) Vervain is a herb which has been highly esteemed by healers for centuries. The Greek physician Hippocrates – known as the father of medicine – favoured it, and it has been considered sacred, magical and a "cure-all" by various cultures through the ages (Medieval British/European, Greek, Italian, Chinese and American Indian).

Vervain has tonic, nerve restoring and "lifting" qualities which, combined with its ability to improve liver and digestive function, makes it well-suited to those (human or horse) who are convalescing from chronic illness. As a nervine relaxant and antispasmodic it can assist horses who are tense and sensitive by relaxing the gut, peripheral nerves and muscles, allowing them to perform without "burning up" their energy through anxiety. Used both internally as a feed herb and externally as a poultice it can also relieve itchiness in those horses whose tension is expressed through overly reactive skin.

Further, vervain is diaphoretic and is valuable in managing fevers. It's antispasmodic effects see it also applied to coughs, asthma and headaches. In addition it is galactagogue – encouraging lactation.

ACTIONS include: antispasmodic, nervine, tonic, hepatic (supporting and stimulating the liver), galactagogue, diaphoretic (promotes sweating), sedative/relaxant, uterine stimulant.

Caution: Do not administer to pregnant mares without consulting a qualified equine herbalist – research has shown that vervain can stimulate uterine contractions.

CLIVERS - Galium aparine - Clivers has antiseptic qualities and is a general detoxifier. High in Silica, it assists in the management and treatment of skin disorders. It is a herb used for treating the urinary system, but as many herbs can be used to treat urinary tract infections, professional herbal advice is recommended to get the most appropriate herb for the specific problem area. Also used to ease swollen legs and joints, support the lymphatic and endocrine systems and encourage the elimination of toxins, Clivers is also helpful if your horse experiences muscle tightening during or after exercise.

For more information on these herbs and many others please contact either **Ruth Walsh on 07 5596 4387** or **Carol Dawson on 02 6238 1135** at Country Park Animal Herbs.



Please remember, this information is provided solely for educational and informational purposes including as a potential guideline to using herbs. This information is not meant to be a substitute for the advice from your own vet. You should always consult with your vet professional before trying to treat any illness. We strongly urge that if your animal is injured or sick please contact your vet. We also recommend that when using herbs you consult with a qualified Herbalist such as Catherine Bird at www.happyhorses.com.au

www.countrypark.com.au

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Carlos' Whispering

The art to Successful & hassle-free worming

I don't really want to open a can of worms here by talking about how to worm, but here goes!

Worming your horse doesn't have to be painful – or difficult – for either of you. While you will most likely never be able to convince your horse he likes the flavour of the worming paste, you can do everything possible to make sure it leaves a better taste in his mouth.

First of all, I worm in an open area, on a loose rope and with plenty of time. I don't want my horse to feel trapped or rushed. I also make sure my horse hasn't eaten – the worming paste can easily form balls of partially chewed food that can be easily spat out.

Then, like everything I do, it starts on the ground and it starts with giving to your horse.

It doesn't matter whether you're four feet tall with a 17h horse, or six feet tall with a 12h pony, you must be able to easily lower your horse's head by placing one hand on the poll and the other on the nose (picture 1). You can't use the clip because you will need both hands to manoeuvre the syringe. By keeping his head low while you insert the paste (or treat an eye injury, float teeth or simply halter your horse), you make sure that his adrenalin stays low too, and the whole process much more relaxed.



Picture 1

Then I do a bit of giving. Now I'm not trying to be crude, but if I asked you whether you picked your nose (or know someone who does), a lot of you would say 'yes' – and probably that it feels good! I usually get at least a

few honest hands in the air at clinics when I put this question. Well your horse can't get his hoof up there, but if you look at how much this mare is enjoying having my finger up there (picture 2) you get an idea of just how good it feels to them too! I don't do it for long – maybe two or three seconds.



Picture 2

Then I move to the mouth - I also like to make sure I rub that sweet spot on the upper gum that gets my horse to relate my hands being in there (which is really quite intrusive) with something pleasurable (picture 3).



Picture 3

While I'm in there, I can also use the opportunity to feel inside the cheek and make sure sharp teeth haven't caused any ulcers and get my horse used to having my fingers exactly where I will be placing them when I have the syringe. You'll notice that I'm not pulling hard on the corner of the cheek (picture 4)



Picture 4

Now you know that I don't like to sneak anything on my horse. That's cheating the horse. So I don't hide the syringe. I will spend a bit of time getting the horse used to the feel and smell of the syringe on his cheek (picture 5). If the horse hasn't been wormed before, I might even start a day or two before, using a plastic syringe filled with some lukewarm sugar water. That way his first experience of having something from a syringe injected into his mouth will be a pleasant one. I would quit him after that experience and wait a day before worming.



Picture 5

Then, as it shows in picture 4, I will start by putting my finger back into his mouth and feeling the spot where I will put the syringe in through the gap of the bars and over the tongue (picture 6). Remember, you don't have to put all the worming paste in at one time either. You can do a bit one day and the rest later that day or the next day if you have to. I inject the paste gradually with the heel of my hand, using a steady rhythm (pictures 6 and 7).

When I've got all the paste in, I will keep one hand under the jaw to hold the head high enough to encourage the horse to swallow, not spit out the paste (picture 8). I will also use my fingers, as before, in the corner of the mouth to encourage the horse to move the tongue and trigger the need to swallow (picture 9).



Picture 6



Picture 8



Picture 7



Picture 9

And that's pretty much it. I'm a strong believer that it's important for your horse's health to worm regularly *and* that it can be done easily. If you've been doing your groundwork, all the fundamentals will be there – the trust, obedience and respect that you need for your horse to work with you willingly, even if you can't improve the taste of the paste!

Cheers

Carlos

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* *Special thanks to our long-time reader Alix who suggested this article on worming techniques.*

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Caroline's Corner

Allergic Reactions

Over the past several months I have seen a steep increase in the number of allergic reactions horses have been having to their feed. Part of this is obviously due to winter; with less feed in the paddock we have to introduce more hay and hard feed to the average horse's diet. What I have been seeing though is a number of so called 'behavioural' cases that are actually an allergic reaction to a component in the horse's feed.

Allergies are nothing new. We all have them - horses, dogs, cats as well as humans. As with humans, an allergy can present in a number of ways, and can be triggered by a number of things. The most extreme cases we usually think of are the 'bubble kids' who are allergic to the air we breathe, or sunlight. It must be the most horrendous existence for these kids and their families. We are seeing more allergies in children too than ever before from nuts, eggs etc. Food allergies are one of the most common types we deal with.

Dogs and cats are often seen with skin problems, which are usually secondary to food allergies (usually because they are fed commercial food) and also because of the amount of chemicals we fill them with; such as flea controls, vaccines, heartworm tablets etc; not to mention the amount of chemicals and fillers in the average commercial pet food. Our pets often live inside with us and become exposed to more chemicals, electromagnetic radiation etc. (as we are) than their outside friends. From this perspective the horse has been lucky - he lives outside, doesn't usually get the same amount of chemicals in his (or her) system and eats what usually equates to a more natural diet than our other companion animals.

I am seeing more grain and pelleted food being given to horses, and often the feed has been heat treated in some way. When a food goes through this process, the body can recognise it as foreign (when did a horse ever eat anything heat treated in its natural state?) and set up an allergic reaction to it. Of course, any animal can be allergic to anything, and I have seen horses who have been allergic to all sorts of stuff, including one foal who was allergic to grass (bit of a problem that!) but more often than not it will be a grain or pellet feed.

When this allergy comes through as a skin problem for example, it is easy enough to see, if not to deal with. What I am seeing more often though, is so called behavioural problems that are actually related to the food the horse is eating.

One useful side to communication is that if we are lucky the animal is able to be specific as to what is causing the problem. I remember one horse that knew it was reacting to "something in his oats". The human chased it up, and the oats had come from a new supplier, who used a different pesticide, obviously one the horse reacted to.

Probably the strangest allergy case I have ever seen was a horse I was called out to see (originally for a CranioSacral Therapy session) because it was starting to have trouble flexing to the near side. Being a dressage horse, you can see the problem the pair were having. The horse complained of feeling "numb all down the left side from the mouth to the tail". I asked if the owner knew if the horse had had a fall etc. but they couldn't think of anything. The horse said it had been happening consistently for three months, although the problem had only really shown itself for the past 10 weeks. We were able, with the horse's help, to pinpoint it to a change in feed that had happened three months ago. The feed was changed back to the original formula, and within a week the horse was back to normal.

So called "grumpy" horses (often a headache reaction or low grade gut pain), nervous horses, horses that "suddenly" become highly strung or horses that "just don't look right" may be candidates for this, particularly if you have changed the feed in the past few months. As with people, the older the horse gets, and the lower his (or her) immune system becomes, the stronger and more likely the reaction is. Remember too, it doesn't necessarily matter what you feed your horse, it is how much the horse is able to assimilate and use it that counts. Otherwise you are simply cleaning up very expensive horse poo from your paddock! ☺

For these sorts of cases, where it may be hard to pinpoint the exact cause, I often refer clients to get a hair sample tested. The lab literally grind down the hair, and provides you with a report that tells you what levels of minerals and vitamins your horse has (or doesn't as the case often is); what heavy metals, poisons such as arsenic or mercury are in the system etc. It can be very useful to help tailor make a feed specifically for your horse at minimal cost. The lab can also test for allergies and assist in identifying what your horse is allergic to (remembering you can have a mild allergy to something that can set off behavioural stuff without short term physical symptoms). In a lot of cases you may not have even been aware of the allergic reaction, but once you cease the cause the horse picks up in condition rapidly, and often improves behaviorally as well.

Speaking of poison in the system, I had another interesting case recently that warrants mentioning. I was called to work on a bunch of brood mares and foals (for CST) and wasn't at all happy with their condition. The feed was good and their care was great, but none of

them looked as I thought they should have, and their energy levels were very low. In addition, a lot of the horses were extremely nauseous. Although horses can't vomit they feel nausea in exactly the same way we do, and I pick it up straight away, particularly when a whole paddock full of horses feels the same way. The guy did ask me if I wanted a bucket! I asked him to send off hair samples, which he did. We were able to pinpoint the cause of the problem - treated green pine had been used in the fencing. Although treated green pine was made illegal in playgrounds due to the levels of arsenic children absorbed through the skin just by touching it, it is not illegal in fencing, and is often used for stock fencing. The owner of the horses told me he visited another stud that had just spent over a million dollars re-fencing the whole property, in you guessed it..... treated pine!!

The ingredients found in this type of fencing include copper chrome arsenate which have been shown to cause these following problems:

Arsenic

Gastroenteritis, fatigue, liver damage, dermatosis, loss of pain sensation, sensory disturbance, peripheral neuritis, anoxemia, skin cancer, cancer.

Chromium

Diarrhoea, vomiting, kidney damage, liver damage, gut ulceration, convulsions. Hexavalent form (non dietary form - *which is what I imagine treated pine would contain*) can cause skin problems, lung cancer, perforation of nasal septum. The Trivalent form (dietary form) doesn't cause these problems and in fact are contained in some commercially available horse vitamin/mineral supplements.

Copper

Varies (according to level of toxicity) but includes amenorrhoea, miscarriage, headaches, diarrhoea, dizziness, depression, weakness, fatigue, irritability, jaundice, joint & muscle pain, nausea, vomiting, epigastric pain, hypertension, metallic taste in the mouth, nervousness, peripheral oedema, photophobia, vomiting, wrinkling of skin, fever, hypotension, uraemia, coma, death.

Thanks to Carole Bryant www.berigorafarm.com.au for the information on the treated green pine.

Another thing to keep in mind with treated green pine is that studies have shown that leaching from CCA into surrounding soil is well documented. Arsenic and chromium have been found to leach in substantial quantities from CCA treated wood. This of course means you need to look at decontaminating your paddock as well as treating your horses and dealing with the fencing which caused the problem in the first place!

For more information about this article and CST please visit Caroline's website www.caroline-pope.com

Keep an eye out for Caroline in the August edition of Performance Horse magazine.

Jane's Wisdom

Knees to know - how your knees are meant to behave when riding

This article is about the rider's knees and what they should and should not do when riding. When first learning to ride, many people were taught to 'grip with the knees'. In fact, in the good old days, people were often made to ride around with a coin or a dollar between their knees and the saddle so that they could learn better grip! This came about because of the largely unscientific teaching methods that were common in the past. Good riders that have emerged from that era are usually good riders because they have learned, by trial and error, how to ride well *despite* what they were taught. Consequently many good riders today still teach what they were taught rather than what they actually do! If you want to find out what good riders do when riding ask them to verbalise *as they ride*. This often surprises them as they realise that they do not always do what they think they do!

Gripping with the knees actually makes the rider less secure. When riding correctly the weight of the rider (on a moving horse) should be able to transfer downwards and be absorbed by the knees and ankles. If the rider grips with the knees their movements are blocked at that point and the kinetic energy that should travel downwards into the ankle and be dispersed, instead pops the rider upwards out of the saddle. This leads to the rider feeling even more insecure and gripping even harder!

During flat work the knees should touch the saddle but not grip. In fact the whole leg should drape around the horse without inward pressure (unless giving an aid). The thigh should be at 40 to 45 degrees from the vertical. The lower number for more experienced riders and the higher number for less experienced riders. Many riders ride with stirrups



that are too long and are unable to utilise the dip and spring action of the joints (see last month's article). As a rider rises to the trot the angle of the knees should open and close without any undue moving up or down. The thigh should behave like an upside down pendulum on an old fashioned clock, with the knee staying still and hip moving forward to describe part of a small circle. Therefore 'rising' to the trot is not a very accurate term for what the rider actually does. If the rider literally goes up and down they tend to get left behind the movement.

If instead they work on getting their thigh to work correctly, rising becomes much easier and smoother.

The knee joint can suffer while riding but can also be improved through riding in many cases. As riding (like swimming) is a non load bearing exercise the joints get a work out without the jarring that occurs through running for example (what a great excuse not to run!). If you are experiencing pain you need to see a joint specialist. You may need to support your knees in the short or even long term while riding. It is possible to buy knee braces that have been designed for riders (I think Professional Choice make one). The key is to take it slowly if you are returning to riding and allow the soft tissues to strengthen gradually. Again, warming up before you get on the horse and stretching the legs before you get off are a good way to reduce injuries. If you have weak/problem knees be very careful when you dismount that you do not land heavily on locked knees. Dismount slowly and carefully with the knees bent.

Happy riding!
Jane Myers

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Accounts of Acupressure

Adapting to Change – Acupressure helps

By Amy Snow and Nancy Zidonis

Wild horses are highly resilient animals with a great capacity to adjust to change. As part of a herd, they can travel up to 70kms a day following the patterns of the seasons and the availability of grazing, water, and natural shelter. They have all the instincts they need to contend with the elements while keeping the herd healthy and strong. These horses know their terrain and have the wisdom of the ages of wild horses bred in their bones.

Domesticated horses are dependent on humans for their food, water, exercise, shelter, hoof care, and healthcare. By virtue of this dependency, our horses are at our mercy and whim. After years of captivity the horse has lost his capacity to thrive in any other environment than the one we provide. Their ability to adapt to change is markedly diminished yet they are often in a position of having to deal with major changes in their lives.

Change can be very stressful for most horses and can take both time and energy to regain their sense of well-being and comfort. Horses that change ownership must adjust to a completely new environment. Sorting out a position in a new herd can be challenging and even dangerous for them. Horses suffer when they lose a pasture mate. Abused and abandoned horses have a difficult time even after they are lucky enough to be rescued. These are all changes with which the horse would not have to cope if it were not for captivity.

The New Horse Guardian

A lot of us are realising how important it is to provide as natural an environment for our horses as we can. We are paying attention to offering as much pasture time as possible, feeding low to the ground, offering blends of grass hay, having our horses go barefoot, and many other caring ways of giving our horses good lives. Though nothing can take the place of a truly natural habitat for our horses there are things we can do to help them adjust to sharing our reality.

Many horse guardians are turning to acupressure and other complementary therapies to provide their horses with a greater sense of well-being and health. Since change is inevitable sometime during a horse's life, it is important to have a resource to help reduce the amount of stress the horse has to experience.

Acupressure for Adjusting to Change

Acupressure, like acupuncture, is based on Traditional Chinese Medicine. In Chinese Medicine, maintaining a harmonious flow of life-promoting energy called *Chi*, also seen as *Qi* or *Ki*, is essential to support the physical and emotional balance of the animal. There are specific pools, or acupressure points, on the equine and human body, that can be stimulated to maintain the harmonious flow of Chi.

When a change occurs, the horse can become stressed and the natural dynamic flow of Chi can become blocked. If this blockage sets up in the body, the horse can manifest an illness. To support the health and emotional well-being during this time, we can offer the horse an acupressure session to help prevent blockages of energy and build his ability to cope with the change.

Acupressure Point Selection

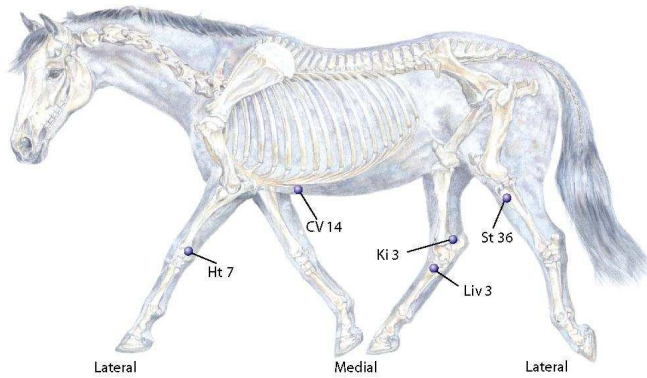
Selecting acupressure points, or "acupoints," for an acupressure session is both an art and a science. Change confronts the horse with the need to deal with a complex host of issues: self-sufficiency, courage, trust, adaptability, grief, and often physical stamina. Though each horse is an individual, there are some traditional acupoints that can be used to address these issues.

The following three acupoints in combination are known to alleviate fear, insecurity and hypersensitivity while building self-confidence and relieving anxiety and muscle tension:

1. Conception Vessel 14, *Great Palace* (the Chinese name translated into English)
2. Liver 3, *Great Pouring*, and
3. Kidney 3, *Greater Stream*.



Adjusting to Change



Point Location

- Ht 7 Located on the caudolateral aspect of the radius, close to the accessory carpal bone.
- St 36 One finger width from the head of the fibula, on the lateral side of the tibia.
- Liv 3 One the craniomedial aspect of the cannon bone, at the level of the head of the medial splint bone.
- Ki 3 Located on the medial aspect of the hind leg, at the thinnest part of the hock.
- CV 14 Found on the ventral midline at about the level of the xiphoid process.

In response to the emotional stress, Heart 7, *Spirit's Gate* or *Mind Door*, is an excellent acupressure point that is know to calm and clear the mind. This point can help the horse handle loss and be open to trusting again.

Change can be very physically demanding for a horse, especially during the initial time of finding his place in the herd. The acupoint Stomach 36, *Leg Three Mile*, has the attribute of enhancing the flow of Chi which builds strength and endurance.

There are many other traditional acupoints that could be selected to support the horse's ability to adapt to the changes he must face. Acupoints can be further "fine-tuned" to be selected for each horse's specific requirements. By using the acupoints described above and identified in the chart, "Adjusting to Change," every fourth or fifth day, you will begin the process of helping the horse adapt to his new environment.

Acupressure Session

While looking at the chart and reading the anatomical description of the acupoints, locate an acupoint. Place the soft, fleshy part of the tip of your thumb on the point on one side of the horse. Use about 1kg of pressure, no more because we do not want to poke or hurt the horse. Your other hand should be resting comfortably on the horse as well. Hold your thumb on the acupoint and count to 30 or watch the horse for evidence of releasing of energy. An energetic release would be licking, yawning, stretching, lowering of the head, or passing air.

After holding your thumb on an acupoint on one side of the horse, move to the opposite side and hold the point on that side. Again watch and feel for any releases the horse may have or count to 30 slowly before moving on to the next acupressure point. Repeat this procedure for each of the five acupoints shown in the chart.

If you would like more information about acupressure you can visit Amy & Nancy's website www.animalacupressure.com; or send them an email at info@animalacupressure.com

NoBit Bridles now stock a wide range of Nancy & Amy's charts, books & DVDs for those who wish to further their skills in this area of natural horse care. Just visit our website to see the full range.

For those readers in Australia, you can also contact:

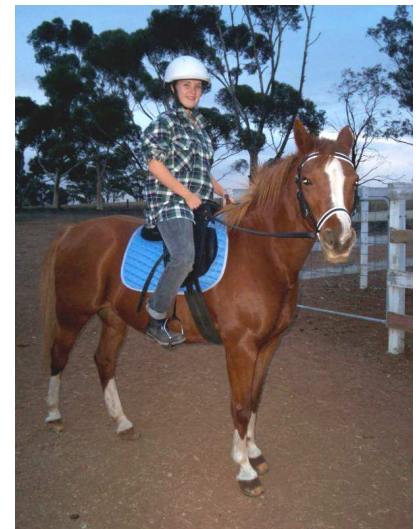
- Robyn Grice (NSW) robyn@animalacupressure.com or 02 6493 3240
- Charlie Stranks (QLD) miena_stranks@bigpond.com

Readers Story

Dear No-Bit Bridles,

I have test run my bridle for a while and it is brilliant! My horse scarlet had a terrible habit of throwing her head around because of the bit and having this bridle has stopped that completely and not only that she has improved in her learning ability and is more controllable and is a lot happier! I even take her trailing along side of the roads and around my town she's that much better.

And when she works hard for hours on end she has the pleasure of not getting rub marks from the bit! It is the best invention yet especially as everyone like at shows and things don't get panicky about having no bit when the know that it still has the same amount of control as a bride with a bit! And i love the way it looks just like a normal bridle but being better with no bit!



I have got a picture of my horse scarlet just to show you how happy she is!

Emma

We love hearing from you so if you would like to share your horse's story regarding any of our products just email us at help@nobitbridles.com All contributors featured in our newsletter will receive their very own NoBit Bridles cap.