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Disclaimer:

This manual is for the purpose of educating on the ways of the past, and is not meant to replace the services of licensed, practicing medical professionals.

Always seek professional advice for all serious or persistent illnesses or problems.

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PREFACE

People usually like to know a little about the author or the knowledge they are about to partake in. These were the hardest pages for me to write. I have been professionally in the herbal world since 1987. After a few serious years of undiagnosed medical problems, my husband insisted I visit an herb lady who did kinesiology to help access the body's reasons for dis-ease. I was amazed at the difference in my body. In just two weeks I felt alive again - as opposed to the several years of drugs and weekly visits to the doctors' offices leaving me in a state of melancholy and depression. Well, needless to say I became a class junkie within just a few months. I bought books and awakened an age old art that I believe lived in my blood from generations past.

I have a unique blend of heritage. On my Dad's side we have Native American/French Canadian & Swiss blended with my Mother's blue blood from Poland and Czechoslovakia. My Dad said there was some Gypsy in there somewhere as well. I also have an unbroken chain of companionship with the equine world. There has never been a generation on my Dad's side that did not rely on the horse in some way to help preserve their welfare. My grandfather went from actually using the horse for farming in his youth to breeding and racing trotter ponies. I remember fondly some of my grandfather's antics in the barn. He still believed in herbs, vinegar, molasses and all kinds of poultices to get top performance and affection from his ponies. We were always taught they were our friends and partners, and are connected to our thoughts and actions. Growing up I never had the best horses for competing in the show arena however, in the field or on trail rides (in real life situations), I never lost a race, even when tricked once at the start. I also learned early on to trust the decision of my mount when they did not want to go somewhere, willing as my horse Gypsy finally was – we ended up in some muck that scared the bejeebers out of me, I was so apologetic when we got thru that stuff that I never let pride guide her steps again. When my grandfather died and I was on my own, I went thru a small section in my life where I followed the vet schedules and ways with our



horses. I had heard Dad and Grandfather friendly arguing over the changing ways, you know how so many of us were deceived in the early 70's about the wonders of medicine. Well, I have to admit I dropped the ball as well. There were so many gypsy secrets that were buried with Grandfather; I truly apologize to you all. Yet sometimes inspiration will befall me in the middle of application on a horse, dog, human, or a class that I feel he is gently mentoring me from the other side. Things may be forgotten- not lost, and as we all search for the answers, and share with one another, more and more of the puzzle pieces will fall into place. This is truly an age of enlightenment.

I do need to give credit to some very important people who have helped me with this project. My husband Ron- he is the wind beneath my wings. In 1987 when we opened our first venture, a health food store, Back to Basics Organics, he never doubted me, and always told people I can do anything. In 1996 the store was doing so well he was able to join the girls and me as a full family venture. Ron is so good at picking up all the loose mundane ends, which I so often overlooked. My first teacher, Loretta Flora, who taught me God doesn't give us problem cases bigger than we have the knowledge to help. And my favorite teacher Hanna Kroeger, she was the most intuitional teacher in the world. She taught that even though science will say one thing, always believe your gut. She was the best energetic worker I ever had the privilege to study under. She made me understand the root causes to disease. And most enduringly my children, Angela, Crystal, and Jessica who grew up in the back room of our shop, attending seminars, and having to wait to have questions answered till a customer left. They gave much more than I ever realized.

I thank the Lord for all the gifts and talents he has blessed me with and pray that all of you will enjoy and learn, not only how to help your equine friends, but yourself as well!



HOW TO USE THIS BOOK

You will find the entire reading format from here on out to be on the left side of the binder. Remember, I said I was a class junkie, well this allows for notes to be taken on the right side of the manual without fighting the spiral. It also allows for you to make notes of real life situations with room to document your personal experiences. This book is sold two ways also.

For the general useful information for all equine owners, you have paid your price and I hope it will be a treasure in your tack room. I highly recommend putting plastic page protectors on each page to ensure long lasting life. Second, for the person who works on alternative methods and sells products to improve the wellness of our equine friends there is a test at the end requiring practicum cases to be submitted with an additional fee for certification in ~ Certified Natural Equine Counselor, presented by Nature's Equine Answers. Here I have a personal working evaluation of each person who completes the study material and will post them on my website for others to find. NOW, also become registered as a teacher!

The first part of the book explains why we have dis-ease.

The second part of the book educates on the systems; and how to use herbs to feed the body so it can detoxify or repair itself!

There are many herbal books out there describing in detail what each herb does, including one by me, "Nature's Equine Answers -A golden treasure chest of herbs and formulas to promote the achievement of the optimal equine". Therefore, this book only gives the action mode of each herb, for simplicity matters. In addition, reference is given about kinesiology throughout; there are a couple charts at the end and references for learning this ancient art form.



OPTIMAL EQUINE WELLNESS™.

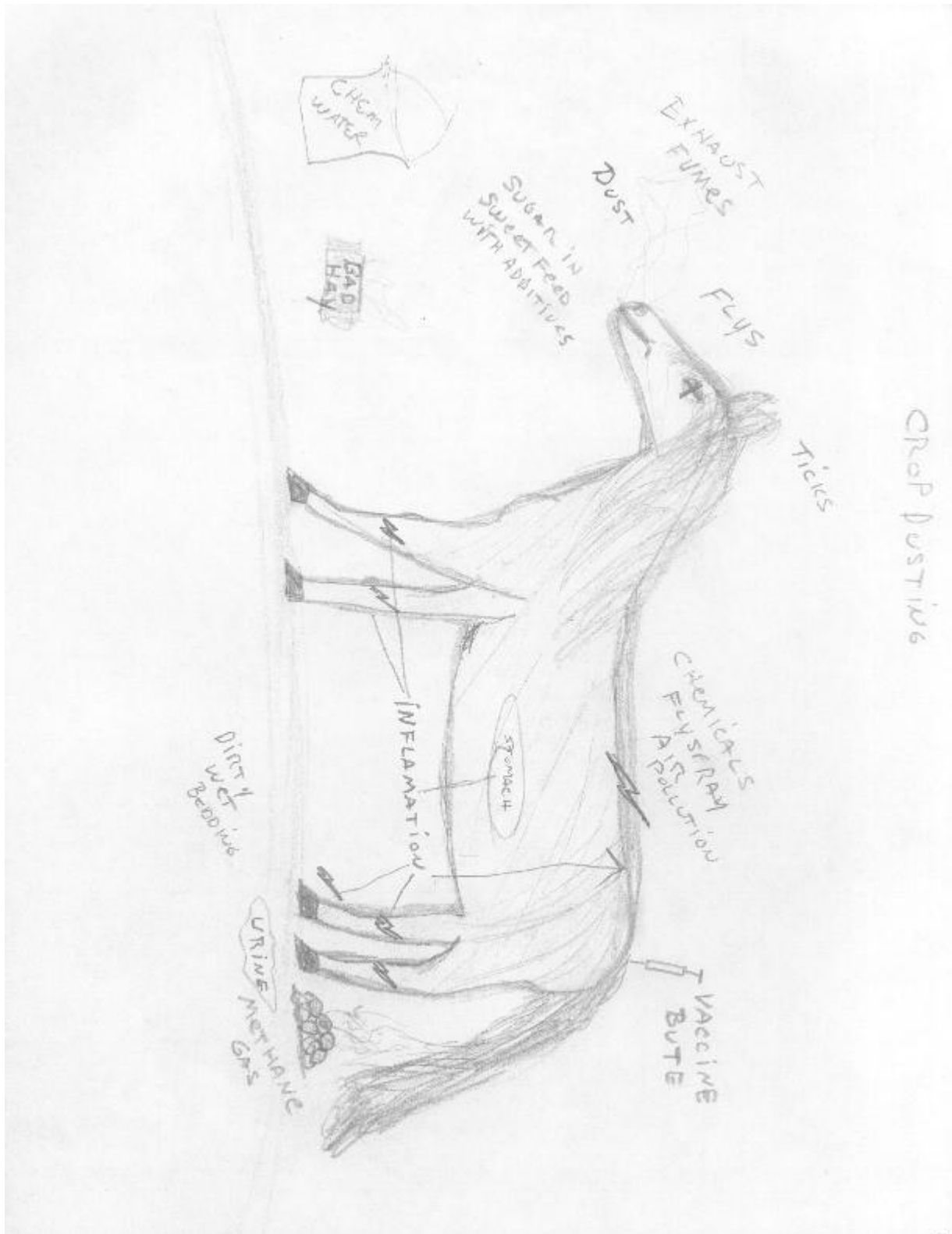
SHOWS ALL THE WAY THRU



***Clear Eyes, Shiny Coat, Energy, Strength, Endurance,
Flexibility, Keen Hearing, Spirited, and Happy!***



DIS - EASE DOES TOO!



***LET'S LOOK AT HOW TO FIND
OPTIMAL EQUINE WELLNESS™***

Education:

- Become exposed to a new thought process for promoting animals (and yourself) to heal them.***
- Develop detective skills for looking at where the dis-ease comes from.***
- Learn basic anatomy of the systems of the horse***
- Learn a systematic way of using herbs.***
- Receive a Certified Natural Health Consultant title***
- Become qualified to teach others this system of health!***



Understand where Dis-Ease comes from:

TOXINS

Just as the human race is struggling daily with the exposure of toxins in the air and body, our equine friends are as well. They are no longer able to experience the wind blowing through their mane and tail, or opening their nostrils to the sweet smell of water holes and intriguing herbs.

Chemical Fly Sprays on the horses & automated barn sprays:

The skin is the largest organ, and all these chemicals are delivered straight into the blood stream.

Example: Di-N-Propyl Isocinchomeronate¹, Permethrin – major ingredients in top selling fly sprays- if you research at www.pesticideinfo.org they have been linked to toxicity in humans, including carcinogenicity, reproductive and developmental toxicity, neurotoxicity, and acute toxicity, endocrine disrupting action plus suspicions of liver damage. My favorite site to learn about toxins for humans in everyday lingo is www.ewg.org

What To Do Instead:

Shoo!TAG™ combines cutting-edge science and technology to produce a “green” product that emits electromagnetic frequencies to keep pests away, eliminating the need to use toxic chemicals on your animals. Shoo! TAG™ is leading the way in the pest management industry while being safe for pets, people and the planet. Watch their test field study on YouTube here:

<http://www.youtube.com/watch?v=F2SdjR2e1HA>



Here is one of the best testimonies from an energy worker here in Indiana:

"It sat there in its Mylar envelope. Shoo! Tag!™. Hmmm, wonder if it really works...well, there is one way to find out," I thought. I took it out of the package, read the directions (important to always read the directions), & kept it on for 8 hours. Needless to say, I have a propensity to not always do what the directions say ;-)...but I needed to get some yard work done (pruning trees where I am clearing brush on my property).

So giving it the real test...no bug spray, in a tank top, late afternoon (just before sunset when the mosquitoes like to come out) I tromped out with my tools and went to work lopping off limbs.

Right away I noticed it was quiet. 5 minutes, 10 minutes, 15... then they must have discovered me...by this time I was beginning to work up a sweat... (a glow actually, girls don't sweat do we?!)I heard them coming...I braced myself for the onslaught that never came...

beyond any doubt, I heard them coming...& then a screeching halt in the air as they stopped and hovered...& did a 180 & promptly made a beeline the opposite way from which they came!

One actually did try to approach three times...but each time the same result...stops in mid-air and then a hasty retreat! I really did laugh & continued until it was too dark to see. Right at that moment one of my friends came by and wanted to know why I was still working when the bugs should be so bad.

"No worries!" I exclaimed. "I have Shoo! Tag!™!" Dianna U, San Pierre, IN

Aromatherapy Sprays:

For those of you who have to feel like spraying your animal. There are also many aromatherapy fly sprays on the market, just remember the horse's sense of smell is dramatically more acute than yours, and a good blend should only contain 5-7 essential oils. If neem oil is part of the base, it will also repel ticks!

Vaccines:

Administered too frequently, drugs, Bute, cortisone – every time a needle filled with some type of chemical drug is injected into the animal, the immune system and lymphatic system has to neutralize these foreign substances. The frequency of vaccines has escalated; 40 years ago just a tetanus shot every year was sufficient. Now, there are over 14 vaccines a year that the vet would like to see you follow a schedule of. Educate yourself on the toxins in vaccines and then decide if it is better to create a clean strong body or medicate a weakened



exposed body. www.thinktwice.com gives some basics on vaccine knowledge, as yet there is no equine alternative site to refer you to; so read with adjustment to equine lingo.

Feed:

Prepared horse feed undoubtedly adds to the weaknesses in today's horses. Additives and artificial ingredients that companies very carefully work out with science backing to create balances not found in nature and added to pellets and grains. When these chemicals enter the digestive system they are poorly metabolized. . Know that most pellets have additives. Want to step it up with cleaner grains? Look for a grain quote from:

www.modestomilling.com/index.html

Think about it – would you prefer a plastic apple sprayed with all the nutrients found in nature's apple OR a fresh crisp apple.

Sprays and fumes on the hay. Are you aware of the sprays your hay farmer is using on his fields? Having a good relationship with a good farmer can insure a better quality of chemical free hay, coming from pastures that have nutritionally balanced soil for your animal. The more you can modify the diet the more sound and higher performance you will achieve from your horse. When it is not possible, remember supporting herbally is the next best option.

Water:

Fluorinated, chlorinated, and xenoestrogens from hot water buckets. Yes, gone are the days of the clean water holes. Now be aware of the plastic bucket leaching endocrine disrupting toxins into the water. Have city water – horses don't need chlorine or fluorine in their bodies – many studies show this disrupts the immune system and pineal gland (which may be why the unnatural horse has to be given more vaccines). It is a vicious cycle.



Air:

Truck fumes, highway air, over sprays, perfumes, and colognes by handlers are very noxious to the hyper sense of the horse. Plus, if the chemical smell goes in the nose, it goes into the blood. What about the diesel fumes from your own vehicle; and those all around the trailer on the highway. Also there is overspray from barns, neighbor stall mates, and various other sources. You see why you need to become a detective and be aware of where your horse or your clients spend a lot of time?

SUGAR:

Molasses, sugar cubes, candied treats, sweet feed~ Horses are meant to have a very alkalizing diet of fresh grass, weeds, seeds, and hay. You are not giving them a treat but addicting them to sugars. When horses consume these feed stuffs, it causes their pH to become acidic. When the animal experiences a continual drop in the pH to acid, it becomes harder to fight off invading germs and maintain a healthy digestive and structural system.

Although, I do have to mention one of the uses my grandfather had for molasses was to take a gallon and put about 3 inches of slightly mashed fresh garlic cloves, he would roll them under his boot and throw the husky part and all in the jar, next pour unsulphered molasses in to the top. He'd wait 3 – 4 weeks to get to full potency, and he would give them a tablespoon a couple of times a week. Start the new horse on this as it is making to get used to the taste.

The reason I want to share this is garlic is a very valuable source of immune protection. It can ward off virus, bacteria, fungus and boost the immune system, BUT I cannot find any dry garlic sold in bulk that will do this. When drying the garlic for bulk it is all sold as a spice and the healing qualities have not been attended to. For people I use the following brands: Natures Sunshine hi-potency, Allimax ultra, and Kyolic. These can also be used on the horses.



Radiation

This new found toxin has grown in the amount of exposure in the United States and Worldwide. In fact I encourage all to go to www.radiationnetwork.com to see what the levels are in your area. I was shocked to see five nuclear plants within the 100-mile radius of our home. Interestingly enough as I have watched the site I have noticed that the Colorado and Phoenix areas have a tendency to frequently register in higher zones.

Nature has remedies here as well. Everyone knows that iodine is essential in a disaster episode. Did you know that kelp and dulse have about 415 mcg of iodine in a typical 20 gram serving? The theory behind iodine use is that the radioactive iodine isotopes are released during elevated numbers as well as during thermonuclear reactions. If the horse's thyroid is unhealthy and underactive it is looking for iodine sources and grabs the toxic form from the nuclear leak. This in turn will cause long term DNA damage. Therefore, when I did the math, with my belief a 1200 lb horse will need as much as a 180 lb person. If there were a disaster of this type and you were downwind (within the 100 miles) the dose to consider would be 1 – 3 Tablespoons for several weeks. Remember, this is a medicinal dose; not a daily preventative dose.

To remove radioactivity from the body, studies have shown Spirulina to enhance the body's natural ability by 50%.

In addition, Rosemary's ability to act as a scavenger for the free radicals that are bounced around and induced endogenous defense mechanisms.



Understand where Dis-Ease comes from:

STRESSORS

When was the last time a cougar chased your horse and the herd out ran it, and then grazed and played all day on the plain; wandering from water hole to water hole? Stress makes acid. A little the body sheds easily, but larger amounts are troublesome. Every minute of every day becomes more challenging, and requires our help to rebalance.

Environment:

Or lack of environment: roaming ranges, carefree days, natural breeding and herd society. We now make them wait for a toxic, unbalanced diet, while living many times in isolation. Add structured exercise regimens, artificial insemination, and performance breeding and training. Are you depressed yet?

Hauling:

You have a well trained performance horse that climbs into the trailer every weekend to perform, so do you think that there is no stress for this seasoned veteran? Well, first they are herd animals being separated from their herd, and placed in unfamiliar arenas and strange barns, sometimes even next to aggressive stall mates. On the road trip there are hundreds of miles traveled on four legs, absorbing the vibration of the road (torsion-bar suspension with normal-pressure radial tires are among the roughest). I also believe, when you consider the weight of the digestive system, these vibrations could be another contributing factor to the rise in ulcers. This stress and fatigue on the muscles



and tendons, for trips over 50 miles, is the equivalent of a really intense workout and if the animal is given 24 hours or more of rest to recoup will reward you with the best performance. (I know... you're a weekend warrior and can't afford that extra day from your paying job). These are some of the reasons for elevated cortisol levels, and acid pH levels.

Schedule:

Horses are meant to graze all day long. For business purposes, now they are fed at convenient times to the handler. Sometimes they are worked on a schedule. If competing, travel is usually going to be done after work, so the horse's schedule of rest will be off. In the wild there was the natural rhythm of the day and night and seasons only.

Handler Emotions & Illness:

Horses are the dolphins of the earth. They are divine creatures sent here by God to support and promote healing in mankind. They are being used for many types of rehabilitation programs to stimulate the healing process of humans. They are very grounding to all handlers and by nature neutralize and absorb the dis-ease of their handlers. So, to improve the professional performance of your horse, improving your own health issues will be an asset. Also, spending time meditating and being spiritually balanced will elevate your connection and direction of whatever your partnership for the day is. Or, just the opposite. . .



Domestication:

Many techniques are developed to encourage the horse to honor you as his herd mate. Yet, we all know you are alone when you are not with your own kind. Having to stand in situations which by nature you would flee from also increase the cortisol production. This is just another item that adds to the endocrine health imbalances that are becoming more and more prevalent. Would a wild horse spend the day in a cave with no escape? Take a new look at his stall.

Noise:

Another reason for excess cortisol production and stress on the nervous system is noise.

Non-compliant care for teeth & hooves:

I am a firm believer in the barefoot technique and always have had good footed horses. Living 5 miles from town was usually the first and last part of my journey for the day to meet friends; however, we would then spend the day covering miles of territory in our quest for a good day of fun. My grade horses always had the best feet. Something new I have become very fond of is natural teeth care. Study the natural balance dentistry ideas here:

www.advancedwholehosedentistry.com/spencer-laflure



Understand where Dis-Ease comes from:

NUTRITIONAL DEFICIENCIES

Horses would roam 100 acre areas to search out herbs, shrubs, tree twigs, bark, roots, heirloom grasses, seeds, and other sources for natural accumulation of vitamins, minerals, enzymes, and amino acids. They would graze steadily all day long, under the watchful eye of the lead mare and stallion.

Forage:

Short feeding times... pay attention when we study the digestive system to see why this is causing nutritional deficiencies for horses.

Hybrid grasses contain higher sugar counts to survive droughts and bugs. And now they have just started genetically modifying the alfalfa. This is a scary technology learn more at: www.responsibletechnology.org

Grains:

Larger quantities than would have been naturally accumulated on the range. Also not the type's nature would have presented. Man has altered this to try to counter what they have changed – making it better than God . . . Ha, Ha. Although I believe oats are for the horse, many people have their own beliefs and mixtures of grains. This is just another example of detective work for the horse owner and handler. My biggest concern is with the consumption of corn, or grain and pellet mixes with corn as an ingredient. Animal feeds using the GM corns are proving to cause much stress in the kidneys, liver, and with the adrenals. Read more at: <http://www.biolsci.org/v05p0706.html> and not only is it being used in feeds, it is also in the mainstream food supply. Stay aware of the GMO seeds in the news and sign up for Responsible Technology e-newsletters.



Vitamin & Minerals:

If the pastures and hay fields are not composted and properly fertilized I believe that the overeating of horses on these pastures may be another theory to consider for all the new laminitis going on. Look again at the humans. They eat and eat because there is no nutrition in what they eat, and now diabetes is the number one health problem in America. Could it be that the fields are also so depleted of nutrients that laminitis is their version of diabetic problems? When I hear of people telling me their horses are chewing on the stall wood or eating droppings these are other examples I believe are coming from the lack of nutrients. However, I don't agree with artificially concocted chemical blends of vitamins and minerals. Here is where science is molecularly trying to match what would be found in the natural forage. Man thinks he knows what is most important out of something, not realizing the balancing factors of the miniscule supporting nutrients. I would much rather look for a targeted herbal blend to add to their oats instead. My favorite analogy is spraying a plastic apple with all of the chemical nutrients that a scientist could make to copy a real apple, or feeding your horse a real apple. Which one do you think your animal would eat?

Enzymes:

Enzymes are complex proteins that act as catalysts in almost every biochemical process that takes place in the body. They fall into one of three major categories: metabolic, digestive, and food enzymes. Metabolic enzymes play a role in all bodily processes and help neutralize toxins- making them a necessity. Exhaustion of the pancreas and other digestive organs created by the lack of digestive enzymes leads to shortened life span, illness, and lowered resistance to stress. Digestive enzymes are produced by the pancreas and are secreted by glands into the small intestine. Food enzymes are present in all live, fresh foods where they perform a vital function by controlling the metabolic processes, thereby nutrients are converted into energy and fresh cell material.



Understand where Dis-Ease comes from:

INFLAMMATION

What is inflammation and what is the problem with it?

The body reacts to an irritant, toxin, or injury by sending lymph fluids to the site. This causes the area to constrict (Heal?)

The body doesn't have time to rest and deal with the incident naturally.

When inflammation occurs, chemicals from the body's white blood cells are released into the blood or affected tissues in an attempt to rid the body of foreign substances. This release of chemicals increases the blood flow to the area and may result in redness and warmth. Some of the chemicals cause leakage of fluid into the tissues, resulting in swelling. The inflammatory process may stimulate nerves and cause pain.

Why is this big deal?

Look at the effects by area:

Sinus Passages: Decreased air flow and performance; prone to infections.

Broncs & Lungs: Asthma, inhaling toxins and exercise induced problems.

Arteries & Veins: Did you know, every time you eat sugar it burns the inside of the veins and arteries, causing a narrowing of the vessel and scar tissue?

Kidneys: Drugs cause the most damage here (especially injected ones), inhaling toxins into the blood stream.

Mouth & Stomach: Chemicals and food additives, plus cancer causing drugs.

Liver: Chemicals ingested on feeds and medicines.



Intestines: Stress, hauling, + ulcers, medications, colic, and environmental changes.

Joints & Muscles: Trauma, injury, and overuse.

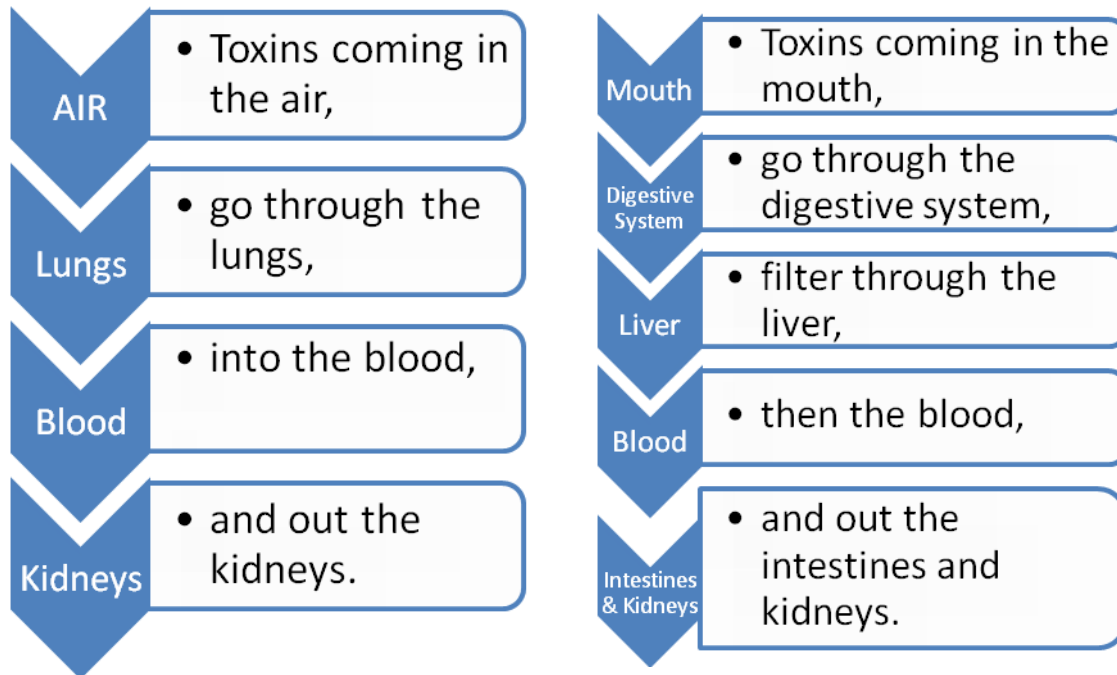
Brain: Chronic pain will cause an influx of nerve messages coming into the brain.

Injury: One of the few reasons. If the problem is serious to have a vet Bute, use your herbs and poultices while waiting and then continue with herbs. More great products to add to your natural remedy kit is Peaceful Mountain homeopathic gels for external use and King Bio 911 Stress Control sprays, or Bach Rescue Remedy; these can be sprayed over the horse and in his nostrils and mouth to create a calming effect on the nervous system, allowing for easier care during stress or traumatic situations.

When the horse was young, it was less toxic and it could recoup faster and easier. The older it becomes the harder and longer it takes, just like humans. Remember how quick you got back at it from a fall, now how long does it take?



TOXINS



*** Toxins coming in the air go through the lungs, into the blood, and out the kidneys.**

***Toxins coming in the mouth, go through the digestive system, filter thru the liver, then the blood, and out the intestines and kidneys.**

***This is very important to realize why the horse needs cleaned up with herbals.**

***And to understand that the exposure in this time is different than at any other time in history.**

***How many toxins can be filtered daily?**



HOMEOPATHIC HELP

Our world has become so full of vibrations and frequencies that I find many people and animals need to use the help from homeopathic frequencies as well as herbal. I hear you all now . . . I'm asking you to give up all your drugs, learn about herbs that you can see and feel, and now I'm writing about frequencies, if you don't see it how is it going to help. My horse doesn't use a cell phone, what other frequencies could affect him? How about radio, tv, cell phone towers, anything plugged in or run by computers; vehicles, alarms, sprinkler systems, the list goes on and on.

So my favorite teacher today is Dr. Frank King, of King Bio liquid Homeopathic Pharmaceuticals. I have used the people formulas as well as the dog formulas with equal success, on my horses. They are readily available at most health food stores to help support your local businesses.

Where you will see homeopathic remedies excel are in acute or trauma situations. I always keep 911 stress remedy on hand, it is a trauma remedy on steroids when it comes to getting results. Spray around the head if possible or in the mouth, over an injury or just add a capful to their water. Individual remedies can be sprayed over the affected area of concern and added to their water bucket. Some of the most popular King Bio Sprays are:

911 Stress Control

Blood & Kidney Detox

Fear & Phobias

Anxiety & Nervousness

**Back Neck Muscle & Joint
Lymph Detox**

Lungs & Bronchial

Skin Irritation & Itch Relief



LEGAL ISSUES & BUSINESS SAVVY

Only Veterinarians and other licensed care providers can:

- Diagnose
- Treat
- Prescribe
- Cure

As Certified Natural Equine Counselors – you:

Educate clients how to improve their horses environment

Support the horses SYSTEMS

You can NOT treat a symptom

Guide them to books & internet sites

Energetically read the weak responses of areas

Energetically find products that strengthen those areas

AS A BUSINESS

If you are reselling product – you are a business.

Whether your business is a solid retail store, or a business on wheels
you need to:

- *Develop a business name (trademarking is a good idea as well as LLC)
- *Get website names pertaining to what YOU do.
- *Activate the email from your website or a simple easy to remember one.
- *Print Business Cards
- *Gather pictures and testimonials from clients and make a brag book and website page.
- *NEVER EVER MAKE A CURE CLAIM (Yes you can say you have seen other horses respond to . . ., but not on the internet.)
- *Stay under the radar; don't advertise that you can cure or treat.
- *Buy the best products you can find to support your belief system for the promotion of healing.



HERBAL BLENDS

What do I look for? Insightful formulation; traditional common sense herbalism blended with cutting edge herbals to address the accumulation of stress in today's equines. I have dealt with Starwest since 1987. With expertise in the market since 1975, Starwest buys herbs from over 20 countries with expert herbalist in the field, negotiating and sourcing from domestic growers and skilled wildcrafters. Then, to ensure quality; testing includes organoleptic analysis for aroma, color, flavor and texture. Physical testing involves moisture, volatile oil content, heavy metals, microbiology, thin layer chromatography, and other tests specific to each herb.

Utilization of proven, specialized manufacturing processes, equipment, and skilled technical personnel ensures consistent and uniform processing of products. Starwest's blending equipment has the versatility to produce from 100-to 3,000-pound batches. Why is all this testing necessary? There are many cheap and inferior products in the "natural products industry".

SOME OF THE TRICKS:

- Using the whole plant, when only a certain part is active.
- Extracting out the active part and selling the spent product.
- Fraudulent substitution for cheaper plants with a similar look and smell.
 - Uneducated harvesters, for the full medicinal purpose of the plant.
 - You need the right species, and the right parts, picked at the right time.
 - Deliberate adulterating of herbs.
- Improper storing and lack of lot tracking numbers.

As the course continues for optimal equine wellness when formulas are listed they were created by Ronald R. Ketcham;

Contact him thru www.Backtobasicsorganics.com

Email: info@Backtobasicsorganics.com



HOW TO FEED HERBS

People are amazed that if you have a quality herbal blend how little it takes an average 1200-pound horse to respond. In fact, I usually find they don't need much more than a 200 pound person. People also find it hard to comprehend that herbs could have all the vitamins and minerals necessary in quantities large enough to do any healing. We have become so accustomed to seeing large milligrams of essential nutrients manufactured by artificial and chemical means that we forget nature has a way to provide these nutrients in a very absorbable format, thus needing much lower milligrams. Just one tablespoon a day for normal rebuilding is usually sufficient. Working on an acute problem, it may need administered several times a day or even hourly. The herbs discussed in this course have been used in multiple daily doses, with no adverse results. However if WebMD has research recorded that has found the occasional person has experienced problems it is mentioned.

Some methods for feeding the herbs:

Mixed in their crimped oats is the most common.

Some make a tea of the dose in 2 cups of boiling water, this has to set overnight to cool; then pour tea and herb material (sludge) mix into their oats, or add to water- if you can monitor to be sure it is all consumed.

A favorite for the structural system is making your herbs into a vinegar extract. Pour a pound of herbs into a gallon of Organic Apple Cider Vinegar (ACV); my favorite brand is Braggs. Let it set for 5 weeks, then strain. The dose now will be 3 Tablespoons herbal vinegar extract instead of 1 Tablespoon dried herb blend. Again, added to their oats or water.

Others mix with a little water or applesauce and syringe it. This method is the best when working with an acute problem, when administering of the herbs needs to be hourly. This is not my favorite for a daily routine.

Horses like taking their herbs and many will even just lick them off their handler's palm!



THE BRAIN AND NERVOUS SYSTEM:

This is the primary communicator to the body. The brain tells everything else what to do. Virtually every dis-ease has some root in the central nervous system (CNS). The horse (and people too) heals from the head down and the inside out.

The CNS is composed of the cerebrum, cerebellum, midbrain (includes the cranial nerves and brainstem), and spinal cord.

Cerebrum: is the area of learning, memory, behavior, and voluntary motor control.

~Diseases affecting this part are seizures, depression and alteration in behavior. They may exhibit signs of aggression or hyper excitability, wander aimlessly or turn in circles; press its head against objects, act vision impaired, yawn or make strange noises; foals will stray from the mare.

Cerebellum: Large and well developed in the horse. It integrates motor pathways, coordinates movements, and helps maintain balance.

~Injuries are usually the culprit here: staggering gait, muscle tremors, awkward jerking of the limbs or bobbing of the head, gait disturbances (no loss of muscle strength in the quarters)

Midbrain: controls activities essential to life: breathing, heart rate, respiratory etc. The hypothalamus and pituitary gland are closely connected here and are important in regulating the temperature and its hormone system.

~Diseases: primitive responses: eating, drinking, fear, anger – paralysis (with loss of muscle in the quarters)

Spinal Cord: sends out nerve roots that combine with one another to form the peripheral nerves that carry motor impulses to muscles and receive sensory input from the skin.

~Diseases: various degrees of weakness, stiffness, muscle un-coordination and paralysis of the limbs.



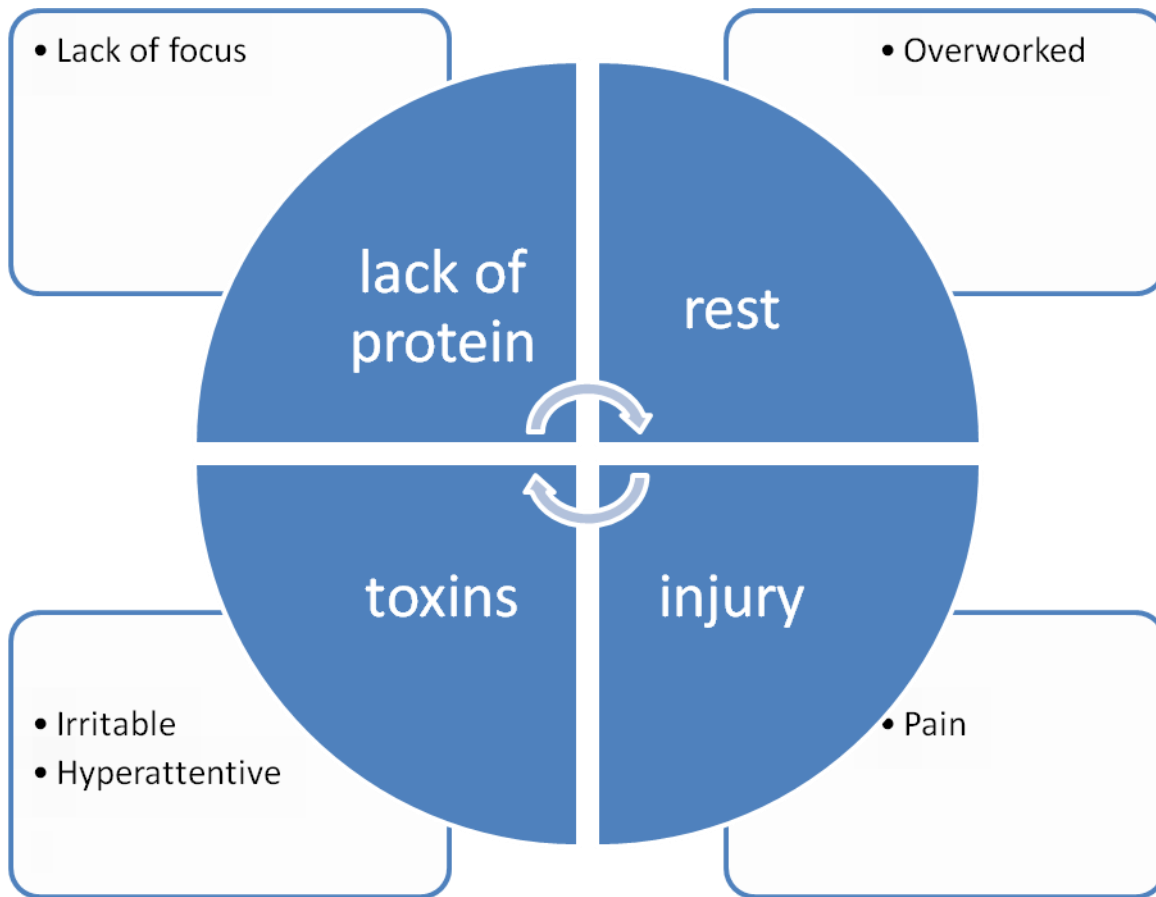
Did you know that stress is credited for over 70% of other health conditions? When there is tension in the muscles, nerves are hyper-functioning. Circulation becomes inhibited and structural system is compromised especially in the legs and spinal areas. That now affects the immune system; causing congestion in the lymphatic system. What about digestion, when your tense do you have trouble digesting your food?

Many people turn to massage to help reduce their daily stress and aches and pains. In fact, I find it much better than chiropractic in many of my clients. After all it is the muscles that hold the spine in place. There have been many athletes who have found it also enhances their performances. So as I researched the equine world over the past 2 years the method I found that I was most impressed with was the Masterson Method™. In fact I was able to convince Stefanie Reinhold, Certified Masterson Method™ practitioner, instructor and clinician, to share a link for my students to introduce them to a great 4-step grooming technique. Be sure and view at this link:

http://horsewellness-store.com/how_to_groom_your_horse.pdf

Wow, want a new level of appreciation from your equine partner? This is the carrot on the stick for sure. Just curious, did you read the link yet? What is a 'Hair erector muscle'?





A CALMING

&

A BUILDING

ANSWER

ANSWER

WHICH DO YOU NEED?

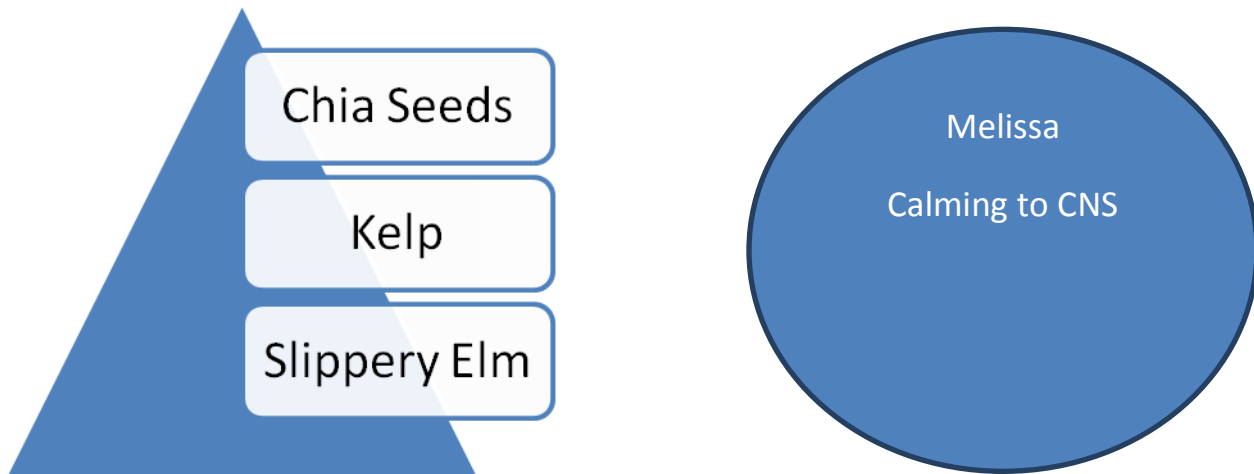
For the nervous system the most common blends will be the two formulas following. However, a lot of horses when tested energetically will also want formulas which will be discussed in the structural system.



A CALMING HERBAL ANSWER

Nutritive and detoxing herbs - Pay attention to the circulatory system for toxins, the digestive system for extended eating time, and the immune system for bugs!

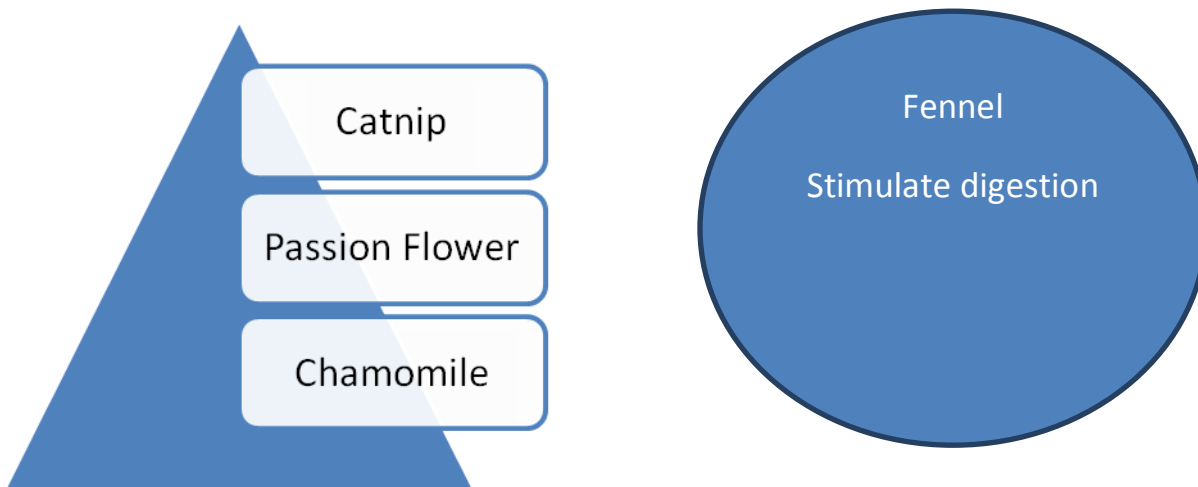
Nutritive Herbs:



Blended With



Nervine Herbs:



Negative traits here:

Unfortunately, this horse usually does not get the right attention at all.

- Obnoxious, Needy, Nervous system horse
- Inadaptable
- Flighty
- Inattentive
- Bored Crazy & Stalled
- Slow Learner
- Cribber
- If the horse is valuable, he is probably on prescription downers (adding to his toxic load).
- Is the handler having a bad day? I am sure he gets more than encouraging words.

OR



A BUILDING HERBAL ANSWER

Consider for the most overlooked horse that needs attention. He has a strong constitution and is an overachiever. Typical type “A” personality; giving you all he has, and then some. Nutritional is the most uncared for – WHY? He doesn’t complain. Continues to work even in pain - they Bute him up, he gives, & gives, & gives... UNTIL HE BURNS OUT!

This is a great blend to feed to the hard working horse; especially during stressful times. ANY horse with pain, and/or swelling, would benefit greatly here as well. THINK about it, you know how you feel when you’re in pain; it grates on your nerves!

Gotu Kola – Tonic herb- Strengthens and restores overall ability of the nervous system.

Spirulina- Nutritive herb - Provides lots of amino acids and protein for the brain.

Damiana & Wood Betony- Nervine herbs - This action is just like it sounds, toning the CNS, especially the Cerebellum.

Bee Pollen, *Watercress, and Oatstraw- Nutritive herbs - These are power packed; found with nature’s perfect blend of nutrition, vitamins, minerals, amino acids, and enzymes that are necessary for healing and protecting DNA.

Lobelia- Nature’s muscle relaxer - We all know how much our muscles tighten up when we’re stressed. This herb is remarkable in its ability to loosen up muscles without compromising performance or risking drug detection.

*WebMD says in some”people” it may be irritating to ulcers.



DIGESTIVE SYSTEM

Now, we heal from the inside out. Some believe the digestion is #2 concern, others the blood. I believe if you are doing kinesiology; the horse will tell you what is most important to do second. You did get that the brain & CNS are #1?

The Digestive System starts with good teeth. Remember you are the detective advocate for this horse. What are some signs that the teeth are not right? Remember the natural dentistry site mentioned before;
<http://www.advancedwholehorsesdentistry.com/spencer-laflure> good teeth are needed to chew the food into smaller particles and moistening the food with saliva containing the enzyme amylase, to start the breakdown process of any carbohydrate grains. The saliva also helps the food to travel down the esophagus and not get stuck, which is termed choke. Always be sure there is also fresh water in the area when food is present.

What about the lips, mouth, or tongue? Have any of our detectives reading this book ever found something not right that the owner/handler missed? A friend of mine had a horse that had been vet visited three times and later the equine counselor was called and noticed the horse had really foul breath. Upon further inspection the under tongue had a huge gash in it, caused by baling wire. Vet was recalled and cleaning and stitching the injury speeded the healing process!

Esophagus – Five feet long, delivers food to the stomach, and down a long muscular tube that moves snake like in a rhythmic motion. It enters the stomach at an acute angle, closing a one way valve after entering. No belching going on here, so it is important the horse's food does not sit around here and build up gas and fluid. Did you know sugar allows fermentation to grow?

Stomach – Functioning optimally holds only TWO GALLONS of food and liquid. It produces acid and pepsin to break down the proteins from his feed into chains of amino acids. This starts as soon as the food enters the stomach.



When 2/3 full, the sphincter at the outlet relaxes and food passes out in a steady stream.

Duodenum & Small Intestine- Is 70 feet long. If the horse eats too fast or large volumes of food, the food does NOT have enough time to be broken down by the digestive acids; which leaves large particles entering the Small Intestines, not the liquefied matter it was designed to receive for the Optimal Horse, the liver sends in bile salts and the pancreas sprays in digestive enzymes and the small intestines secrete a mixture. These are meant to allow the nutrients to pass the small intestinal wall lining and enter the bloodstream.

Pancreas – Is stored behind the small intestine and produces insulin as well as digestive enzymes.

Liver – Performing its next function, metabolizes the nutrients from the blood into stored energy, and detoxifies unnatural substances.

Large Intestine- 25 feet long, accepts the liquid, fiber and roughage – has three compartments.

Cecum – 4 feet long, holds 7 – 10 gallons, is comma shaped and is positioned just under the right flank. Here is where probiotics do their job of producing fat-soluble vitamins. It also breaks down the cellulose fibers from the food.

Moldy feed or hay, schedule variations, travel, stress, deworming, illness, use of antibiotics can be a threat to digestive health. Changes should be minimized so that the organs of digestion have a chance to adapt. A course of probiotics may be given during stressful times to ensure a healthy quantity present for optimal digestive health. Changes in pH disturb the microbial balance within the cecum, leading to the production and absorption of toxins, and the result can be laminitis. Hmmm, bet you didn't see that cause.

Large Colon – Is 10 – 12 feet long, holds 20 gallons of semi liquid stool. We are almost to the end.



Small Colon- Is another 10 – 12 feet long. Here is where the water is absorbed sending soft round balls into the last foot called the rectum, where it is stored until the horse eliminates.

**In order for the nutrients to get from the food into
the body, it needs to be:**

- **80% ALKALINE RICH FOODS**
- ***Raw Grass**
- ***Herbs**
- ***Clean, pure water**
- ***Rest**
- ***Vitality rich hay, however, with no live food the enzymes are lacking.**
- **LESS THAN 20% ACID FORMING FOODS**
- ***dead hay**
- ***Sweet Feeds, Molasses**
- ***Chemical based vitamin supplements and drugs**
- ***Even stress changes this ratio**



When the acid consumption is more, the body will rob calcium and other minerals from the skeletal system to buffer the pH. Then it will deposit the ash residue that is left over in the weakest area of the body. Think of burning a log, what do you have left? How would you like that to pile up in your house?





Where do the beginning of calcifications and arthritis come from???

REVIEW

STRESSORS CAUSING

ACID CONDITIONS INCLUDE:

- Dead Food
- Polluted Food
- Polluted Water
- Xenoestrogens from plastic buckets absorbing into the water
- Antibiotics
- Hauling
- Sugar
- Inflammation
- Stress/worry
- Stress/overwork



DIGESTIVE FORMULA #1

For the #1 Complaint I Hear

- Tender to the touch?
- Doesn't like to be cinched?
- When he eats- bites at sides a lot – especially hay?

The vets say they have EGUS (equine gastric ulcer syndrome.)

Due to the amount of stress and worry, many horses (just like people) are developing ulcers. Of course, standing on four legs traveling down many miles of highway doesn't help any either. There is a lot of vibration going on back there, and you've just learned how many gallons and miles are nestled in the body cavity of the horse. So, pay attention to these symptoms early. The longer an ulcer is present, the more mucosal lining is eliminated, and opportunistic bugs will move in as well. This weakness can **NOT** tolerate the use of enzymes for digestion or inflammation problems. Be sure and add some probiotics here as well as the following herbs! Watch ingredients, many probiotics on the market contain enzymes in the blend.

Bad experience: I forgot to ask a customer if they had ulcers before selling them digestive enzymes. Two days later the customer came in complaining of excruciating stomach pains within 30 minutes of eating. She reminded me she had purchased the enzymes to help with digestion and bloating. I felt so bad when I asked her if she had ulcers and she said yes. Thankfully, she could express her pain to me; your horse will not be able to do this!



Soothing and healing herbs to use include:

Carrot powder Slippery Elm Licorice Boneset Plantain Catnip

Neutralizes acid herbally:

Plantain

**If they have progressed to the stage of bleeding, these are astringents
that tighten the lining back up:**

Shepherds Purse and Yarrow Flowers

To prevent bacteria:

Create an environment with these powerful warriors:

Goldenseal Root

Myrrh

Pau D'Arco Bark



DIGESTIVE FORMULA #2

COMBINE WITH NEPROFIN ENZYMES!!

Fill a syringe as soon as you see behavior you suspect with the Neprofin & Water. Imagine a 1200 pound baby with colic thrashing around – Not good.

We are supposed to tell you to be sure and call your Vet at this point as well. Then proceed with taking another syringe and filling it with your herbal blend and water.

Many owners have reported the horse being normal when the vet arrived. However, for the 1% who need vet help, it's always better to be safe than sorry.

Educate to prevent recurring problems.

- **Stress = Support the nervous system**
- **Feed changes = Gradual is the key here**
- **Probiotics = Necessary to keep digestion balance**
- **Bad food = Consider feeding Digestive formula #1 for a few days**
- **Parasite blocks = Digestive formula #5**
- **Sand Lot = Hmmm, muzzles, move them, sell them; I'm not a fan of having horses in runs, or on gravel or sand. God intended these creatures to be on a bed of green under their feet for a reason.**

The Journal of Veterinary Internal Medicine, Nov/Dec 2010 reported a new blood test out for horses with a colic problem. The plasma D-dimer test. The research shows that horses with elevated levels of the D-dimer protein were more likely to have inflammation of the intestinal tract. If this is the case the Neprofin Enzymes should NOT be used!



WHY THIS HERBAL BLEND IS SO EFFECTIVE?

The aromatics in this blend are designed to break up gas fast. Added with movers for blockages, this herbal is remarkable.

Aromatic Herbs = break up gas

Ginger Fennel

Stomach Tonics = Give strength to saggy muscles and improves the digestion

Wormwood Gentian

Move it on OUT – Herbal

Senna Leaf

I was amazed at an old farmer who for years would buy just the senna leaf for his old horse that he had had forever. The old farmer had said, “It kept old Nellie from bloating up and getting constipated.”

Many equine counselors have also told me they use Digestive formula #5 and Probiotics, for a couple weeks after to rebalance the digestive system. I’m also a firm believer whenever you flush the intestinal tract that probiotics should be given for a week or two. Can you see how much more economical it is to do things right the first time.



DIGESTIVE FORMULA #3

Pay attention to the horse in the herd that is always overweight, gets a cresty neck, and is a little tenderfoot or even has slight laminitis.

This horse needs to have extended feeding times, just the right kind of feed. Seems almost as if they can live on air. Remember the stomach is very small and designed for the horse to NIBBLE all day long. Amazing technology here goes to Porta-Grazer ~ It's a system that simulates natural grazing by allowing your horse to eat hay at a slower pace. <http://www.porta-grazer.com> will give you all the info you need to learn how to turn your stall or paddock into a lush field as well as to order. Remember when we talked about how the digestion worked? The liver was responsible for metabolizing. What could be causing the liver to not do its job; you guessed it dirty blood, from some kind of toxin. Rather than going on about hay choices and grain, here I'm going to send you on to a very reliable source with much documentation for the glucose testing and quantities at: www.EquineMedSurg.com/ir3.html

Let's now look at how these herbs accomplish the healing action on the liver and digestion:

Herbs for Metabolism as well as Detoxifying

Burdock

Nopal

Herbal Digestive Aid

Chamomile

Ginger

Rosemary

Licorice

Herbal Nutritive, Minerals, Protein (Very Important)

Spirulina

Kelp



Horses that have been overfed don't hesitate to give these herbs 3 or 4 times a day to get things balanced. Some horses also need the additional herbs for detoxifying, contained in Digestive formula #4 or Circulatory formula #1. Remember I told you all these blends are human grade blended. Digestive formula #3 has been very popular in our store for people looking for a diet formula, especially those who say they don't eat much and seem to gain weight on air. Remember the lack of nutrients in the food for horses and people is empty calories. They eat, but nothing is there, so they eat more. Example, you need Vitamin B, found in whole grains. You eat white bread, your body digests it and sends a message to the brain- I ate . . . the brain looks over the nutrients that came in and says. . . I didn't get any B vitamins, so sends another message. . . I'm hungry feed me. You get the scenario.



DIGESTIVE FORMULA #4

Although the liver filters the blood of excess hormones (pesticides and plastics are xenoestrogens,) it also helps the glycogen release. When the liver is not keeping up- first symptoms are hives, skin problems, and allergies. The toxins coming in orally (things they are consuming) will have a greater affect here.

Tenderness on the right ribcage * Trouble turning to the right

Rheumatism * Melancholy * Skin Problems

This herbal blend needs the following herbs to clean things up:

Herbal Detoxifiers:

Cilantro Artichoke Dandelion

Herbs for Decongesting the Lymph's and Improving the Skin:

Nettles Red Root

Anti-oxidants and protector Herbs:

Carrot Powder Milk Thistle Extract

Herbal Detoxers of Fluoride for city horses:

Dandelion Red Root

Chemical exposure really needs to be eliminated in this horse's environment.

Encourage and teach about Essential Oil sprays or Shoo Tags.

When hauling this horse, try to find a closed trailer!

Be a detective advocate, and spend some extra time with this client. Look for contaminants in the stable, etc.



DIGESTIVE FORMULA #5

The old country cultures relied on natural herbals and proper hygiene to ensure a healthy, strong horse. Remember up to a hundred years ago the horse was an integral part of people's means of survival. So in the spring, 5 days before the full moon till 5 days after the full moon; they fed a mixture of herbs, depending on their culture and their area. They also were careful to compost manure for 12 months before using in pastures. And they removed manure from stalls and paddocks regularly, as well as rotating pastures and paddocks. Sometimes if their animals hair was lacking luster or they were losing weight, had diarrhea, or developing fatigue another batch was mixed up middle of summer. And always first full month after the first hard frost was a guaranteed treatment.

I can remember the debates between my father and grandfather on the old ways, and watching my grandfather shake his head over the changes. I feel very privileged to be a part of returning the knowledge and choice of the old ways.

What provides fuel and an environment for parasites to thrive?

Sugar * Toxins * Congestion * Acid pH

Signs of unaddressed parasite problems:

Poor hair coat * Cyst * Fungus



I do believe if you can get people to use this blend for 10 days straight. Five days, either side of the full moon; these herbs have a much stronger benefit.

Learn how these actions of herbs can change the environment of the horse to promote the healing and cleansing action needed for optimal wellness.

Alkaline balancers:

Betonite Clay

Warrior Herbs:

Black Walnut Hulls & Leaves * Pumpkin Seeds * Thyme * Cascara Sagrada

Healer Herbs:

Marshmallow * Pumpkin Seeds

Remember that where parasites have been, there is usually “Swiss cheese damage” to the tissues and many toxins from their waste. Marshmallow is very slippery to remove the toxic waste and has a remarkable ability to promote the irritated mucosal tissue linings to heal. Complete this action with the zinc content in the seeds.

Extremely infected horses may need to add Digestive formula #1, and probiotics to help move things out better. I have also seen some severally infected horses need to add Silver Shield for the 10 days they were fed this herbal and Immune formula #3 for the next two months. This is a great time to have the skill of kinesiology testing to aid in your herbal choices.



CIRCULATORY SYSTEM

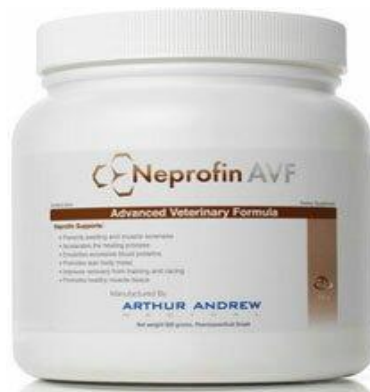
The heart is composed of blood and the blood vessels. There are approximately 9 gallons of blood in a 1,000 pound horse. Blood leaves the left ventricle of the heart into the aorta; passes through arteries of a progressively smaller caliber; and reaches the capillary beds of the skin, brain, muscles, kidneys, and internal organs. Here, oxygen and nutrients are exchanged for carbon dioxide and water. The blood then travels back to the heart through veins of a progressively larger diameter, finally reaching the right atrium via two large veins called the anterior and posterior vena cava. The blood then, passes over into the right ventricle and out into the pulmonary circulation through the pulmonary artery. Which, branches into smaller vessels, and finally into capillaries surrounding air sacs, where the carbon dioxide is exchanged for oxygen. It then passes through veins of progressively larger diameter, finally entering the pulmonary veins, conducts blood to the left atrium, then ventricle and its cycle is complete. So if they have dirty blood from toxins either breathed in or eaten...

How many areas of the body are affected?

skin * brain * muscles * kidneys * internal organs * lungs * heart



THIS IS AN AWESOME PLACE TO USE NEPROFIN



Neprofin aims to improve circulation, speed up tissue repair, alleviate joint discomfort, support cardiovascular health, and relieve respiratory complaints. Neprofin was formulated to be a natural alternative remedy for equine injuries that in the past would have been treated with Cox enzyme inhibitors or other medications. Cox inhibitors have been observed to be very destructive to the liver and kidneys as well as negatively impact white blood cell counts. So utilizing the natural enzyme action of the Neprofin enhances the Optimal Horse's performance at cleaning up even the fibrin in the circulatory system and a whole lot more. No, it's not an herb- however; it enhances the activity of the herbs being used in every part of the body!

What is in the blood when it is dirty?

Stress/Acids

*

Fibrin

*

Bacteria

*

Virus



CIRCULATORY FORMULA #1

This herbal detoxification blend will help the circulatory and lymphatic systems to rid the animal's body of accumulated toxins. Blood toxicity can manifest as a wide variety of symptoms ~ when cause is difficult, suspect dirty blood. Easy signals: laminitis, allergies, fatigue, nervousness, hives, even cancer! Think of dirty blood or congested blood, and using a scrubber to clean it up.

EVERYTHING IN THE BODY IS AFFECTED BY DIRTY BLOOD

Symptoms include:

Allergies * Fatigue * Nerves * Odd things

Detoxifying herbs best for each system:

- | | | |
|--|---|-----------------------------------|
| ➤ Slippery Elm | = | Stomach |
| ➤ Yellow Dock, Dandelion, Stillingea, Oregon Grape | = | Liver |
| ➤ Sheep Sorrel, Dandelion, Burdock | = | Kidneys |
| ➤ Cleavers, Yellow Dock | = | Lymph/blood |
| ➤ Licorice | = | Inflammation |
| ➤ Kelp | = | Balance and re-mineralizes the pH |

A BIG BAD ADDITION OF NOTES FOR BOTH EQUINE AND HUMANS HERE IS SUGAR



When you hold your hand over a flame, it will burn the skin and leave it inflamed and puffy.

Sugar creates this same reaction on the veins and arteries of mammals, leaving them inflamed and puffy.

In since 2009, when the sugar crops went genetically modified, we are even seeing more problems with peoples CRP heart test numbers. C - reactive protein test show the inflammation marker in the body. Beet is in almost all sugar based products and beet pulp. I know a lot of you out there like the beet pulp for many uses . . . this is not a product I have had much experience with. However, if the source is now coming from genetically modified beets – nothing would convince me to use it.

This is just another reason to get on your detective hats. Remember every one has an opinion, just look for the answer with this new knowledge to base your search, and weigh your options.



CIRCULATORY FORMULA #2

Especially building for Exercise Induced Pulmonary Hemorrhage. With focus on hemostatics, (herbs that stop bleeding action) there is also support for lungs, heart, kidneys, capillaries and general endurance building. Be sure and check the blood, liver, and lymph reflex points to pick up any toxin problems and total support for this athlete. Since scarring is a common occurrence, these horses benefit with adding Neprofin proteolytic enzymes dramatically. Please encourage the handler to exercise this horse at a slow rate for a few weeks while healing occurs. The Neprofin will eat up scar tissue, and help produce new healthy tissue growth; from the torn blood vessel area. Now, by adding the herbs in this blend, watch fantastic things happen.

Adaptogen Herbs are a class of herbs used by herbalists to refer to a natural herb product that is proposed to increase the body's resistance to stress, trauma, anxiety and fatigue. In the past, they have been called rejuvenating herbs, qi tonics, or restoratives. It is claimed that adaptogenic herbs are distinct from other substances in their ability to balance endocrine hormones and the immune system, and they help the body to maintain optimal homeostasis. Adaptogens are proposed to have a normalizing effect on the body and to be capable of either toning down the activity of hyper functioning systems, or strengthening the activity of hypo functioning systems. However, they are also proposed to be functional at the level of allostasis, which is a more dynamic reaction to long term stress, lacking the fixed reference points of homeostasis. All adaptogens contain antioxidants, but antioxidants are not necessarily adaptogen. Here we are looking for adaptogen action not for antioxidant action.



Symptoms include:

Anemia * Fatigue * Wheezing * Short Winded Horses * EIPH

Weak blood that is lacking in strength or being lost due to frequent bleeding is going to have to be nourished with some of the most elite of the herb kingdom.

Also addressing several other areas of the body is needed:**Blood Building Herbs**

Yellow Dock * Barley Grass * Nettles

Stop Bleeding Herbs

Yarrow * Cransbill * Cayenne

Astringent Herbs to Tighten up the Leaking Vessels

White Oak Bark * Yarrow

Herbal ADAPTOGENS!!

Teinchi Ginseng Root * Fo-ti (He Sho Wu)

Herb for Soothing and Comforting & Thins Lymphatic Fluids

Mullein

I absolutely love this blend and I don't believe there is anything even close to it on the market. Can you think of reasons to use on humans as well?



URINARY SYSTEM

THE KIDNEYS, URETERS, BLADDER AND URETHRA

The chief function of the kidneys is to maintain water and electrolyte balance and excrete the wastes of metabolism. This is accomplished by nephrons, the tiny basic working units of the kidneys. The blood that flows through the nephrons is carrying the by-products of dead cells from throughout the body. No matter what concentration, the waste-carrying urine will travel from the kidneys to the bladder.

Central Nervous System is also involved in the urinary response. The stress factor and toxins are the biggest reasons for dis-ease for this system. The net effect is that excess acid and poor kidney function will weaken the structural system. Muscles and joints will become stiff and painful.

Remember this; it is very important for sound structural health! Also saddles improperly fitting and putting the weight of the rider on top of the kidneys. (If you are a woman, think of how you felt in the last trimester of pregnancy!)

System stressors:

Sugar & Sweet feeds * Ill-Fitting Saddles * Stress

All of which cause inflammation, whether in the capillaries or muscles. And elevated hormones and acid pH conditions

Symptoms include:

Lower back tenderness * kidney stones * urinary tract infections
Cystitis * pyelonephritis



URINARY FORMULA #1

Herbal Relaxers:

Lobelia, Cornsilk, Grape Seed Extract

Herbal Warriors, Antibiotic:

Horseradish, Couchgrass,

Herbal Comforters, Soothing and Cooling, Anti-inflammatory:

Marshmallow Root, Cleavers Herb, Cornsilk

Herbal Cleanser, of acids and toxins accumulations:

*Watercress, Cornsilk, Horseradish, Cleavers, Couchgrass

Herbal Protector:

Grape Seed Extract, Shavegrass

*Now has a warning-contraindicated in cases of ulcer & inflammatory kidney disorders. Watercress has been used traditionally to help with ulcers, so WebMD or ancients; decide why you are using the blend.



SKELETAL SYSTEM

Two Hundred and sixteen bones make up the skeleton of the horse, connected by ligaments, and surrounded by muscles. The production of the red and white blood cells is made within the bones, and there is a blood vessel that reaches thru the central canal of the bones. So you see, it is not completely solid, yet it is the hardest tissue in the body; the resistance is equal to that of iron – FOUR times the strength of concrete. The bones are also remarkably flexible and lightweight, due to the collagen which makes up part of the bone composition and silica. The other components are calcium and phosphorus, which form rigid crystals for strength. Covering each bone is a dense layer of connective tissue (vets call this periosteum). If the connective tissue is injured without nutritional aid, the horse will usually form new bone formation, which often leads to degenerative arthritis.

A joint is where two bones come together. Joint position is maintained by ligaments, tendons, and a tough fibrous capsule, which combine to provide stability and strength to the joint. The synovial membrane is a layer of connective tissue cells that line the inside surface of the joint. This membrane secretes a fluid which allows for smooth movement and friction-free gliding. Bursae are also fluid filled sacs, between tendons and bony projections. The bursae allow the parts to move freely without wear and tear. To prevent injuries, common to the working athletic equine performer, extra herbal nutrition is a great building tool.

Also, let's remember the average 1200 pound horse, is dispersing his weight onto four stilts of leg and hoof; which equates out to about 300 pounds each, unless he is shifting weight onto three legs due to soreness or rest. So it is very important for good circulation to maintain healthy legs and hoofs.

Tendons are a tough, inelastic band of fibers that connect muscle to the skeletal bone. Divided into flexor, the fibers that contract and bend the leg; and extensors that straighten the leg.



Muscles, bones of the skeleton make the body a system of levers, and muscles move these levers. They are not as solid as they appear either. They are made up of bundles of fiber, with nerves attached to them. The brain produces an electrical impulse to stimulate their movement.

I really like much of the facts I learned from studying Hoof Health by Dr J H Stewart BVSc BSc PhD MRCVS Dip BEP AAIM. I combined this science as I researched for the herbals used to see if nature had the answers our optimal equine horse would require. Herbs win again!

Hoof care can be compared to putting that 1200 pound horse on the palms of your hands. The layout of the bones and laminae are a freaky comparison. Genetic factors or extremes of environmental conditions are the key "ingredients" that cause unhealthy hooves. The effect of deficiencies in the diet on the structure and function of the equine hoof has been recognized in recent years. Biotin, one of the B-group vitamins is synthesized in the intestinal tract if the base diet includes good biotin sources. Intake from feed sources is fairly low - fresh grasses contain the spectrum of B vitamins but this source is not available for many working horses; ironically those who need it the most. B-vitamins are fragile and rapidly lost in hays - seeds have the greatest level (about 0.6 to 0.8 mg/kg), followed by grain and then Brewer's yeast.

The amino acid concentration has been shown to be different within the horn of good quality hooves as compared to that of poor quality hooves. Deficiency of the sulfur containing amino acids, such as methionine, is particularly likely to affect hoof growth, as are deficiencies in amino acids involved in connective tissue, skin, and hoof formation. There is a linear correlation between the amino acid cysteine and hoof hardness.

Mineral deficiencies also play a role. Zinc deficiency is one of the most common mineral problems in horses that are on a hay and grain diet. It is important in the keratinization process, and inadequate levels can lead to compromised hoof health and quality. One study found that horses with insufficient hoof horn strength had less zinc in the hoof horn and plasma than did horses with no hoof horn damage.

Calcium and phosphorus, and their ratio to each other are related to normal hoof development. Calcium is needed for cell-to-cell attachment in the



hoof horn. Calcium is also important in the metabolism of the intercellular lipids, as well as omegas.

Vitamin A is a fat-soluble vitamin that plays an important role in cell differentiation and integrity. Inadequate levels may result in hoof dryness. It has now been 20 years since the effects of feeding supplementary biotin to horses was first reported, and 17 years since the need for adequate calcium in the diet to support the growth of good quality horn was described. More recently, the effects of feeding excess quantities of certain nutrients has become more of a problem.

There is always a belief that 'if a little is good, then more is better'. A small amount of some vitamins and trace minerals is essential for life. In excess they can be fatal. There man goes again, trying to improve on the integrity of the herbs of the field. All these essential nutrients are contained in the balance of life intended by the creator for the horse's optimal wellness. It is essential to understand environmental factors that affect hoof function. The frog has sebaceous glands -a modified sweat gland - from which a slightly acidic excretion is released, protecting against desiccation and infections such as thrush.

Ammonia is also damaging, as it destroys hoof horn. A clean stable gives off 10 times the levels of ammonia gas recommended (for people) – poorly maintained stables have much higher ammonia levels and are many times more dangerous to the hoof. Also be sure there are no Black Walnut chips in your sawdust, the iodine content will burn the frog and sole of the foot!

Soundness and performance are optimized when the foot is balanced. Nutritional inadequacies are often at the root of hoof problems. However, the problem is more complicated than just one or two nutrients. Isolation is not the solution; the Optimal Horse will return to the way of the herbs.

Another art form that works great in this area is reflexology. The book "Pawspoint Reflexology for Animals" by Yvette Eastman available at: www.touchpointreflexology.com/index.html will be a great course to add to your learning experience.



***SO LET US NOT FORGET
WHAT ENVIRONMENTAL STRESSORS
WILL AFFECT THE SKELETAL SYSTEM:***

****ANY THING THAT CREATES AN ACID pH REACTION***

****TOXINS – ENVIRONMENTAL & EMOTIONAL***

****INFLAMMATION***

****SUGAR***

Also most important are proper nutrients:

*Enzymes, minerals, essential fatty acids,
vitalized protein, vitamins, and antioxidants.*

*All coming from natural
forage sources (herbs) and hay.*

*** Good digestion**

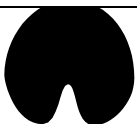
***And kidney functions!**



Peaceful
Mountain Equine
Remedies @

1.888.303.3388 are great topical gels for relieve of symptoms, while using the herbals below. Tendon tears can threaten a horse's well-being and career, are painful and often require lengthy rehabilitation. Traditional tendon treatments are expensive, time-consuming, and often painful for the horse. Equine Remedies' Tendon Repair Gel is an all-natural gel that is specifically formulated to promote rapid healing of soft tissue damage. Appropriate for treating bog spavin, bowed tendon, capped hocks, capped knees, curbs, bucked shins, ankle sprains, sesamoiditis and thoroughpin. A proprietary blend of Comfrey, Arnica Montana and Rosemary in a natural water-based gel

Equine Remedies' Arthritis Relief Gel is designed to reduce joint inflammation, quell the pain of arthritic joints and increase mobility. It allows for the continued productivity of older, experienced horses and maximizes the investment in their training. Also appropriate for treating Bone Spavin, Jack Spavin, Wind Puffs and Knee Spavin. A proprietary blend of Devil's Claw, White Willow, Comfrey, Arnica, Celery Seed and Poke in a natural water-based gel



SKELETAL FORMULA # 1

Containing- Silica, calcium, magnesium, sulfur, zinc & biotin: all coming from natures treasure chest of herbs. This formula can also be used for the nervous system and many other skeletal problems. It ensures the strength of the skeletal system from the foundation of the hoof up. You know, no hoof; no horse. And with some mild urinary support included, the Chinese believe this system is of mirror importance when healing. Be sure and check the kidney, digestion, and liver points for this animal.

Boneset Herb

Marshmallow Root

Shavegrass Herb

Dulse Leaf

Coltsfoot Leaf

Butchers Broom Root

Sesame Seeds

Horseradish Root

Sage Leaf

Brewers Yeast

Silica rich herbs:

Shavegrass, Sage Leaf, Dulse leaf

Calcium rich herbs:

Boneset, Marshmallow, Coltsfoot, Sesame Seeds, Horseradish Root, Sage Leaf

Magnesium rich herbs:

Boneset, Marshmallow, Sesame Seeds

Sulfur (MSM) rich herbs:

Horseradish Root, Sage Leaf, Coltsfoot

Zinc rich herbs:

Marshmallow, Coltsfoot, Sesame Seeds

Biotin rich herbs:

Brewers Yeast, Sesame Seeds

Vitamin A herbals:

Marshmallow, Coltsfoot, Sage Leaf

Selenium rich herb:

Shavegrass

Hyaluronic acid herb:

Marshmallow root

Digestive Support herbs:

Horseradish, Sage, Marshmallow

Kidney Support herbs:

Shavegrass herb, Sage

Circulation herbs:

Sage, Butchers Broom Root

<http://www.cococaballo.com/> an interesting shoer's correction for laminitis



STRUCTURAL FORMULA # 2

Today's horses are working much more than the wild mustang running the range. If you want to get extra years of good performance, take care and give the structural system extra nutrients. For working horses who haul, jump, dressage, run barrels, do roping (torque and pulling actions on the joints) race, pull, etc. Main factors responsible for strong bones and ligaments are attributed to good digestion and proper kidney function. Supporting the bodies' reaction to an acid condition of stealing calcium and other macro minerals from the bones to buffer the acid in the blood; this formula provides strength to the tendons, muscles, bones, cartilage, and ligaments as well as a very flexible and building combination of herbs for all around structural health for the Optimal Horse.

<i>Kidney Support:</i>	<i>Shavegrass</i>
<i>Stress, Alkalizing:</i>	<i>Dulse, Yucca</i>
<i>Circulation:</i>	<i>Devils Claw, Ginger, White Oak, Frankincense</i>
<i>Inflammation:</i>	<i>Yucca, Plantain</i>
<i>Nutrition Building:</i>	<i>Plantain, Oatstraw, Dulse, Shavegrass, Ginger, Devils Claw</i>

Nutrient Rich:

Shavegrass Herb: silica and selenium, flexibility and strength herb, kidney support herb, and protector abilities.

Oatstraw, Avena sativa: silicon, calcium, phosphorus,

Plantain Leaf: MSM or methyl sulfonyl methane, is a form of dietary sulfur

Dulse Leaf: iodine for helping metabolism and thyroid, silica, alkalizing minerals

Frankincense Tears (Boswellia): Vitamin A

Yucca Root: Copper, magnesium, calcium and Vitamin A

White Oak Bark: calcium, phosphorus, sulfur, iron

Ginger Root: protein, Vitamin A, calcium, phosphorus, potassium, magnesium

Devils Claw Root: cleansing and strengthening to the legs, thru circulation



STRUCTURAL FORMULA # 3

THE "ITIS" FORMULA

This formula was designed for those who did not support the structural system of the animal. The horse now has some form of "itis" or even calcification. Depending on the degree; you may need more support in the circulation, urinary, and digestive systems. PLUS, Building Answer for the nerves to counteract the pain now present, if severe. Definitely consider the Neprofin, (natural alternative to Bute).

The herbs here are a combination to support the digestion and purify the blood and strengthen the urinary system. You will find a good cleansing effect of the joints and muscles, with a moderate amount of cleansing action to the kidneys. Yes, we have seen accumulations of uric acid move out of the body, especially when care is given to create a more alkalizing effect on the horse. Some of the ailments these synergistically combined herbs have helped the body to detoxify with are:

Arthritis * Rheumatism * Laminitis * numbness * swelling

****Calcification * Inflamed: tendons, muscles, joints***

Bromelain Powder

Burdock Root

Irish Moss

Black Cohosh Root

Yucca Root

Celery Seed

Sheep Sorrel Herb

Vervain Herb



INCREASE CIRCULATION ~ REMOVES CONGESTION

Have you read the massage article yet? Sometimes it takes more than just herbs. The elbow grease and love spent doing the 4 step technique on page 24 will help her dramatically! On with the herb lesson . . .

Here's each of the areas of the body & how these herbs help here:

DIGESTION	Irish Moss
BLOOD	Sheep Sorrel
URINARY	Celery seed, Yucca, Black Cohosh
URIC ACID	Celery Seed, Burdock, Sheep Sorrel, Black Cohosh
ANTI-INFLAMMATORY	Bromelain, Burdock
NERVE PAIN	Vervain, Black Cohosh

A TONIC IS AN AGENT, SUCH AS HERBS OR FOOD THAT RESTORES OR INCREASES BODY TONE.

Again, be sure the horse has been detoxified, rebuilt, and direct support has been given to any stressed or weakened areas. Then, use this for the working performance horse to receive extra nutrients and amino acids from the natural forage of the highest quality. This is for the elite equine athletes (and can also be used by their co-pilots) to address their structural, nervous, and immune systems with some everyday goodies.



STRUCTURAL FORMULA # 4

Formula:

Support importance:

<i>Spirulina, blue green algae</i>	<i>amino acids, protein, nerve</i>
<i>Chia Seed</i>	<i>endurance, omegas, nerve, minerals, glands,</i>
<i>Dandelion Leaf</i>	<i>circulatory system, detox acids, liver, electrolytes</i>
<i>Dulse Leaf</i>	<i>minerals, glands, skeletal</i>
<i>Fo-ti Root</i>	<i>immune, adaptogen, stress,</i>
<i>Gotu Kola Herb</i>	<i>nerves, glandular, immune</i>
<i>Hawthorn Leaf & Flower</i>	<i>circulatory, immune, stress</i>
<i>Olive Leaf</i>	<i>immune, respiratory, anti-inflammation</i>
<i>Alfalfa Leaf</i>	<i>nutritive, pH alkalizing, circulatory</i>
<i>Catnip Leaf</i>	<i>nerves, digestive, glandular</i>
<i>Hydrangea Root</i>	<i>urinary, skeletal</i>
<i>Shavegrass Herb</i>	<i>skeletal, urinary, respiratory, nutritive</i>
<i>Irish Moss</i>	<i>skeletal, urinary, respiratory, nutritive</i>
<i>Yucca Root</i>	<i>anti-inflammation, glandular, skeletal,</i>
<i>Hops Flower</i>	<i>nerves, heart, kidney, liver</i>
<i>Cayenne pepper, 35,000 H.U.</i>	<i>circulatory, activation</i>



RESPIRATORY SYSTEM

THE NOSTRILS, SINUSES, BRONCHIAL, AND LUNGS

Primary job is to give oxygen to the blood stream and remove carbon dioxide as a waste material. Deprived of oxygen, the body tissues die in minutes. Because the horse is a nose breather, the nasal passages must be both large and expandable. During exercise, air flow increases up to tenfold and the nostrils “flare” to provide a bigger opening. This allows for foreign bodies to get in the nose, and is easily sneezed out as a healthy function. The nose is normally cool and moist; moisture is secreted by mucous glands in the nasal cavity. If it is runny; one of the unusual reasons is teary eyes. Yes, horses do have allergies. The tear ducts open onto the floor of the nasal cavity close to each nostril. Because of this arrangement, eye ailments with excessive tearing cause a watery discharge from the nose.

The airways are lined with a mucous membrane to trap dust, irritants, bacteria, and other foreign particles from entering the body. The Cilia, move these toward the front of the nose, and thus acts as a first line of defense, against infection. However, exposure to cold and dehydration stops the motion of the cilia and thickens the mucus. This reduces the effectiveness of the Optimal Horse to reduce irritants from entering into the system.

The function of the respiratory system is affected by the lymphatic and immune systems as a circle affect. Congestion of the lymphatic system – leads to congestion of the respiratory system, which opens up avenues of opportunity for the invasion of the immune system.

Congestion equals a lack of oxygen, which further hampers the immune system. Harmful bacteria thrive on an oxygen depleted environment. On the other side of the coin, is the running respiratory system. Allergy type symptoms are usually caused from too many toxins in the blood and liver. And then there is the weakened dry condition, which shows that no one has been around that understood how to support the horse as symptoms were being aggravated. Dry irritated coughs, whooping and raspy noises, and probably swollen lymphs as well.

So let's look up two formulas and become aware of how to help support the horse at Dis – Ease.



RESPIRATORY FORMULA # 1

Expectorant ~ Allergy symptoms

This formula is designed to work as an expectorant to relieve congestion from allergens, virus, infections, toxins, or inflamed tissues. Be a detective, are there chemicals in the air, sprays, or feeds? Also enhances lymphatic function and acts as an antiseptic to keep infection at bay. This blend provides many nutrients from natural forage for the adrenals, digestive, and respiratory system. There are also antiseptic, expectorants, and anti-inflammatory actions here; all to help with the following culprits:

*Smoke * Dewy grass * Fumes * Sugar*
 *Pollens * Stall methane gas*

*Licorice Root
 Elecampane Root
 Fenugreek Seed
 Horseradish Root
 Yerba Santa Leaf*

<i>Expectorant herbs:</i>	<i>Fenugreek, Elecampane Root, Licorice root</i>
<i>Lymphatic clearing herbs:</i>	<i>Horseradish root</i>
<i>Anti-inflammatory herbs:</i>	<i>Yerba Santa, Licorice</i>
<i>Adrenal Aid herb:</i>	<i>Licorice</i>
<i>Warrior/Anti parasitic herb:</i>	<i>Elecampane Root</i>

If the horse is your own, consider a head massage. You know how your head feels when it's all stuffed up and your sinus passages are full; well times that by about 3 and think of your equine friends comfort too.



RESPIRATORY FORMULA # 2

Has a demulcent effect on dry, leathery, and weakened respiratory systems

Causes:

***Traveling in open trailers
Dry windy climate
Dust – airborne & in feed
Dehydration issues***

Symptoms:



Some horses get worse as they age, extended inflammation becoming leathery, and low in oxygen, especially if in a dry climate. The following combination of herbs is nature's way of hydrating and oxygenating with nutritive herbs. This will offer the opportunity to help the body reverse and prevent further damage.

***Mullein Leaf
Marshmallow Root
Slippery Elm Root***

***Fenugreek Seed
Vervain Herb
Thyme Herb***

Ginkgo Extract



HYDRATING HERBS: *Mullein, Marshmallow Root, Slippery Elm, Fenugreek Seed*

LYMPHATIC SUPPORT HERBS: *Mullein, Fenugreek Seed*

NERVINES HERBS: *Vervain, Mullein*

ACID/BUFFERING HERBS: *Slippery Elm, Marshmallow Root*

ANTISEPTIC HERBS: *Thyme, Mullein, Fenugreek Seed (cracks in immune system)*

OXYGEN PROMOTING HERB: *GINKGO*

STRESS FIGHTING HERBS: *Ginkgo, Slippery Elm, Vervain*



GLANDULAR SYSTEM

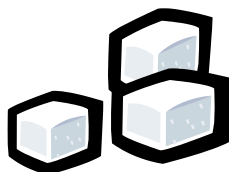
Comprised of the pituitary, pineal, thyroid, thymus, adrenal, pancreas, and reproductive gonads.

Pituitary – is considered the master gland. Attached to the brain, and located in the very center of the head region. It receives messages from the brain and then secretes the various hormones to regulate the production of hormones for all of the other glands.

Interesting thought, on the person the reflex point is the middle of the thumb, take your pencil and roll it across the end of your thumb. Feel the click, click . . . that is the pituitary point. Do you know the reflex point on a horse for the pituitary? Is it possible to stimulate the pituitary thru massage? Yvette Eastman from touch point reflexology believes it is!



Pineal - A very small gland in the center of the head often referred to as the third eye. The pineal regulates melatonin and serotonin in the body, helping with moods, sleep, and the immune system. It's also responsible for collagen strength. In the book "God helps those that help themselves" by Hanna Kroeger, she teaches: A very big toxin to the pineal gland is Fluoride. It disturbs chromosome repair, weakening collagen, as an old body is weakened by age. It hardens the pineal tissue, causing slow thinking. It settles in the neck, (especially the left side in people.) Fluoride also inhibits glycolysis, causing a raise in the sugars in the blood. It interferes with the metabolizing of arginine and



glutamine; these amino acids are responsible for vessel dilation and liver detoxing. This action causes a very unstable sugar system. The fluoride settles in the kidneys and offsets the iodine in the thyroid. A new toxin for the horse industry to become alerted to! Definitely consider the Immune formula #1 and Circulatory formula #1 for these animals.

Thyroid – Needs lots of minerals and iodine to function properly. The thyroid is responsible for controlling the levels of calcium and phosphorus in the body as well as metabolism. Both Specialty formula #2 & Structural formula #2 offer a lot of support for the Thyroid.

Thymus - Your immune system regulator. We will be discussing further, shortly.

Adrenals – stress modulator, we have talked a lot about herbs and adaptogens for stress. We have also talked a lot about how much stress these gorgeous animals are now under. And no single gland goes under duress without affecting others. Many animals with a weaker constitution are developing an array of advanced problems, just like humans. For instance did you hear about Cushing's disease 25 years ago?

Pancreas – your digestive system, aid for digesting~ over stressed by sweet feed.

Reproductive Gonads – Coming up now . . .



REPRODUCTIVE FORMULA # 1

***Formulated to balance the hormones and the nerves
of the stallion.***

Improves his mounting frequency, fertility, sperm count, endurance, stimulates circulation, and keeps urinary system free of inflammation and infection. A well behaved, balanced frame of mind, for easy handling and calmness, make this the perfect formula for the male reproductive system.

Maca Root, Peruvian – Feeds the body to produce a positive effect on the hypothalamus, pituitary, pancreas, thyroid and adrenals; increase sperm count up to 180%.

Damiana Leaf – Tonic for the brain and calming to the nerves; increases sperm count and restores sexual capacities.

Sarsaparilla Root – Tonic for the central nervous system, urinary system, and joints. Mild detoxifier that keeps the toxins moving out and stimulates the production of testosterone.

Velvet Bean (Mucuna) – Stimulates the release of the growth hormone, thru the pituitary; and mounting frequency, intromission frequency, and ejaculation latency are all increased.

****Juniper Berry - Relieves uric acid accumulations and keeps inflammation out of the urethra; as well as contracted infectious bacteria. Blood in the semen from infection would lower sperm count!***

Cayenne Pepper, 35,000 HU - Stimulates and directs formulation herbs to the location needed.

****warning, juniper berry may be contraindicated in inflammatory kidney disease. A healthy stallion should not have inflammatory kidney disease. However, with the use of this formula, uric acid deposits, (the may reason for inflammation) may not occur either.***



REPRODUCTIVE FORMULA # 2

Glandular food for all stages of life!

This combination will help the young filly to grow strong, have sound body, and mind. The moody mare syndrome will find relief in this blend, as well as the aging mare will be helped with fatigue. Originally, this formula was made to support the brood mare; providing extra nutrients for the growing embryo, and balancing the hormonal changes for the mare. The herbs in this collection were gathered from North and South America, using both forage from land and coastal sources.

Marshmallow Root - Provides a rich source of calcium, and vitamin A for growing bones; naturally occurring hyaluronic, for hoofs & collagen.

Oatstraw – Very nutritive to the whole body; especially heart, nerves & bones.

Chia Seed, ground – Super food, high in omega's for brain and joint development.

Bee Pollen – Nature's multi vitamin, mineral, amino acid, enzyme food, also helps prevent communicable disease.

Red Raspberry Leaf – The pregnancy herb and foal balancer.

Spirulina, Blue green algae – 70% protein, high GLA omegas, all around super food.

Kelp – Minerals for growing bones and glands.

Maca Root – Supports the whole endocrine system; NO side effects

Dandelion Leaf – Rich in folic acid for brain stem development and iron plus keeps the body free of toxins.

Carrot Powder – High in anti-oxidants for healthy eyes and immunity.

Ginger Root – Another vitamin A rich herb as well as many other nutrients; and it allows the formula to synergize and be activated in the body in positive way!



CHIA SEEDS

•

I do want to veer from the herb path for a page and educate on the mighty little seed from Peru. Chia is called the runner's seed and the natives claim that the 50 year old message runners (they don't use cell phones) can out run the 30 year old runners. They hold a few seeds in their mouth as they journey to hydrate their mouth and let the saliva activate the enzymes inside the shell. Chia seeds have a thin husk (outer shell) that is viscous, permeable, and hence easily digested. As a result, Chia seeds do not need to be ground to absorb all of the nutrients.

One of the best actions is the fact that the seeds are round and smooth, so in the science of fragmentation every ground particle is also round. For those who like flax seeds, think about that for just a moment. Flax seeds are pointy and every single ground particle is a fragment of pointy. Although, both are considered mucilage and high fiber, which particles do you think an ulcerated digestive system would like better.

Chia Gel Add 1/3 cup chia seeds to 2 cups of pure water, stir well to break up any clumps, and let sit in your refrigerator for about twelve hours. The soaking increases enzyme activity. This makes about 17 oz Chia Gel which can be stored up to two weeks in the refrigerator. This is really nice to feed to foals or elderly horses with health problems. Endurance riders would be another group that would benefit from a handful of gel at each check point.

Chia Omega oil content is 8 times that of salmon. In fact, just 1 Tablespoon of seeds equals 4.5 grams! I just have to ask you all – when have you EVER seen a horse eat a fish. Do you really think that it is natural to pour fish oil over their grain?

Protein is complete and supplies about 2 grams of vegetable source. Then there is a full range of Vitamin B's and traces amounts of Boron. It is also high in magnesium, calcium and folate.

All these natural attributes allow for the following scientific actions: reducing inflammation, enhancing immune function and keeping the blood slippery and free flowing for optimal performance for horse and riders.



ADRENAL & PITUITARY, GLANDULAR SYSTEM

Stress or severe illnesses induce the release of hormones that interfere with insulin, such as cortisol and epinephrine. It is not unusual for stressed or ill horses to have elevated blood glucose concentrations, though these usually return to normal as the animal relaxes or its condition improves.

Xylazine and detomidine, two commonly administered equine sedatives, inhibit the release of insulin from the pancreas. In adult horses, these drugs quickly lower blood insulin and can raise blood glucose concentrations for over three hours.

Glucosamine has had some questions as well raised on its actions leading to Insulin Resistance.

Equine Cushing's disease (ECD) occurs in horses; has many theories as to root cause: due to dysfunction of the pituitary gland that results in the overproduction of cortisol, which antagonizes insulin OR the fact that the adrenal glands can no longer put out when stimulated by the many stressors in the horses environment and then the Pituitary Gland becomes swollen trying to figure out how to stimulate a fight or flight action now that the adrenals are not participating. Some believe it is caused by a tumor or tissue overgrowth in the pituitary gland. It is also known as pituitary pars intermedia dysfunction (PPID). Horses with ECD have high levels of adrenocorticotrophic hormone resulting in increased secretion of cortisol from the adrenal glands. These horses are at higher risk of developing laminitis and may develop cortisol-induced insulin insensitivity.

Clinical signs of disease are a heavy hair coat that does not shed properly, abnormal fat deposition, abnormal sweating patterns, laminitis and decreased immune competence excessive thirst, excessive urination, lethargy, and loss of appetite. Pergolide, a drug that suppresses growth of abnormal pituitary tissue, is often used in treatment. Side effects included low blood-pressure, headache, GI upset, anemia, respiratory infections, dizziness and hallucinations. This pharmaceutical was withdrawn from the human market in 2007 due to heart valve damage in humans. When did it become popular in Vet use?



IMMUNE SYSTEM

LYMPHATICS, LYMPH NODES, THYMUS AND WHITE BLOOD CELLS

YOU DON'T CATCH A GERM; YOU EARN IT

Immunity is essentially a function of all of the body systems as they work at keeping the body in a normal balance. Skin protects the lymphatics and blood from microbes entering. The stomach has the enzymes which digest and destroy many microbes in the food. So it has the ability to keep the body safe and identify what belongs in the body and what does not.

The lymphatics travel next to the circulatory throughout the whole body and actually extend to the very skin; they are the fluid which transports the white blood cells – the soldiers for internal defense. Lymph nodes are where the invaders get destroyed. You will often see the nodes in the neck extended when the animal is fighting viral or bacterial infections. Thymus gland utilizing the help of the spleen and bone marrow are involved in creating the white blood cells. The boot camp so to speak.

The greatest aid to the immune system is being well nourished and addressing the stress load with adaptogens, keeping toxins to a minimum or at least constantly moving out of the body and some down time. Nothing like some R&R, even the Lord rested on the seventh day.

A newer threat to the immune system is actually the over use of prescription antibiotics. Although if uninformed of the ability of herbs; antibiotics are necessary sometimes, in our day and age people need to supplement with PROBIOTICS to counter the effect of the loss of good germs. Remember they are responsible for nutrient absorption in the cecum. Plus they are your number one soldiers. The other things that destroy this balance of soldiers is hormone treatments, steroidal treatments, fluoride, chlorine, radiation, stress, preservatives, additives, pesticides, fertilizers, environmental toxins, heavy metals, excessive stress, and sugar.

So, let's look at how herbal formulas can benefit here. . .



IMMUNE FORMULA # 1

This formula is filled with herbs to neutralize toxins, poisons or venoms in blood and lymphatic system.

When these irritants challenge the animal's optimal health, the tissues become irritated. In response to the irritations, the tissues attempt to expel the irritant; this is "in-flame-action". Signs include heat, swelling, redness and pain. The herbs in this formula need to increase white blood cells to fight off causes of inflammation and heat in blood and lymph glands. Supporting the lymphatic system with these herbs will help it combat infection and keep the circulating blood clean. With acute problems this can be used both externally and internally. Once you clean the blood and liver, pay attention and monitor the lymph reflex to see how they are working.

When having problems with a congested lymphatic system, removing synthesized minerals from the diet is a big relief to the elimination channels.

<i>Plantain Leaf</i>	<i>= Comforter, medic, alkalizing, anti-inflammatory</i>
<i>Yarrow Flower</i>	<i>= Anti-inflammatory, astringent, anti-microbial</i>
<i>Myrrh Gum</i>	<i>= Anti-microbial, anti-viral, absorbs gunk</i>
<i>Cleavers Herb</i>	<i>= Filters, cleans, removes waste products</i>
<i>Black Cohosh Root</i>	<i>= Clears heat, neutralizes toxins & uric acid</i>
<i>Echinacea Root, Purpurea</i>	<i>= Increase white blood cell production, cleans</i>
<i>Clay, Betonite</i>	<i>= Draws and neutralizes, toxins and irritants</i>

This formula is also very good as a poultice and drawing compound. Mix the herbs in water to make a gel about the consistency of mustard. The gel can be applied externally as a poultice for insect bites, bee stings, boils, rashes, or achy joints. Some mix with emu oil or coconut oil. I prefer just clean water.

Place a thick layer (1/4 to 1 inch thick) over the affected area. Covering the poultice with a loose wrap will help keep it moist and drawing. If using with a burn the poultice MUST be kept moist!



IMMUNE FORMULA # 2

An herbal blend to add to a salve base, like emu oil or make a paste with water to promote healing and fighting infection.

Bentonite Clay – stimulate circulation, alkalizing, draws out toxins

Yarrow Flowers– great packing herb to promote healing and fight infection

Eucalyptus Leaf – antiseptic herb, especially for wounds or sores on the skin

Plantain Leaf – stops bleeding, fights infection, comforts

Goldenseal Leaf – king of infection fighting herbs, stops poison in the body

I would use the Immune formula # 1 for wound care that had more of a heat base, keeping it moist with water. Immune formula # 2, I would use more for fighting infection and promoting the healing action of an injury in an emu oil base. The best emu oil I have found to mix these herbs in comes from the www.montanaemuranch.com where Don & Penni Collins do it right from start to finish.

This family owned operation in Montana raises all their own birds and only their birds go into the oil, at the processing plant in the same county; Assuring the quality and freshness. Usually the industry gathers the oil from a multiple of farm sources, so the quality is not what it could be.

“The criterion set forth with the "Laid in Montana" brand is that we use absolutely NO petroleum by-products, artificial coloring or scents, and no chemical preservatives. Our goal with this line is to provide nutritional balance to the skin and reduce toxicity.”

Emu oil is a complex and primitive oil that is non-toxic, anti-bacterial, anti-microbial, and anti-inflammatory. It is a greaseless, odorless oil that is an excellent moisturizer and emollient, soothing and softening the skin. Long known for its healing and penetrating properties, so add these awesome herbs to this awesome oil for some awesome healing results and reduced scarring.

Yes, healing with herbs and emu oil is AWESOME!! !

Redmond Clay for equine is also a great aid here



IMMUNE FORMULA # 3

***An especially good formula for the traveling horse.
Build up resistance to communicable disease and the stress of the road life.***

So, when it comes to this end of the immune system we are at the battlefield. The battle is half won with a good supply of healthy rations and a source for more soldiers as needed (Probiotics). So upgrade this action in your everyday care.

Let's dissect this formulas action to see why it is so valuable:

<i>Astragalus Root</i>	<i>= Defense herb: adaptogen, and increases the production of interferon in the body to fight off viruses.</i>
<i>Bee Pollen</i>	<i>=Defense food: inhibits communicable disease, high in enzymes, improves energy and alertness</i>
<i>Pau D' Arco Bark</i>	<i>=Herbal Scouts & Warrior: action seeks out and destroys all categories of germs</i>
<i>Boneset Herb</i>	<i>=Herbal Medic: the healer for damaged tissues & increases the production of new white blood cell</i>
<i>Olive Leaf</i>	<i>=Herbal Warrior: most all around Special Forces out there in the herbal world</i>
<i>Licorice Root</i>	<i>=Herbal Defense & Rations: assist the adrenals with the stress and nutritive to the body defense mechanism</i>
<i>Kelp</i>	<i>=Herbal Rations: All minerals known for vital health and the protection of the central nervous system.</i>



IMMUNE FORMULA # 4

Where medicine has no control.

A virus (from the Latin virus meaning toxin or poison) is a small infectious agent that can replicate only inside the cells of other organisms. They do not respond to antibiotics. It's very important to address the system that is being attacked with extra nutrition as well. The use of herbal nutrition here is very important; meaning you may need to increase frequency of doses up to hourly; pertaining to severity of invasion.

This formula is formulated to increase the stamina and endurance of the nervous system and act as an adaptogen for building the horses resistance to communicable disease, the shield protection in this formula are great warrior herbs. Compatible formulas to consider are Immune formula #1& 5, Circulatory formula #1, & your garlic molasses, plus systematic support in the system under attack.

Let's look at how this battlefield is laid out:

Oatstraw

=Herbal Defense: restorative and stimulates the immune system, very nutritive to the ration.

Olive Leaf

=Herbal Warrior: Special Forces quality

Schisandra Berry

=Herbal Defense: protects against stress, especially in the CNS, adaptogenic

Dulse, red algae

=Herbal Warrior: best known for its affinity against virus

Grape Seed Ext – 95

Proanthocyanidins

=Herbal Shield: to the CNS, breaks up inflammation and stimulates the immune system

Oregon Grape Root

=Herbal Snare: traps the invaders as the blood is going thru the liver. The invaders don't even see what is coming.

Bee Pollen

=Defense Food: inhibits communicable disease, high in enzymes, improves energy and alertness



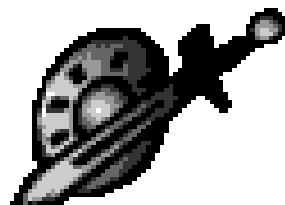
IMMUNE FORMULA # 5

Using herbs to stimulate the body's own defensive team.

Remember you don't catch a germ you earn it. Let's work at helping the horse recoup its strength and vitality, while feeding it herbs that have antibiotic actions. Remember to support the blood, lymphatic system, and kidneys here if it is not a clean horse. A clean horse is one who has been on a systematic approach of herbs to detoxify and nurture the systems as we have described thru out this book. Usually it takes 5 – 6 months to accomplish this on a horse that appears to be healthy.

This blend is for aiding the body, for fighting bacterial invasion. Have an injury or noticing green mucous discharge from the nostrils are easy signs. Abscessed teeth and bronchitis require a little more detective work for the owner and even sometimes the vet. Contaminated feed and water can cause many problems to the respiratory and digestive tract; in these cases remember to use large doses of Probiotics. Immune formula #5 can also be applied topically for soothing inflamed skin problems. Also consider using some garlic molasses, Digestive formula #1 and Immune formula #1 with these horses; and pay attention to where the infection is, does the animal need more support here as well. (Ex. Respiratory formula #1 for the bronchitis horse)

This herbal blend is usually going to be used where in the past you used pharmaceutical antibiotics. The earlier you start herbal foods for such actions the more successful a speedy outcome will be. If you are new to herbal remedies don't feel like a failure to use the vet help. We need to work together and learn at a pace that is beneficial for the optimal healing of the horse.



IN FULL COMBAT HERE:

Plantain Leaf	=Herbal Medic; reduces inflammation and still fights the enemy
Goldenseal Root	=Herbal Warrior; born to activate the killing response
Echinacea Root	=Herbal Warrior: with antibiotic proprieties and immune enhancing action, cleans the battleground thru the lymphatic.
Pau D'Arco Bark	=Herbal Scout, Warrior: <i>action seeks out and destroys all categories of germs</i>
Thyme Leaf	=Herbal Warrior, Medic: anti-fungal, powerful anti-septic, general tonic for the whole digestive, immune and respiratory system.
Cayenne, Pepper; 35,000 i.u.	=Herbal Healer, Bugler: surprised, it promotes healing in mucosal tissues and synergizes all the troops.

Fun fact; the bugler in civil war times knew around 25 calls. He stayed next to the captain during the battle and sounded the commands thru his bugle, so all the soldiers knew the captains plans. He sounded the wakeup call and the end of the day taps. The bugler was the cayenne of the battlefield, synergizing the action of all the soldiers on their team.

SILVER SHIELD

I always have some of this liquid on hand. Much research has been done on its antibiotic abilities, it is easy to syringe or spray in eyes or wounds. If the Silver sol can stay on a bacterial site for 6 minutes; no germs would survive. I order mine thru NSP. So check with the person who gave you this book to see if they stock it or you may order at www.mynsp.com/backtobasics



SPECIALTY FORMULA # 1

Besides age causing fading and other eye problems, also look to the liver reflex – as toxins are overloading the circulatory system and plugging the tiny capillaries that feed the health of the eyes. For some maladies you may need to add infection or viral fighting blends, or just maybe blood and detoxifying formulas. This formula is to increase the circulation, relieve the inflammation and send general energy and nutrients to the eye.

- Eyebright Herb** - Even prescribed by vets for eye inflammation
- Bayberry Bark** - Stops hemorrhaging and cleans the blood vessels
- Tribulus Fruit** - brightens vision, improves macrophage production to clean
- Passion Flower Leaf** - anti inflammation, anti-bacterial proprieties
- Couchgrass Root** - relieves congestion in blood and kidneys
- Chrysanthemum Flowers** - very cooling action, plus seeks out invaders in the head
- Honeysuckle Blossoms** - anti-microbial, and anti-inflammatory throughout the head and inside organs.
- Licorice Root** - for harmony and distress which causes inflammation

So what are some of the factors for poor eyesight?

Sugar * stress * toxins * inflammation *

Anything causing the tiny capillaries in the eye to be plugged or damaged.



SPECIALTY FORMULA # 2

This is a well-rounded support system for the horse that has been cleaned up, detoxified, and built up. This plus some direct support, good water, hay, and natural grain are the nutritional basis for the Optimal Pleasure Horse to thrive. This formula is herbally targeted full of vitamins, minerals, and amino acids; from natural forage to help maintain homeostasis. Remember the horse needs support from the head down and the gut out. This formula synergistically does this.

Dandelion Leaf- one of the best detoxifiers, high in minerals and electrolytes

Chia Seed, ground- essential fatty acids, aids endurance

Dulse Leaf- alkalizing sea vegetable, rich in micro and macro minerals and the best iodine source to fuel the thyroid and metabolism

Spirulina, blue green algae- high in protein, infinity for the brain food

Uva Ursi Leaf- tones the urinary system, important for skeletal support

Hawthorn Leaf & Flower- a great herbal heart tonic

Olive Leaf- herbal debugger

Alfalfa Leaf- contains more minerals than any other land herb

Catnip Leaf- mild support for the nervous system and adrenals

Hops Flower- moves trapped energy, excellent stress buster

Shavegrass Herb- silica within adds strength and flexibility to the skeletal system, high in macro minerals

Cayenne pepper, 35,000 H.U. - improves circulation, and directs the delivery of all the other herbs.



So how do I know which products to use to create a program for the horses I wish to help?

Some tap into an inner sense or knowing.

Others rely on the scientific evaluation.

I like to combine both with kinesiology.

We all have an electromagnetic field around us as well as everything else we come in contact with. Some can see this; others can feel it; and others think it's just our imagination. It is most easily utilized by hands on learners who like to feel things. People who learn by doing, rather than reading about it. However, everyone can access it with practice.

I will just touch briefly here on the basics, since I believe sending you to a dedicated book is a much better service. My favorite is "Healing Energies" by Dr. Stephen Shepherd. So hurry and order the book at www.Amazon.com while you read and play below. Some need to know more about kinesiology to proceed; others will take it on as an x-ray machine. They know not how it works only that it gives the doctor the answers he needs.

I have included here a paper which I have shared with my students for 20 years now that was given to me at my first class by Loretta Flora.

History of Kinesiology:

Applied kinesiology and bio kinesiology, 'Bio' means life and 'kinetic' refers to motion. Bioenergetics is the science of the active force of life. Bioenergetics states that every organism has bio energy, the energy that makes us alive, that animates us. Every cell in our body contains this energy. Much like a two way radio that receives frequencies of subtle bio energy from various sources, energy we cannot see, we also receive bio energy from everything in our environment. And, just like the radio that can transmit its own frequencies of vibration into the environment around it, the body sends out frequencies. These vibrations are very subtle and invisible to the naked eye, and their existence was even denied until they were able to be recorded with sophisticated machines. Bio kinesiology is now used in many areas of health care. Among



these are veterinary medicine, dentistry, nutrition, osteopathy and herbal medicine.

An article in Systems DC, 1981, titled "Applied Kinesiology in Chiropractic Exams" stated "Not until applied kinesiology has there been an approach to accurately understand the autonomic nervous system, which controls organs."

In this study of the muscles, Dr, Geo. Goodhardt, of Detroit Michigan, found that each large muscle related to an organ in the body, and that a weakness in a large muscle signaled a weakness in the related organ. Over the years he found that when he treated the muscle with nutritional support, it also helped the weak organ. Even if a patient just held the needed supplement, the muscle and its related organ both temporarily improved. He recognized this meant the body had electrical energy and was much like a magnet.

Science speculates that we are more electrical than chemical. Modern physics teaches that everything in the universe has its own vibrational rate of energy, vitamins, minerals, each organ of the body, even color. Some things, seemingly unrelated, such as plants, food and human organs, have similar vibrational rates of energy. This helps to draw them together, much like magnets. This is most obvious during pregnancy when the expectant mother (whether animal or human) is drawn to the nutrients she needs by her cravings. In the deep south where minerals are poor in the soil and therefore in the food, pregnant mothers often crave, and eat, river clay. This is where their best source of minerals is and they are drawn to it like a 'MAGNET'.

Dr. Paul Shephard, in his book *Healing Energies*, stated "Within man there is a complex electrical system headed by a computer greater than Xerox and IBM put together, with each cell being a micro transformer/capacitor and even a rudimentary memory chip". According to one holistic health care practitioner, kinesiology can be explained in the equation $E=MC^2$. Energy equals mass times the speed of light. All matter comes from energy. This means everything is electrical, whether it's you, the food you eat, or your shoes.

Wayne Cook studied the energy fields of the human body many years ago before they had been acknowledged by any other field of science. In 1972, he was invited to go to Stanford University and work with the department of



Materials, Science and Engineering to prove out his findings with the assistance of their scientists. Along with Dr. William Tiller they proved the body does indeed have energy flowing in and throughout it. What they discovered was that the body has a positive and a negative current, as well as a neutral current. Energy flowing clockwise has a positive current, energy flowing counter clockwise has a negative current, and energy flowing vertically (up and down) is neutral. Everything they found had these energies. Healthy tissue in the body was found to have one type of energy, while unhealthy tissue had another. A fourth type of energy was also discovered. This was oscillating energy. This kind of energy was found in rodents, swine, poisons, and diseased tissue. Dr. Cook decided to go further in his research of the animals that might have oscillating energy and found that all of the animals listed in Deuteronomy Chapter 14 of the Holy Bible in the list of “unclean animals” had oscillating energy, with the exception of one that he was not able to locate.

In his study of unclean animals, Wayne Cook found that eating any of these caused disturbing effects on the vibrations of the body. Pork for example, changes the vibratory rates of the spleen, pancreas, thyroid and both kidneys, to an abnormal vibration that will last for several days. This abnormal vibration is friendly to cancer and parasites, thereby leaving these areas of the body hospitable to their infestation. Other food substances that have oscillating energy include pork hot dogs, some lunch meats, some brands of soda pop, lobster, red and blue food coloring. On the contrary, healthy food products, he found, had vibrations similar to particular organs or glands of the human body. As a result, they have an affinity towards these organs or glands. In other words, they help to specifically feed these areas of the body. Examples of these include: almonds and the pancreas tail, walnuts and the brain; lemon juice and the liver; golden delicious apples and the bone marrow, wheat berries and the kidneys; beef liver and the pancreas tail.

This helps to repel the fears some have for the unknown. Now while you're waiting for your book Healing Energies let's play ~

I find playing with magnets; pushing them together so that they don't stick, is a good way to begin to feel your own energy. Feel the resistance? Keep pushing them for about 30 seconds and then put them down. Close your eyes and push your hands together. Unless you know you're a seer; then watch the



magnets as you are pushing them together, and watch your hands as you are putting them together. Do this several times.

As you start to feel this energy, build it up. Take your hands and make a heart shape motion. Watch or feel as the energy void gets greater in distance. At this stage it is fun to pass the ball of energy around the table or even throw it at each other to feel the rush of energy. You get the idea? We are building your electromagnetic field. So what do we do with this new knowledge? How do you find out if something will build or steal from your energy field? Strive to follow good food choices and take time for prayer and meditation. These build your electromagnetic positive energy.

SOME FACTORS THAT WILL REVERSE THIS ARE:

- Dehydration ~ - this is the number one reason on animals, give them a drink of water and wait a few minutes and they have always been rebalanced.
- Brain needs more protein or other nutrients
- Fluoride – will reverse most people for up to 12 hours. (When this happens your immune system is sluggish and slow to respond), I never have tested any horses who consume fluorinated water, I'm not sure what the protocol will be here. My guess is laying one of the DTX products on its back and retrying.
- Sugar – will make a double weak in most people, as well as pork, and all the unclean foods mention in the Old Testament of the Bible.

So evaluate your habits and be at your very best when you are going out to educate and teach others how to be healthier and promote healing.

Drink plenty of water (reverse osmosis or spring is the best) (NOT in plastic bottles) for the 12 – 24 hours prior to working.

Be sure your brain received protein for breakfast.

Use non fluoride toothpaste – Always, not just when working!



And sugar . . . we all know it's no good for us (it is genetically modified now), high fructose corn syrup is even worse. Honey is good, agave is better, as well as organic Heavenly Sugar and Stevia is the best!

I have included a couple of charts that I have modified from my people points to equine (and dog and cat) points for you to also play with. Remember as you read Dr. Shepard's book any of his points you want to incorporate in your programs, you pick a corresponding point on the animal.

My charts were drawn by my granddaughter, so enjoy with love and remember, the horse and you heal from the top down and the inside out.,

Point 1 = Nervous system and brain at the temple

Products most likely to use: Building Answer, Calming Answer, Skeletal formula #1

Point 2 = Digestive system

Products most likely to use: Digestive formula #1, 2, 3, 4,5 & probiotics

Point 3 = Circulatory system

Products most likely to use: Circulatory formula #1& 2, Immune formula #1, Neprofin

Point 4 = Respiratory system

Products most likely to use: Respiratory formula #1 or 2, Neprofin, Digestive formula #5

Point 5 = Urinary system

Products most likely to use: Urinary formula #1, Circulatory formula #1, Specialty formula #1

Point 6 = Skeletal system at the withers



Products most likely to use: Skeletal formula 1,2,3,4, Neprofin, Urinary formula #1, Digestive formula #5

Point 7 = Glandular system between the eyes and down and inch

Products most likely to use: Reproductive formula 1 or 2, Digestive formula #3 & 4, Circulatory formula #1

Point 8 = Immune system at the throat

Products most likely to use: Digestive formula #5, Immune formula #1,3,4,5, Probiotics, Silver Shield, Garlic Molasses

Point 9 = Tonic

Products most likely to use: Specialty #2, Structural formula #4, Reproductive formula #2

Point 10 = has all been identified

Products most likely to use: changing something in their daily regimen, feed, water, grain,

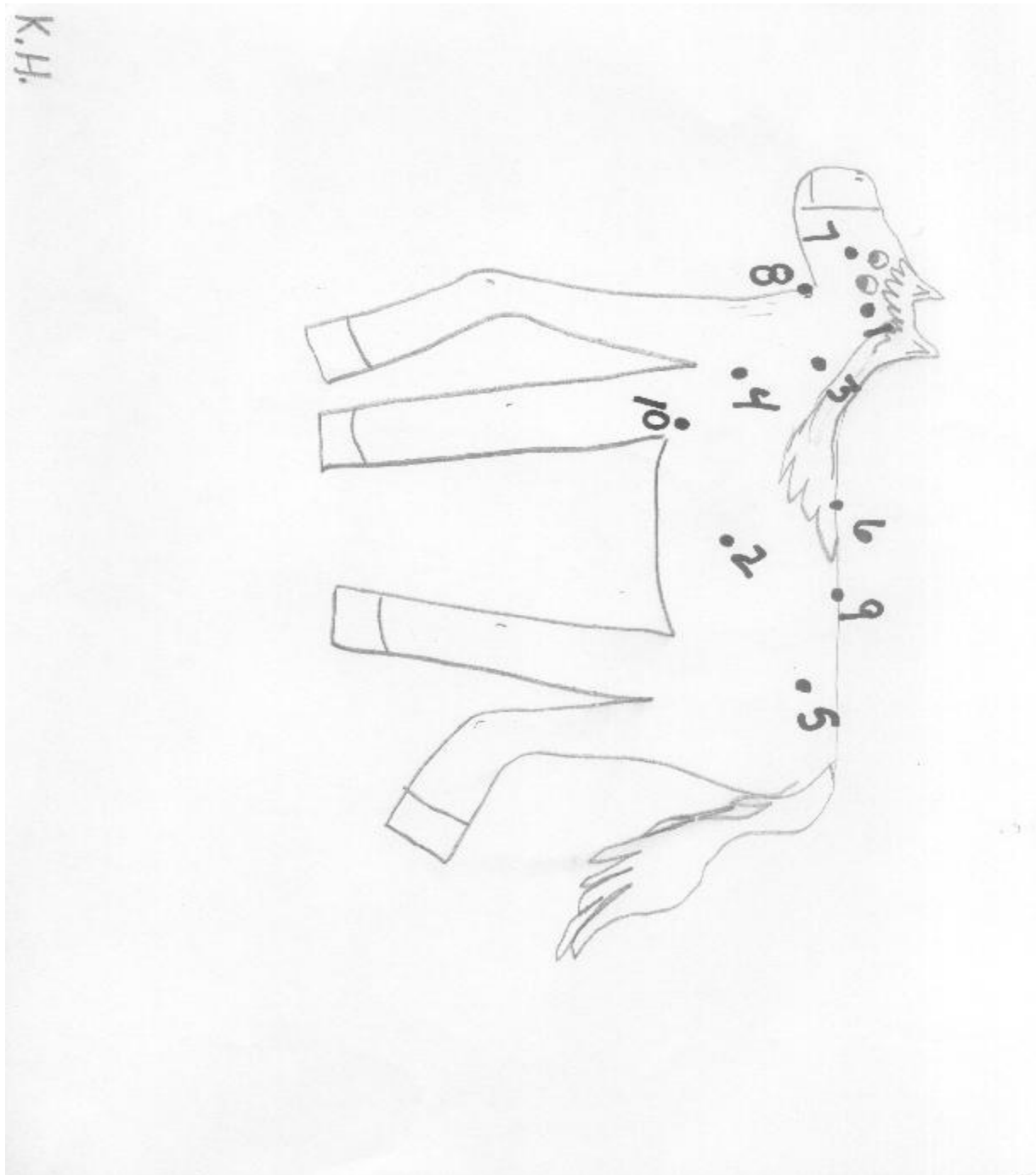
Most horses will only test for 3 – 4 items. You can ask at anytime during the test points if this is complete program for this horse, “call by name”

If the horse has a specific point with a problem, I would go directly to the site and test product to the spot, for the best thing to use.

Always be aware of what you are speaking and thinking as Kinesiology is basically a lie detector and will answer yes (positive strength) or no (negative, weak strength) to what is being



said.



HANDLER HEALTH

Remember, you are a big influence in your horse's health. So you can use the people chart I have included for yourself and you can test for the same products we have covered in the manual. When I take my loose herbs I like to measure them out and put them in water overnight then sip on them continually thru out the next day. Some additional products by Arthur Andrew also carried by Back to Basics Organics: in the digestive system would be Devigest. In the Glandular system would be Fibrovera or Provera yam cream. In the Immune system would be Syntol (Candida busting formula). And in the Skeletal and Circulatory system would be Neprinol.

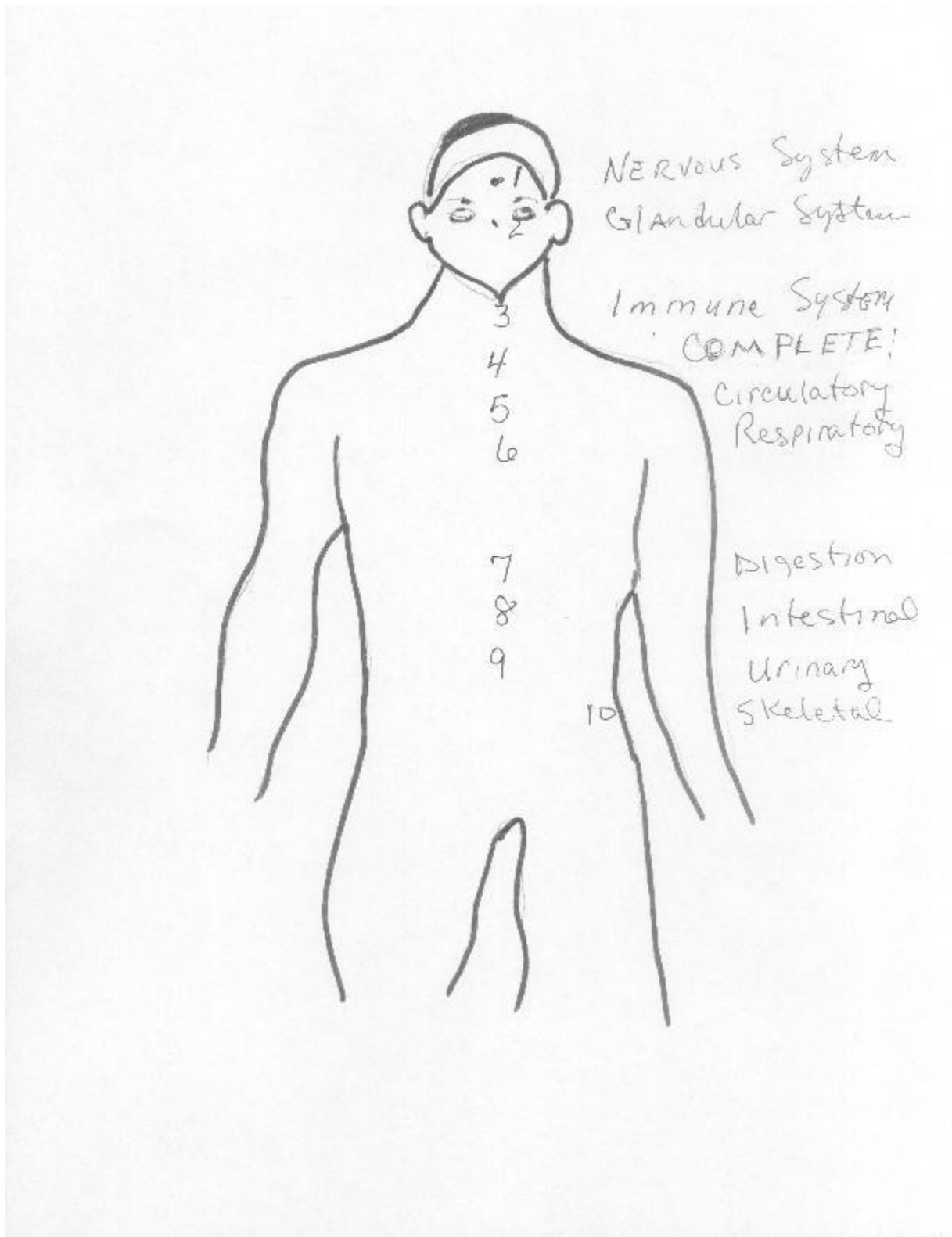
Another aid: If you go to <http://www.mynsp.com/backtobasics> there is a Health Analyzer button to follow. This will give you a questionnaire to complete and will help you select by science the best capsulated herbs to use. And remember at Back to Basics Organics, they specialize in creating personalized wellness recipes with the questionnaires form from this website:

<http://www.backtobasicsorganics.com/Wellness.html>

Print and send the 4 pages of questionnaires with a snap shot of your face and 15 strands of hair from the nap of the neck; (at this printing the fee was only \$50) for a wellness recipe designed for you specifically. Most helpful if you have a complex or severe imbalance or dis-ease affecting your optimal health.

Here is the chart with some beginning points to use for people if you want to extend your skills out a little further.





REFERENCES

I hope in the near future to be able to organize many of these products and have them available on my website. But for now – here are the places to obtain many of the items we have learned about in this course.

www.BackToBasicsOrganics.com

Our family's health food store. We do mail order everyday for those who have trouble finding quality supplies including empty capsules, bulk herbs, Molasses, Braggs Vinegar and organic coffee. I also do hair samples to create a wellness recipe of health.

www.mynsp.com/backtobasics

This is a direct site to order silver shield or over 600 people capsulated herbs. Be sure to check out the health analyzer to see where your weakness lays.

www.pesticideinfo.org

Check out the side effects of the chemicals in the fly sprays you are using and be familiar with the ones your clients are using.

www.ewg.org

This is my favorite site for people to find information on the chemicals in plastic, food, water, body care etc. They keep updated the dirty dozen foods and much of the info can be applied to equine friends as well. You know if it's bad for you, it will be bad for them as well.



www.ThinkTwice.com

Learn about the controversy and side effects with vaccines. Again, the info is targeted at people, so read and convert in your mind.

<http://www.modestomilling.com/index.html>

An organic feed company, for the purest grain you can find.

www.porta-grazer.com

Turns 2 feedings of hay into a simulated lush pasture.

<http://www.advancedwholehorsesdentistry.com/spencer-laflure>

Check out these ways of keeping the teeth healthy, which will affect the health of the whole body

www.responsibletechnology.org/gmo-basics/gmos-in-food.

A watchdog group for food safety; become aware of the genetic altering of genes in grains and foods. Not hybrid; genetics. (Ex. taking a spider gene and attaching it to a bacteria or virus to carry it into the genetic structure of the corn. Goes even against the first book of the bible; we are not to cross species in breeding!

<http://www.cococaballo.com>

A shoer's alternative approach to laminitis.

http://horsewellness-store.com/how_to_groom_your_horse.pdf.

Great article on grooming massage, by Stefanie Reinhold

www.reinholdshorsewellness.com is her website



<http://www.touchpointreflexology.com/index.html>

A great source for learning and being certified in animal reflexology, also for purchasing the reflexology books.

Peaceful Mountain Homeopathic Gels:

1.888.303.3388 out of Boulder, Colorado

www.montanaemuranch.com

I feel the best emu oil on the market.

“The criterion set forth with the "Laid in Montana" brand is that we use absolutely NO petroleum by-products, artificial coloring or scents, and no chemical preservatives. Our goal with this line is to provide nutritional balance to the skin and reduce toxicity.” As stated by Don and Penni Collins.

www.amazon.com

“Healing Energies” book to learn about kinesiology by Dr. Stephen Paul Shepard



***To obtain certification as a
Certified Natural Equine Counselor™
for this course...***

***The fee is \$175 - ...you will need to submit the test that is following
+with 95% accuracy& 3 case studies for practicum*.***

Send your work to the following address:

Natures Equine Answers

1307 South Heaton #B

Knox, IN 46534

www.NaturesEquineAnswers.com

***Juanita@NaturesEquineAnswers.com is my contact email for personal classes
and ordering of promotional materials.***

Keep a copy of your answers; we cannot be responsible for tests lost in the mail.

***Incomplete and inaccurate homework will be returned with the missing
information noted. There will be a \$25 retest fee for resubmission of your
homework.***

****A journal submission of notes on the 3 equines you choose for your practicum
include: Snapshot or video of the animal before and after 3 months of herbal
food. Your explanation of the condition of the horse upon the start and at the 3
month mark, plus what your hypotheses are the next step will reveal, and why.***

****What detective work you did in the horses' environment, to educate the
handler.***

****Description of your evaluation technique on each horse. Have your tried more
than one form of evaluation? Why or why not.***



***To obtain Certification as a
Certified Instructor of: Optimal Equine Wellness™~ course I
The fee is \$575***

Complete the above requirements for counselor then:

Complete 10 or more page essays in #14 font choosing 5 out of the following list of topics:

- *Para-Sympathetic Nervous system/ problems with equines***
- * GMO effects on the equine immune & digestive system,***
- *Contraindications of herbs for horses***
- *Stressor effects on Insulin Resistance and the counter balance***
- * Glucosamine effect on Insulin Resistance***
- * Flax Seed versus Chia Seed***
- *Why herbs are food not medicine***
- *Journal of an EIPH healing***
- *Submit an inquiry for special topic***

Essays must receive a 90% approval after I review and check your references.

You will also be required to answer an oral pop quiz over the phone on material covered in the manual with 99% accuracy.



TEST QUESTIONS:

AS OF September, 2011

1. What are the categories that are the root cause of dis-ease for the modern domesticated horse?
2. What order does the horse heal in?
3. How do toxins enter the horse?
4. How does the body cleanse these toxins?
5. What are 7 toxins covered in the manual?
6. What three herbs are great benefits for helping the body protect itself from radiation? And what blend has all three herbs in it?
7. What organ has the biggest effect on vision?
8. What effect would Nutritional Deficiencies have on a horse?
9. What becomes inflamed in the horse?



10. List 3 ways inferior herbal companies cheapen their products.
11. What is the most popular herb that is cheap and is sold as a very expensive herb if the supplier has no chromatography machine?
12. How does pain affect the brain and nervous system of the horse?
13. What are some tonic and nervine herbs to support the nervous system dealing with pain or overwork?
14. What are some nervine herbs to support the nervous system of an irritable non focused nature?
15. From the stomach to the large colon how many gallons of liquid is floating around?
16. How many feet total from the esophagus to rectum?
17. What is the volume the stomach can hold at any one time?
18. *Where do probiotics propagate and do their work?*



19. What converts nutrients from the blood into useable energy?

20. When would you NOT use enzymes?

***21. THINK! Where do the beginning of calcifications and arthritis come from?
And why?***

***22. Tenderness on the right rib cage of the horse is a sign of what organ
congestion?***

23. What herb neutralizes acid for ulcers?

24. B vitamin-Biotin is most available in what 3 sources:

25. Where do horses find MSM naturally?

26. Name 5 things that cause an acid pH balance:

***27. Vibrations from road travel are raising the incident of what digestive
problem?***



- 28. *What herbs help the liver with metabolism?***
- 29. *When is the best time to start an herbal worm detox?***
- 30. *Skin problems are a sign of congestion where?***
- 31. *What is the number one reason for congestion in the liver?***
- 32. *What areas of the body are affected by a compromised circulatory system?***
- 33. *What will take fibrin out of the circulatory system as well as scar tissue?***
- 34. *What herbs for the circulatory system will thin the lymphatic fluid to get rid of congestion faster?***
- 35. *What are the dates of the next 5 full moons?***
- 36. *What is the most common food to cause inflammation and puffiness inside the veins and arteries?***



37. What is your opinion of the cause of Exercise Induced Pulmonary Hemorrhage?

38. What does an adaptogenic herb mean?

39. What is the main reason for congestion of the capillaries within the kidney?

40. Why would the horse's lower back hurt?

41. What will stop the burning in the bladder the quickest?

42. What are the three defense shields in the Immune formula #4?

43. Which herb can do 3 different jobs in the Immune formula #5?

44. For an acute viral or bacterial infection how many times a day will the horse need to take his herbs? And how will you determine what else to give him?

45. What causes strength in bones?



46. What causes flexibility in bones?

47. Synovial membrane secretes a fluid that does what?

48. To maintain healthy legs and hooves what systems need to be free flowing?

49. Which formula provides nutrients in natural forage form to strengthen the bones, tendons, muscles, cartilage and ligaments?

50. What system would you support for pain issues in the skeletal system?

51. If a performance horse is using Structural formula #4; would he need anything else? Why or why not?

52. Inadequate levels of what vitamin may result in hoof dryness?

53. What is an uncommon reason for runny nose?

54. What 2 factors may reduce the amount of irritants from entering the respiratory system?

55. What 2 systems are also connected to an optimal respiratory system?



- 56. Name 6 Irritating culprits to the respiratory system.***
- 57. What could cause an excessive drying condition in the respiratory system?***
- 58. What purpose would an antiseptic have in the Respiratory formula #2?***
- 59. What toxin in city water could affect the Pineal Gland?***
- 60. What in the sperm would cause a low sperm count? And what is the number one reason for it to occur?***
- 61. What herb will keep the hind legs and hips strengthened for a long life of breeding in stallions?***
- 62. What herb may increase the animal's hyaluronic in hoofs and collagen?***
- 63. What formula would you want to feed to a brood mare and why?***
- 64. What causes the horse to have an infection? Do you believe the answer to be the same for people?***



65. What immune formula could be used daily? Why and how much would you feed?

66. Why would you add formulas to Immune formula #4?

67. What herbs have antibiotic qualities?

68. What 2 systems should be analyzed for support if the vet says your horse has a bacterial infection?

69. What medium would you use to apply Immune formula #2 to a cut?

70. What herbal blends would you use for a snake or spider bite? Why?

71. What herb has an action similar to the bugler in Civil War times?

72. List 7 different herbal warriors.

73. List 2 herbal medics:

74. List 3 different nutritive herbal sources.



75. List 3 different adaptogen and where they are most commonly used.

76. What is another name for Oatstraw?

77. What is another common name for Shavegrass?

78. What systems would grooming and massage benefit?

79. Can a horse vomit?

80. What is providing essential oils in the Reproductive formula #2?

81. What helps fight communicable disease naturally?

82. What herb is rich in Folic Acid which is known to support brain stem development?

83. What herb is balancing to the whole endocrine system for both mares and stallions?

84. The herbs cilantro, artichoke, and dandelion; are best known to cleanse what organ?



85. What is the biggest contribution to xenoestrogens (producing excess estrogen) that is used in most stables?

86. Radiation is a new challenge in many areas, what bodily challenges is it presenting?

87. What is the advantage of chia seeds over flax seeds?

88. Why would you want to soak seeds before feeding?

89. Why would you want to soak herbs in vinegar?

90. How much garlic do you add to garlic molasses to make the immune tonic?

91. What natural products mimic the action of Bute without the side effects?

92. Currying in the Masterson Method™ has what motion and why?

93. What tools are considered no-no's in the Thoughtful Grooming?

94. How many systems are there in identifying optimal wellness?



95. Can handlers make their horses sick?

96. What is your favorite herb and what primary action does it have?

97. Do you believe that teeth problems can affect muscles? Why

98. Do you believe that horses need shoes to keep their hooves from cracking? Why?

99. What are some of the reasons Kinesiology would not work for you?

100. What part of the brain is responsible for learning, memory, behavior, and voluntary motor control?

101. When should the horse absolutely not be given mineral supplements?

102. What does the word "virus" mean in Latin?



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