



November 2009 NEWSFLASH!



Equine and Small Animal Veterinary Specialty Practice
A new paradigm veterinary practice!
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"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

- Margaret Mead

Giving Thanks

It is few that haven't been touched or know someone that has been touched by our harsh economic times. As we approach the day of thanksgiving, I turn my thoughts to all I have to be thankful for.











I will be moving into my new home on Thanksgiving Day this year, after 3 years of looking for just the right location; a very appropriate day for moving.

I am thankful for

my horses that have taught me so much and have waited so patiently for me to find us our new home,
all the wonderful people I have met this year that have enriched my life and
all the wonderful adventures I have had, which many of you have made possible.

I wish you all a day of joy and peace this Thanksgiving Day.

Blessings,
Dr. Suzan

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Healing Through Bioenergetic Fields – An Emerging Healing Modality

My daughter, a freshman in the naturopathic medicine program at Bastyr University, north of Seattle, WA, had invited me to sit in on some of her classes. I took that opportunity last week and came away simple amazed and excited about what they are teaching first year medical students. The talk was on biofields, by neuroscientist Leanna Standish. She talked about the shift from the old western science scientific materialism paradigm model of healing to a quantum entanglement holistic model. This included healing through use of biofields. Why did this excite me? That is largely what I use in my healing modality of Quantum bodywork. It is the unseen, but highly effective use of energy fields to heal at the cellular level.

Dr. Standish cited many rigid scientific data supporting these. She also talked about the experiments she is doing in Seattle of healing highly malignant brain tumors with biofields. They are using “healers”, many of which are Qi Gong, masters to affect these tumors. MRI’s are used to see the changes in the brain of increased heat and circulation when the healers are healing. The pictures she showed of the brains before and after treatment by these “healers” were astounding to see.

To see freshmen in a medical school being taught the knowledge I had to learn through self study and 5 years of study under a master teacher was refreshing. I only hope that this knowledge will someday be taught to veterinarians so that our beloved animals may benefit.



Universal Mind Lattice
Alex Grey
<http://www.alexgrey.com/>

Lightweight Safety Halters



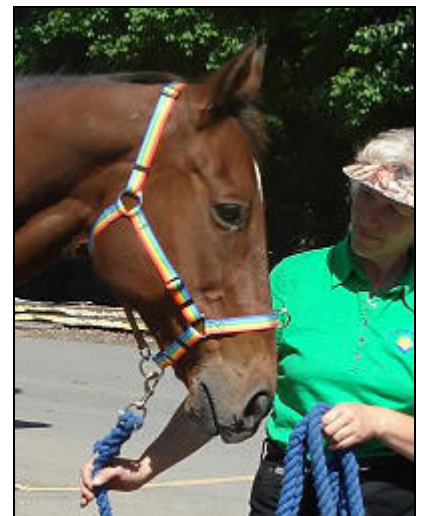
Lightweight safety halters are a great Holiday gift for your horse, or a friend with a horse.

10% off if you mention you saw it here!

My long search for a lightweight comfortable halter for horses came to an end this past summer when I met Jeaniene Jones, who designed and created a halter to find a safer and more comfortable answer for horses that had to wear halters in turn out. I love her halters and have them for all of my horses for everyday use.

- Lightweight
 - Comfortable
 - Easy on and off
 - Adjustable
 - Available in a myriad of colors
- (My personal favorite is the rainbow.)*

www.safehorsehalters.com





The Gift of Giving, Help a Horse Have a Better Christmas

Help a Horse have a better Christmas!

I have had the wonderful opportunity to work with the crew at People Helping Horses, a horse rescue group out of Raven Stables, in Arlington, WA, for the last few months. They are dedicated to true healing, mentally, emotionally and physically, and training the horses before adopting them out. They are a not for profit group that runs on donations. As a reflection of the economy their donations are down from last year. I urge you to consider a tax deductible donation to PHH this holiday. Blessings.

Web: www.peoplehelpinghorses.org

Blog: [Back to the Barn](#)

Twitter: [HelpAHorse](#)

Facebook: [People Helping Horses](#)



Newsletter registration:

http://visitor.constantcontact.com/manage/optin/ea?v=001XOXiuHMUerT2u9f_B93gFg%3D%3D

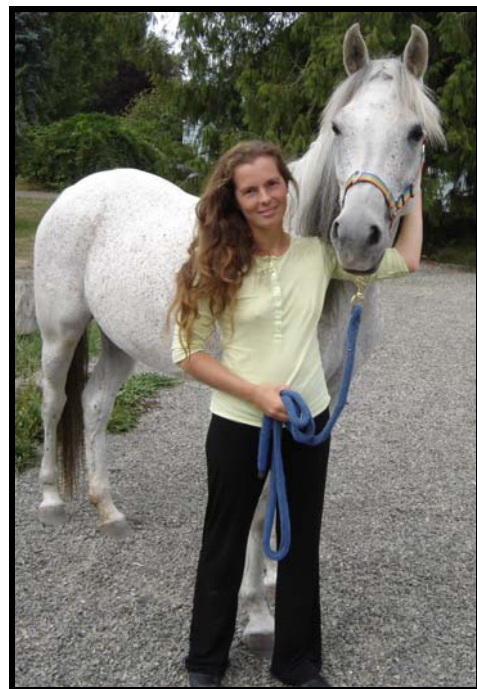


A Paradigm Shift – A True Life Story

I met Karen and Charity a couple of years ago. Karen is the talented graphic artist and photographer behind my web site and many of the pictures you see on it. Charity is a mare with a lot of spunk, character – and a great sense of humor. She liked my bodywork so much that she tossed me into the middle of a mud puddle during one session. I found in working with Charity that she would regress between treatments. After Karen moved her to a new environment, she evolved rapidly with no regression. This story is a wonderful true life example of group consciousness and how it affects healing, and a personal journey to a different relationship between horse and rider.

"There is always time." Those were the words in an earlier Healing Heart Newsletter. Time with horses is priceless. It has a calming effect and can bring peace back into our bodies; at least that's what I had the pleasure to learn from my horse.

Her name is Charity. She is a cross between a Trakehner mare and an Arabian stallion. I found her at a little backyard breeder barn in Bothell, amongst at least 18 other horses. The barn was small and old, with lots of junk lying around everywhere. The first time I met Charity she had a foal on her side and was very thin. I bought her from the breeder but had her boarded there, helping the owner to cope with the other horses. There was almost no turnout, but at least Charity had a small paddock most of the time. Cleaning stalls, fixing the barn, digging drenches, organizing and re-organizing tack and all the other little things didn't leave much time to play with the horses. If there was time, it was spent lunging or riding, always being under pressure from the fading daylight, or the horses left in the barn that wanted some attention as well. So I was always agitated while riding. It was a good time, busy as hell, but I felt very valuable, especially when I got a whole shit load of work done. Sure, I was exhausted, but the horses felt better, right? Only now I can see what a crazy world I was part of.



Karen and Charity

In July this year I got an offer from a barn owner in Monroe, to work off part of the board with website work. I jumped right on it and moved my horse there. When Julie came to pick her up, Charity didn't waste a minute and stepped right into the trailer. I collected my things and followed them. After arriving at the new barn I put her into a huge pasture right away, with one other horse on it. My mare had a big smile on her face when I left that evening. I gave her some time off from riding to get adjusted to this new place.

Suddenly, I had time on my hands. Having no more barn chores felt very strange at first, almost useless, but now I could spend time with my horse, and that's what I was doing. We use the round pen and have fun there. Ever done a follow-up? It's exhilarating! I now have a horse that follows me everywhere (at least as long as there is no food nearby...). Sometimes we go to the big field in the back so she can graze. It is great to smell the grass, feel the contentment of the horse, and to actually be led by her. Yes, I give her control over the lead rope when she eats. She gives it back when we walk back to the barn. It is amazing how much more in tune we are now when we ride.

Since the move, Charity's back has improved considerably. She always had a little swayback before, but being able to graze all day has helped greatly. Her muscles are supple and the legs have a wider stance. The change in her demeanor is stunning. I don't have to chase her around in circles any longer for her to get her 'zip' out; it's already out when I collect her from the pasture. When I ask her to trot or canter, she still does it on cue, but now I can see that she really enjoys it. Our arena is enclosed, so I sometimes tack Charity up and then turn her loose; then we play. I can walk next to her, stop, go backwards, turn left, turn right, and she follows. Or I send her out with my hand to go a little faster, trot around her and she trots around me. It's easy to play with her. She is so much tuned in to me now.

Last week I had her give me a ride. All I did was sit on her back, hold on to the loose reins and a bunch of mane, and let her go wherever she wanted. After a while she figured out that she didn't have to walk, and just stood there in the sun. It was great to feel her breathe under me, just standing there in the sun.

Moving my horse to a new place has improved her quality of life considerably, but it also had a profound impact on mine. Of course there is the peace of mind, knowing that she is well cared for when I am not visiting, but also actually having time to spend with her in any way that feels right when I come out is absolutely great. I am not set on riding any longer, completely lost my 'you have to' attitude. There are so many things one can do with a horse that don't involve sitting on her back. Sure, riding is fun, and I still do it all the time, but now I don't do it to my horse anymore, I do it with her.

- Karen Wegehenkel
www.wegehenkel.com



Too Much Dewormer Causing Horse Parasites Resistance

Written by Lisa Kemp

Parasitology experts, alarmed by signs of parasite resistance in global equine populations, are now advising a more sustainable approach to deworming, including different strategies in pasture management, fecal testing, and dewormer selection. Deworming is still necessary, but understanding how parasite resistance develops, and the latest guidance on equine parasite management, can guide you in making safe and effective choices for your horse.

THE WORM DOCS

Equine parasitologists are finding that parasite resistance to anthelmintics, drugs that expel parasitic worms (helminths), has increased since the 1950s. They're sounding the alarm now because of the dearth of effective deworming drugs entering the marketplace, meaning we need to make sure what we have access to still works.

The parasitologists are also working to find solutions. Recent parasitology gatherings and conferences have focused on topics such as quantifying parasite resistance and developing sustainable practices. Eight video presentations from a March 2009 gathering at the University of Kentucky Gluck Equine Research Center have been recorded and archived at TheHorse.com, and together provide an overview of the issues and proposed solutions. Other informational resources are available online; simply do a search for 'equine parasite resistance' or related keywords.

The World Association for the Advancement of Veterinary Parasitology ([WAAVP](#)) conference, happening now (August 8-13) is titled 'Parasites in a Changing Landscape.' While the topic matter is broader than just equine, a quick scan of the scientific program shows that parasite resistance to anthelmintics, and managing and optimizing deworming protocols using fecal egg counts and sustainable practices, are hot topics in the industry.

IT'S ABOUT TIME

Parasite resistance didn't develop overnight, and our past deworming practices played a role. Since the 1980s, a variety of over-the-counter paste wormers have made it easy to deworm horses according to the calendar. Squeeze, squirt, swallow -- another worm bites the dust. But that easy approach and sometimes prophylactic use of medication fostered an environment in which the parasites left behind are resistant to deworming medication, and they're the ones passing on genes to future generations of parasites.

One indicator of anthelmintic resistance is the time interval between deworming and the recurrence of parasite eggs in the feces, referred to as an egg reappearance period (ERP). A 2008 study showed a shortened lifespan and maturation cycle in small strongyles (cyathostomes) following ivermectin treatment; the parasites returned more quickly than when ivermectin was first commercially available. The concern is that lower ERPs might indicate a resistant parasite population.

Experts differ in their opinion of just what constitutes a resistant population, whether it's up to 25% of a population showing signs of resistance, or if it's any indication of resistance at all. What they do agree on is that it's irreversible.

LET'S TALK WORMS

"When ivermectin came out about 30 years ago, *Strongylus vulgaris* (large strongyle) was the parasite we were targeting most; it did a large amount of damage to both young and adult horses," says John Byrd, DVM, owner of Mahomet, Illinois-based [Horsemen's Laboratory](#). "Ivermectin killed adult *S. vulgaris*, but also 90% of the strongylus vulgaris larvae circulating through the horse. We never had a product that effective before," says Dr. Byrd. "Due to ivermectin, we rarely see *S. vulgaris* anymore, yet we're still deworming our horses as if it's the big problem it was."

Historically, large strongyles, also called bloodworms, were the origin of significant health issues in horse populations where they had gained a foothold. With larvae that migrate through a horse's organs as well as its intestinal tract and arterial system, *S. vulgaris* have caused thromboembolism, colic, and death.

As for other parasites, they cause varying amounts of harm. Small strongyles are pesky and can bring about diarrhea and weight loss, but they remain in the gut for their lifecycle and don't seem to cause the more serious health issues their larger brethren do. Various species of tapeworms (typically *Anoplocephala magna* or *Anoplocephala perfoliata*), long thought not to affect horses since segments dissolve in the large intestine and aren't typically visible in manure, can contribute to a range of problems including ileal impaction or spasmodic (gas) colic.

Hoyt Cheramie, DVM, MS, DACVS, of Veterinary Professional Services at [Merial Limited](#), says that ascarids (*Parascaris equorum*), also referred to as roundworms, are a serious issue for foals, and it's the eggs that are infective. "After 10 days of being passed, ascarid eggs have infective larvae in them, and they can be picked up from almost any surface. Plus, they survive for an amazingly long time," says Dr. Cheramie. The ascarids travel through a foal's lungs, causing damage that can limit functionality and health. Fortunately, adult horses are generally resistant to ascarids.

Addressing parasites successfully has a proven, direct effect on the health of the horse; the question now is, what's the best methodology to prevent parasite resistance and maintain anthelmintic efficacy?

FINDING REFUGE IN REFUGIA

Enter the concept of refugia, essentially a way of keeping the parasite gene pool sensitive to anthelmintic drugs. If an entire parasite population is killed off, the only worms remaining are those that survived the dose, and are resistant to the medication. If all you have are resistant parasites, their stronger genes are going to be passed on.

However, if sensitive parasites escaped the deworming medication, then you have a better chance of maintaining anthelmintic sensitivity in your parasite population, allowing you to keep it from getting out of hand and harming your horses. “Until recently, if we found any eggs at all, we recommended deworming the horse. Following the Gluck symposium, we now advise the owner that it’s better to leave a few strongyles behind, and try to explain why,” says Dr. Byrd.

Maintaining refugia in your parasite population is like working with the worms rather than decimating them. Your best chance for success involves a combined methodology of:

- smart pasture management
- selective, customized use of dewormers
- ongoing assessment of parasite numbers (fecal egg counts)
- awareness of each horse’s ‘shedding’ tendency

DON’T PUT ALL YOUR EGGS IN ONE Paddock

If you’ve not heard of ‘shedding’ before, it’s an important concept in the new strategy for controlling worms. Although it’s not clear why, some horses will simply shed more eggs in their manure than others, leading to more opportunities for re-infection for the entire herd.

By deworming high shedders more frequently, you’ll minimize the numbers of eggs going into the environment. However, to compensate for that additional deworming and to promote refugia, you should deworm low-shedding horses less frequently, sometimes as little as once or twice per year.

“We don’t see horses that get dewormed less frequently dying from parasite infestations as we did with *S. vulgaris*. The parasites we typically deal with don’t intend to kill their host, which would then limit their lifespan. It’s not in the best interest of the parasite to damage the host,” says Dr. Cheramie. He points out that understanding how parasites operate, and managing them to limit transmission and maintain refugia while preventing clinical disease, are the current strategies being embraced globally.

“One theory in humans is that a baseline level of parasitism helps to modulate the immune system, something that’s been suggested due to the lower level of allergies and immune related diseases seen in undeveloped countries than in the U.S.,” says Dr. Cheramie. “Whether or not we can extrapolate that to the horse remains to be seen, but there’s now some thinking that the goal of parasite control shouldn’t be to have zero parasites, but instead to control and limit the transmission of parasites across equine populations as much as possible.”

A NEW PARASITE PARADIGM

This new parasite control strategy means a little more work, and a bit more thought put into the how and the why of deworming practices. It’s no longer total annihilation of parasites, but sustainable management of environment and practices. It’s a recipe to protect the effectiveness of the deworming drugs we already have, so that we can continue to use them.

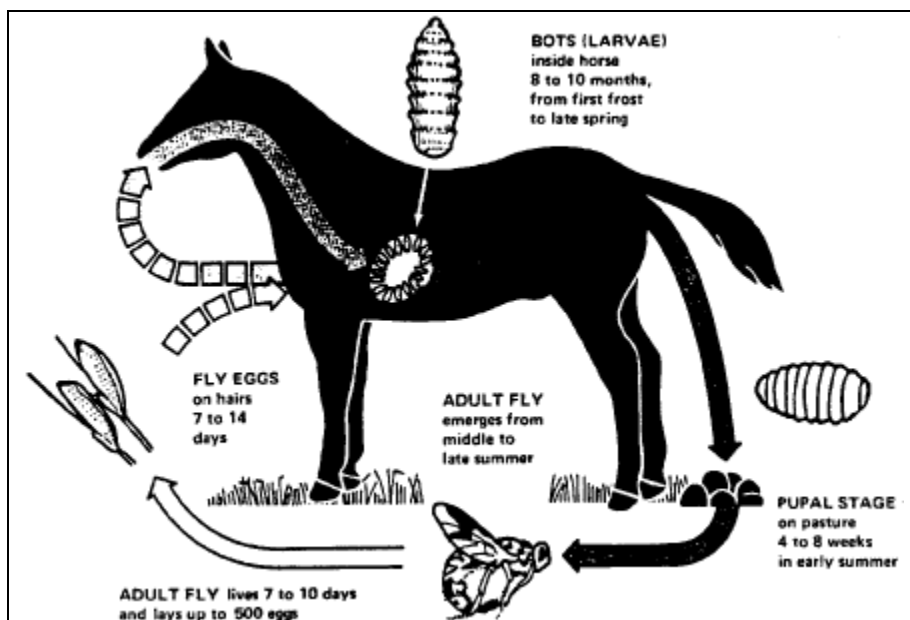


What You Need to Know About Bot Flies

Those little yellow eggs you find from mid-summer to fall on primarily your horse’s legs, and neck, although they can be anywhere, are from the bot fly. Bot flies resemble honey bees and horses can get very agitated when they are flying around them. It is wise to remove the eggs from the hair as soon as you see them. Although there are all sorts of gadgets out there to perform this task, I prefer to just use my finger nails. Admittedly, my horses get very few and so a few minutes daily usually does the job. If you reside in an area where they are abundant, then investing in a scraping blade type of instrument to aid you in the removal may be a good use of your money.



Horse bot fly



I recommend worming with a wormer that kills the bot larva which lives in the stomach after the first hard frost in the fall. The freezing temperature kills the bot flies. Some also recommend worming in the late winter with a boticide, although this depends on your individual situation. I personally worm in the fall with a wormer that get tapeworms (which I do once yearly) and bot fly larva. Remember that wormers work because they are toxic and kill the worms, so be sure and monitor your horse for any adverse reactions during the following few days. The two following links provide excellent information on the life cycles and appropriate preventive measures of larval infestation which can create disease in your equine companion.

<http://insects.tamu.edu/fieldguide/cimg241.html>

http://www.pfizerah.com/Print_Friendly.aspx?country=us&lang=en&species=eq&drug=pu&t=2329&key=2271&type=3&s=/health.aspx



Alternative Ways to Beat Fungal/Bacterial Conditions

Written by Shari Frederick

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http://www.holistichorse.com/index.php?option=com_content&view=article&id=377:alternative-ways-to-beat-fungalbacterial-conditions&catid=67:sharis-healthy-horse-hints&Itemid=127

Horse guardians dread seeing any skin disorder, especially fungal and bacterial conditions like ringworm, girth itch, and rain rot. Once these skin disorders set up, it is a challenge to eliminate them from one horse, let alone the entire barn or stable.

ACUPUNCTURE AND ACUPRESSURE

From the Traditional Chinese Medicine perspective, the first line of defense for skin disorders is prevention. When fungal and bacterial skin issues do arise, they are considered "toxic damp heat." When a horse has a healthy, balanced immune system, his body can defend itself from skin disorders. By adding a short acupressure session to a grooming regimen, horse guardians can boost the horse's immune system needed to ward off dreaded fungal or bacterial skin issues.

Specific acupressure points can support the horse's immune system and defend the body from skin issues. By placing the tip of your thumb on the acupressure points (also called "acupoints") and being sure to do this on both sides of the horse's body, you will enhance the flow of Chi, life-promoting energy, throughout his body.

Suggested acupoints are:

- Large Intestine - Crook in the Pond, commonly used to maintain the health of the skin while also boosting the immune system.
- Stomach - Leg Three Mile, known for its ability to enhance the flow of Chi throughout the horse's body.
- Bladder - Lung Transporting Point, directly connected to the energy of the Lung which is responsible for the health of skin in general. This acupoint has the added attributes of relieving itching and eliminating damp heat.

These acupoints, combined with a healthy lifestyle and a clean environment, can keep your horse's skin strong and his spirits high.

-- Amy Snow and Nancy Zidonis, Tallgrass Animal Acupressure Institute, www.animalacupressure.com

AROMATHERAPY and ESSENTIAL OILS

Essential Oils are best diluted in a carrier, such as aloe gel, before applying directly to the skin. Suggested blends for hair loss, inflammation, soreness, and other bacterial infection-related symptoms include:

1. 10 ml aloe vera gel as a base 10 drops each of Frankincense, Myrrh, Patchouli, and yarrow. Blend in 5 ml of linseed oil. Add Chamomile water gradually (up to 100 ml) until there are no separations. Store out of direct light and extreme cold in a jar or bottle for up to 1 year.
2. Use a few drops of lavender in aloe vera gel to stimulate healing. Alternate with tea tree oil ointment for the immune system, or try lemon and litsea cubeba essential oils.

FLOWER ESSENCES

Flower remedies specific to stress reduction help alleviate the stress contributing to a lowered immune system. Trigger the body to start healing using:

- Rescue Remedy (rescueremedy.com)
- CrisEase (equilite.com)
- Five Flower Formula (fesflowers.com)

HERBS

Herbal blends specially prepared by an herbalist should include red clover, licorice, Echinacea, fenugreek, and violet to help with blood cleansing to rid toxins and reduce skin sensitivity. If the horse's immune system is run down, or depleted by prolonged itching or distress, offer the herbs rosehip and maritime pine bark. Vervain and St. John's Wort (hypericum) strengthen the horse's nervous system.

Garlic is a great antifungal herb because it is proven to work against various microorganisms, including bacteria that resist antibiotics. Also among the antifungal herbs is ginkgo biloba because the flavonoids in it are potent free radical scavengers that eat bacteria or fungus.

Bilberry, echinacea, and milk thistle are known to produce antioxidants that are not just good for the body but also for the skin. Also, these antifungal herbs help in boosting your immune system, making you less susceptible and stronger against infections.

Goldenseal contains berberine, a powerful antifungal and antibacterial compound that is also found in Oregon grape and yellowroot. All have been used to treat yeast and other fungal infections.

Tonics are a great addition to a horse's diet to avoid susceptibility to bacterial infection.

- Nettle is high in iron, increases circulation, strengthens the blood, and improves the immune system. Use 1-2 cups of nettle (dried or fresh) in 1 liter of water, boil, cool, and add to the horse's drinking water.
- Dandelion, either a few leaves daily or also offered as a tonic tea, is a good support for the liver, as is St. Mary's thistle.

HOMEOPATHY

1. At onset, use 30c Aconitum napellus to fight infection.
2. Try 30c Arnica. Follow with 6c Aconitum if infection occurs.
3. If skin infection follows vaccination, use Thuja.
4. Tellurium is mentioned for use with rain rot.
5. Consider Arsenicum or Graphites for weepy sores.

TOPICALS

Fresh chickweed herb boiled in lanolin makes a cream.

- Crush chickweed or plantain in your hand and rub on itchy areas for immediate relief.
- Add the crushed herb to aloe gel for easier application.

Licorice contains at least 25 fungicidal compounds

- Add 5 to 7 teaspoons of powdered licorice root to a cup of boiling water and simmer for about 20 minutes.
- Strain out the plant material.
- Using a cotton ball or clean cloth, apply the liquid to the affected area one to three times a day.

Poultices are excellent to draw out infection.

- Put slippery elm powder on a clean cotton pad.
- Soak with hot water, cool to warm, wring out excess water (but keep the gel) and apply to affected area for at least an hour if possible.

Sprays, such as diluted lemon juice or vinegar (100 ml) added to antiseptics like 5 ml eucalyptus or thyme oil, and 4 cloves of garlic (peeled and crushed) are easily applied. (Caution: may sting sensitive open areas). Add 5 ml of Thuja to the spray for additional antifungal properties.

Tea can be made using dried chamomile flowers or tea bags.

- Spray the tea on a damp coat to soothe skin (chamomile is naturally drawn down the hairs to the skin)
- You can add some hypericum oil, but be sure to agitate the sprayer to assure the oil is released.
- Any leftover chamomile tea can be used directly on the horse's feed.

Scientists have demonstrated that lemongrass has significant fungicidal activity against several common infection-causing fungi. You can enjoy one to four cups of lemongrass tea a day. Spent tea bags can be applied to skin. Washes containing 20% copper sulfate powder (available at some feed stores) and a cup of cider vinegar in 1 qt water will assist killing any fungus. (Dilute for sensitive skin).

Topical salves help soothe and heal. Alternate or use one or more of the following:

- propolis cream
- aloe vera gel (soothes itching and encourages new hair growth)
- tea tree oil @ 10 drops per 1 pt of warm water. Tea tree oil is a powerful antiseptic that is very useful against fungal skin infections, including athlete's foot and yeast infections. Never ingest the oil. Like so many other essential plant oils, small amounts of tea tree oil, on the order of a few teaspoons, can be fatal.
- colloidal silver has been used against Staph infections.
- make a preparation of Vitamin E oil, Aloe vera gel and 5 ml of hypericum oil for topical use. After inflammation has subsided, try comfrey ointment or rosemary oil 1-2 times a day to encourage new hair growth.
- Iodine can be so potent there is a restriction on the amount of iodine allowed in topical preparations. Anything higher than a 2% solution must be registered as a drug.

Sources:

Shari Frederick, Healthy Horse Hints™

Nancy Zidonis and Amy Snow, www.animalacupressure.com

www.naturalhealthblog.savvy-cafe.com

www.mothenature.com



Combining Western Nutritional Science with Eastern Food Therapy



This pet food was developed by 2 veterinarians based on Chinese medical paradigms and the energetics of food. Although I have not personally tried it myself, I am very impressed by how it is made and the ingredients. It has the characteristics of a truly superior diet for prevention or treatment of dis-ease. As I have seen in my own animals and over 27 years of working with dogs and cats, diet is one of the single most important factors for radiant health and dis-ease prevention. A website worth checking out - www.pettao.com/vet.