



A new paradigm veterinary practice!
Equine and Small Animal Veterinary Specialty Practice
 Dr. Suzan Seelye, DVM, CVT, CVA | contact: info@quantumvet.com | 360-348-0285

Newsletter August/September 2008 - volume 5

There is No Rushing a River

When you go there, you go at the pace of the water and that pace ties you into a flow that is older than life on this planet. Acceptance of that pace, even for a day, changes us, reminds us of other rhythms beyond the sound of our own heartbeats.”
 Jeff Rennie



- New Venturespage 1
- Clinicspage 2
- A Love Storypage 4
- Laminitis – featured guest article by Christina Clinepage 5
 (NOTE: Horse Owner Hoof Trim Clinic info at end of article).....page 7
- Product Highlightpage 8
- Book Reviewpage 9

NEW VENTURES

My latest entrepreneurial adventure is with a company called MBS Connect whose vision is:

“Creating a world where everyone is empowered to live well.”

To quote from their website, “MBSconnect (Mind, Body, Soul Connect) serves as a bridge between the wellness world and the world-at-large. We provide comprehensive, interactive, and easy-to-use resources to compassionately meet wellness seekers wherever they are on their journey. Wellness is the solution to the current universal health care crisis. MBSconnect stands for moving beyond the oftentimes portrayal of “healthy” as actually one step above being sick. MBSconnect is responding to the call for a truly holistic paradigm in offering integrated services for sustainable wellness.”

The CEO of MBSconnect phoned me a few weeks ago to discuss their expansion to include pets and asked me to be their official (w)holistic veterinarian spokesperson, which I most humbly accepted. Watch their website for this new division to open mid October. My articles will show you how to create a healthier, happier (w)holistic pet.

CLINICS

A MEETING OF THE MINDS



In June, I invited Centered Riding instructor, Nancy Kittleson, to share her wisdom and talent in a joint venture 2-day intensive clinic aimed at empowering people through knowledge to create lasting change. The intensive was not only packed full of information and experience but a lot of fun and laughter shared by all. To see such dramatic change in horses and riders



in such little time, when a group of like-minded individuals got together, was astounding to me! One of our participants, Karen Wegehenkel, professional graphic artist and photographer (www.horse.wegehenkel.com), managed to capture a few photos, some of which we highlight in this clinic article.

In the classroom portion of the workshop, clinician Nancy Kittleson led participants through a series of instruction to show how our movement and balance affect our horses, demonstrating exercises to create self carriage in our position so that the horse can effectively mirror us rather than compensate for our crookedness.



Body Symmetry & Balance

Demonstrating how alignment with symmetry creates balance on the ball, much like on the horse's back. Using awareness of where the ball wanted to go helped us to see what we needed to change in ourselves, which would lead to our own body awareness of asymmetry and what to do to change that to symmetry.



Focus and Awareness

Becca's feet are off the floor and the chair is to help balance until she can find it in herself, then she can let go and stay softly balanced on the ball, even moving it as her horse would move. To do this, she will need to flatten her back by allowing her tailbone to drop, her pelvis to level and her front (pubis) to come up. In this photo, her ball is falling on its forehead because her pelvis is tipped forward.



Awareness

An effective technique to teach the effects of asymmetry in the rider and then what happens when the rider has symmetry. It became easy to be the horse and do what the rider asked when symmetry and balance were there.



Dancing

The rider holds the horse by one hand and the waist. By doing common rider faults, such as looking down, holding the breath, hollow back, collapsing to one side, and holding on too tightly, the "horse" knows what the real horse feels when the rider does them and why the horse responds as they do, or don't!

Nancy: "I had a wonderful time working with the participants and seeing how their awareness developed both in their own bodies and in working with their horses. Balance and using symmetry to create the balance allows us to be stable and light in the saddle, which then leads to softness and effortless communication with the horse and brings them into symmetry and balance, leading everyone to self carriage."



Dr Seelye demonstrating exercises to teach correct balance in the horse by establishing new neuromuscular memory patterns.



Introductions are made before an evaluation.



Examining the bladder meridian back-shu points which help diagnose internal disorders.



Ground work to improve relaxation, focus and presence were part of the day's lessons.

FUTURE CLINICS:

Heal Your Horse, Discover Yourself ADVANCED clinics are scheduled for:

- September 28th – FromTheMother Farm, Snohomish, WA
- October 5th – (Location to be announced)

Heal Your Horse, Discover Yourself BEGINNING clinics are scheduled for:

- November 22nd – Victoria, BC, Canada
- December 6th – Whidbey Island, WA

The advanced clinics are for those who have already attended a clinic or had a horse treated by Dr. Seelye. A separate mailer with details will be forthcoming. If you would like to be on the separate clinic notification list, or more information, please feel free to e-mail or call Dr. Seelye. Email: healingheart-vet@aol.com, Tel #: 360.348.0285

A LOVE STORY



A match made in heaven! The story of how Becca and Emit came together is truly a lesson in synchronicity. Emit's story is an all too common one of how a horse's body "conforms" to what we ask them to do. Pushed hard and fast in his training at a very young age without regard to his mental and physical wellness – like sending a sixth grader off to college – by a trainer that had an agenda, he became severely compromised in his body. A talented, willing horse that gave his all to what humans asked of him, he belonged to an eager teenage rider who evented under a trainer that thought eventing at higher levels meant success. Emit was eventing training level by age 4 and neither rider nor horse were mentally ready. It ended in disaster when Emit came to a crashing stop at a cross country jump. The rider was

carted off by ambulance to the hospital and Emit came up with an obscure lameness. After visiting the top equine specialists, a diagnosis of possible "navicular" was given with Emit sent home on 3 months of stall rest.

I came to meet Emit when his rider's mother called in desperation – often times when people do call me – she had wanted to donate him to a college where he would have been used in research studies. The daughter knew Emit had a deathly fear of needles and wanted to pursue other options. When I saw Emit for the first time, it was no surprise that he was lame. Emit's stance was with both front and back feet together, shoulders and hips tightly squeezed pushing his 17 hand frame in a tight pinch. This was a very compromised conformation created by jumping too fast and too hard. This horse, as many I see, was a perfect candidate for respiratory problems and GI problems. Ulcers were in this horse's future if things didn't change. Not surprisingly, a lot of anger came up in my sessions as he let go in his body and I brought back correct alignment to his spine.

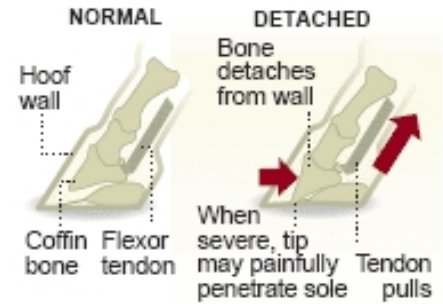
Two bodywork and an acupuncture sessions later Emit was for sale as the daughter was going off to college. With Emit's talent he could have brought a high price, but the owner's priority was a good home.

Along came Becca, a young very talented lady from New Jersey with a penchant for holistic medicine that happened to be assisting me on the day I treated Emit. Becca had ridden hunters & jumpers in New Jersey and currently was horseless. I let Becca know Emit needed a new home, and within a few weeks Emit legally belonged to Becca. Emit now has a great big pasture to romp and play with other horses in instead of the dark and clammy stall where he used to live. Becca changed his name to Emissary (Emit for short). It brought tears to my eyes to see Becca and Emit at a recent clinic of mine. Both had smiles on their faces. Emit and Becca are starting a journey together. Becca continues to advance Emit's healing through the body work. Becca has decided to apply to vet school and I know that life has a lot of wonderful adventures waiting for these two.



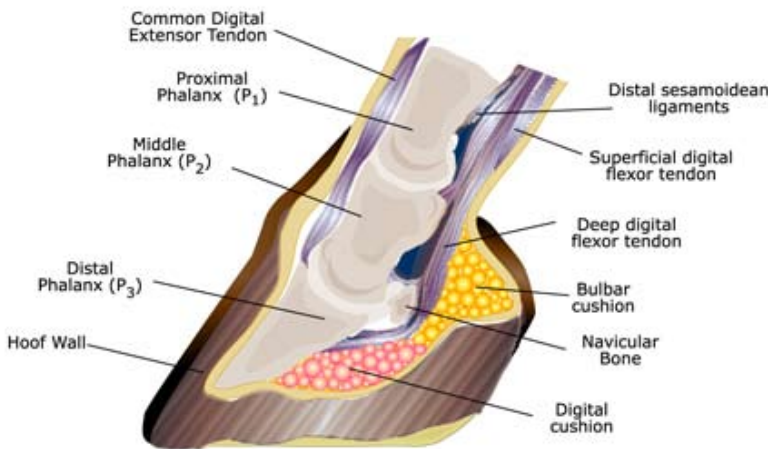
LAMINITIS

Christina Cline
 Holistic Equine Services
 Natural Hoof Care Specialist
 Email: minimitts@yahoo.com
www.shoelesshorse.com



Laminitis is a word no horse owner wants to hear associated with her horse. It is a crippling disorder that takes weeks or even months for the horse to recover from, and that is if all causative factors are removed and the best equine husbandry is provided. It can be permanently debilitating if not dealt with properly and promptly, leading to much pain and suffering for the horse.

Normal Foot



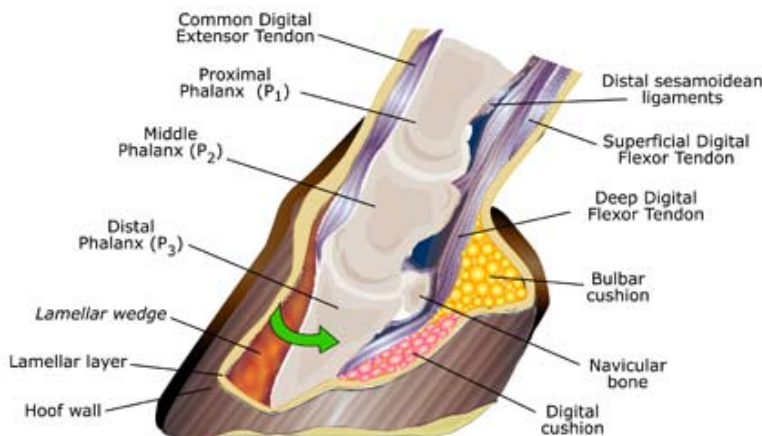
The term laminitis is often used interchangeably with founder, but technically the two are different, though related, phenomenon. Laminitis is inflammation of the laminae in the hoof. The laminae are the velcro-like connections that attach the coffin bone to the inner hoof wall, holding the foot together; because the laminae are trapped between a rock (the coffin bone) and a hard place (the inner hoof wall and sole), any inflammation is painful for the horse. Chronic inflammation over time, or a catastrophic laminitis episode, will lead to degeneration of the blood vessels that feed the laminae and necrosis of the laminae themselves. This breakdown of

<http://www.acvs.org/AnimalOwners/HealthConditions/LargeAnimalEquineTopics/Laminitis/>

the laminae results in the coffin bone separating from the hoof wall and “rotating”; this stage of laminitis is properly called founder. In very advanced cases of founder, it is possible for the entire hoof to slough off, or the coffin bone to penetrate the sole.

Rotation

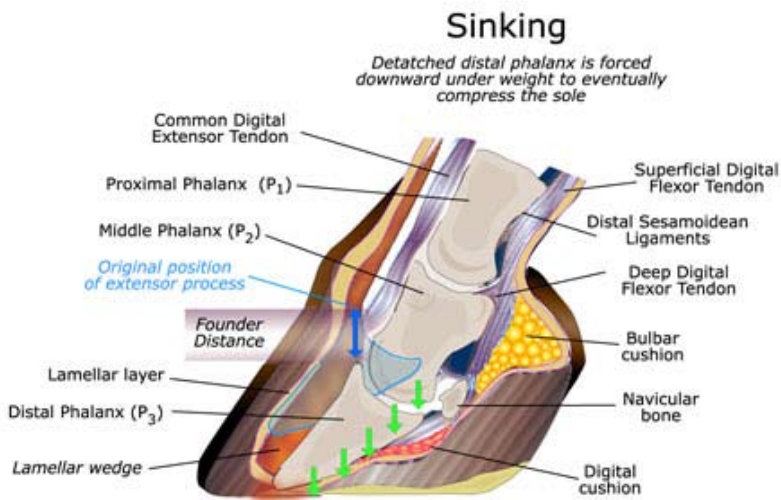
Detached distal phalanx rotates and disrupts weight distribution



<http://www.acvs.org/AnimalOwners/HealthConditions/LargeAnimalEquineTopics/Laminitis/>

Laminitis is usually associated with the horse not wanting to bear weight on the front hooves and rocking his weight back on his haunches. Not only do the hooves hurt terribly, but this posture quickly becomes painful as well; the horse was designed to bear more standing weight on the forelimbs, and extended periods of weight bearing on the hindquarters stress the joints and create chronic muscle tension. What isn't as well recognized is that there are usually early warning signs that a horse is developing laminitis; unless the horse broke into a fifty pound bag of grain, most cases develop over a few days, weeks, or even months. The signs can be subtle

and confused for something else, like laziness, muscle soreness or arthritis. For example, in early stage laminitis, a good footed horse will start to mince on gravel and walk slowly on concrete for no apparent reason. A horse with a Grand Prix trot may begin to shuffle like a peanut-rolling pleasure horse. Another horse may not want to pivot on his front feet. A horse that would normally race out to pasture now walks or jogs. While many laminitic horses exhibit the classic signs of heat in the feet and a bounding digital pulse, there are some horses, and especially early stage laminitics, that don't present these symptoms.



<http://www.acvs.org/AnimalOwners/HealthConditions/LargeAnimalEquineTopics/Laminitis/>

available have been hybridized for maximum sugar content to meet the demands of the dairy industry. The website www.safergrass.org is a must-read for all horse owners wanting to understand the effects of sugar on the horse's metabolism and how difficult it is to predict sugar content in a particular grass or hay. Whether from grain, grass or hay, this diet rich in sugar triggers the inflammation, and therefore pain, in the hoof.



and there's no evidence of injury, take note of what may have changed in the last few weeks. Is she being fed a different hay? Has she been put out on pasture? Has there been any other change in the feeding routine? Have any medications been administered? Provide this information to your veterinarian, as these may be clues that the horse is dealing with laminitis.

Most laminitis cases are preventable, as they are related to the horse's diet. Grain overload and too much pasture are very common culprits. Most all grain products are very high in sugar content, and pasture can fluctuate from moderate to high sugar levels. This leads to the reason for writing this article at this time of year; many horse owners realize the potential for grass founder in the spring, but don't know that fall grasses can be just as problematic, as the climatic conditions that produce such rich forage are basically identical in spring and fall. What is even less known is that some hays may be causing laminitis problems as well, as many of the hays commonly

Other laminitis triggers are not quite as obvious. Some horses react to certain medications, vaccines and wormers. Infectious diseases or a retained placenta are also possible causes. Metabolic disorders such as Cushing's and insulin resistance can cause chronic laminitis and can be particularly difficult to treat. And laminitis is not just for obese horses. While obesity may make a particular horse an easier target for a laminitis attack, a thin horse can still be susceptible.

If your horse is suddenly moving differently,

If laminitis is suspected, contact your veterinarian immediately, remove any identifiable triggers, and

make sure the horse is transitioned to a low sugar diet. In the meantime, there are some safe, natural therapies that can bring some relief to the afflicted equine. Soaking the hooves in ice water can help relieve some of the inflammation, and most laminitic horses are more than happy to put their hot, aching feet in cold water. If medication reaction is suspected, offering the horse some detoxing herbs like nettles, cleavers, dandelion, burdock and milk thistle can help in clearing out the offending substance. For the obese horse, adding cinnamon to the diet may help better regulate blood sugar levels and assist him in losing some weight. Some herbs that may help moderate pain and inflammation are devil's claw, boswellia, white willow, turmeric and licorice. Homeopathic belladonna and aconitum may also help the distressed horse, and Bach Rescue Remedy can relieve some of the mental and emotional stress for the horse (and owner!).

As the saying goes, an ounce of prevention is worth a pound of cure. In the case of laminitis, an ounce of prevention is worth around ten pounds of cure. Nipping laminitis before it gets a foothold will save a lot of agony for horse and owner.

Christina Cline is featured in the upcoming Horse Owner Hoof Trim Clinic - details below.

Horse Owner Hoof Trim Clinic

- *Clinician:* Christina Cline, AANHCP Certified Practitioner, Equine Sciences Academy Instructor
- *Date:*
 - Sat Oct 25 and
 - Sun Oct 26, 2008
- *Time:* 9am-6pm (possibly later!)
- *Location:*
 - 4322 Jones Rd, Sumas, WA 98295 (one half mile from Huntingdon/Sumas crossing)
- *Day One* (Mostly indoors):
 - o Hoof form and physiology
 - o Benefits of bare hooves
 - o Recognizing healthy vs. pathological feet
 - o The importance of diet
 - o The importance of horse-keeping practices
 - o Hoof boots and padding
 - o Treatments for hoof infections
 - o Trimming fundamentals
 - o Demonstrations on live horses
- *Day Two* (Primarily in the barn):
 - o Trimming tool use and care
 - o Owners get to work on their own horses with supervision!
 - o Further in-depth discussion of trimming strategies (trimming from the top, rockered toes, white line strategy...)
- *Recommended reading:*
 - o Making Natural Hoof Care Work for You
By Pete Ramey
 - o www.ironfreehoof.com
 - o www.barefoothorse.com
(for those wanting to trim, this is mandatory!)
- *Lunch* will be provided both days, so please let me know of any dietary restrictions.

Also, liberal amounts of caffeinated beverages will be available, as will other refreshments.

- What to bring:
 - Pen and paper
 - Photos of your horse's feet if you'd like
 - Questions that have been burning a hole in your brain
 - Warm, layered clothing for time in the barn
 - If trimming a horse: gloves, rasp, hoof knife, hoof pick
 - If coming from BC: driver's license AND birth certificate/citizenship card, OR passport
 - Cost:
 - \$200 US/CN
for participants who aren't bringing a horse to trim
 - \$250 US/CN
for participants bringing a horse to trim (Limit 6-8 trimming participants, depending on level of trimming experience; there will be horses available for participants who want to trim but can't haul in; stabling available for haul-ins)
 - \$125 US/CN
Day One Only Option. If you don't want to learn to trim, but just want information on the how's and why's of barefoot, Day One is for you.
 - Payment options: Cash/Paypal preferred, checks also accepted
 - Contact: Christina Cline
 - Email: minimitts@yahoo.com
 - BC phone: 604.835.1700
 - WA phone: 425.761.140
- Please reserve space as soon as possible! Full payment due by October 5, 2008

PRODUCT HIGHLIGHT – Boswellia

Boswellia, also known as *Boswellia serrata*, is an herb that has extensively been used in Ayurveda for its anti-inflammatory effect. It effectively reduces pain and swelling, provides joint support and promotes an overall sense of well-being. Supplementation with Boswellia offers broad health and immunomodulating benefits.

Consider adding Boswellia to your horse's diet for:

- arthritis
- inflammation
- injury and wounds
- sprains/strains
- any muscle, tendon, ligament, skeletal pain



without side effects.

Having personally used other herbal anti-inflammatories, including devils claw, cats claw and Yucca, I have found none to be as effective as Boswellia. Sound scientific information, mostly from the human field, shows its effectiveness, method of action and safety. Herbs are superior in giving progressive long term benefits

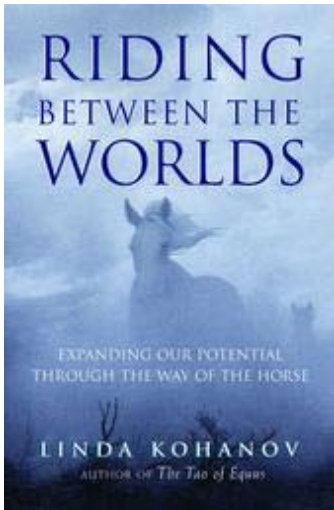
Boswellia is something I wouldn't be without in my horse's first aid kit. It is a safe, non toxic alternative to Bute and other NSAIDS. I personally use a Boswellia product from Platinum Performance. It is sold separately as a .5 lb jar or as a part of their joint support products.



Boswellia plant

BOOK REVIEW

Riding Between the Worlds, Linda Kohanov



I applaud this courageous woman who puts forth such truth on paper for the slowly changing, critical voices of today's equestrian world. A true advocate for the horse, Linda speaks out against the generally accepted paradigms in the equestrian world today that keep us supposedly superior and separate from our horse. She shares novel concepts of developing will, ingenuity and personal responsibility in the horse, with the potential of developing the horse's mind to empower him rather than conditioning it to respond predictably to manage its every move. Linda dispels the mistruths of many popular, in vogue, training techniques used today that were created with a dominance – submissive paradigm, not a partnership built in mutual trust and respect. *Riding Between the Worlds* shows us clearly how current training techniques suppress independent thought in horses, "a habit so ingrained in the equestrian arts that it's virtually unconscious".

I see and treat so many horses that have been mentally and physically damaged by this mindset that to see someone rise up above what is accepted today with truth is a breath of fresh air. To quote from her book:

Trainers and handlers who resort to such intricate tactics are often the same people who insist that horses "don't have much going on upstairs". When it comes right down to it, these people want their mounts to act like easily manipulated imbeciles, and in fact, the horse industry has created all kinds of techniques to make sure these animals never assert their will, never develop discerning, agile minds of their own. But for some reason, the human contingent has to add insult to injury by ceaselessly complaining that horses suffer from a hopeless case of stupidity. The seemingly more progressive among them have told me, "The horse has a little brain, but a big heart."

"Horseshit", I say. "You condition these animals to submit to your will without question because that's what you're paid to do. You may be dominant over your horses, but you're submissive to the system. When you talk about how your training techniques follow prey animal instincts, what you're also telling me is that you deny horses the power of innovative thought. It's so much easier to suppress someone's spirit when you see him as a childlike, mentally deficient creature whose entire life must be managed for his own good. But even a happy, well-cared-for-slave is still a slave."

I strongly recommend this book. Be careful when you start, you might not be able to put it down. Dare to step out of your old paradigms. The joy of riding as one in body and spirit with an equal partner in mutual trust and respect rather than dominance is worth the change.