

# Alternative Treatments for Equines





[HomesforHorses.org](http://HomesforHorses.org)



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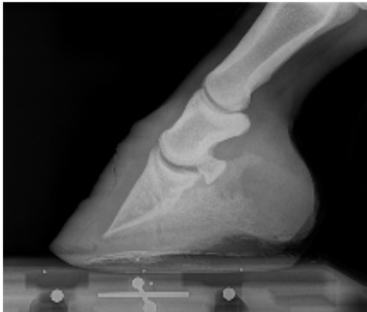
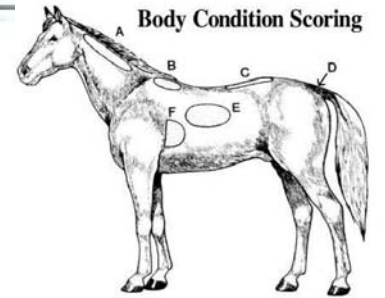




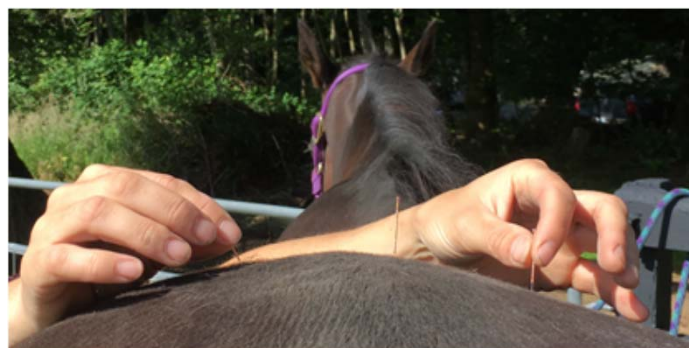
  
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 ADVANCING EQUINE PROTECTION



# Holistic Veterinary Medicine



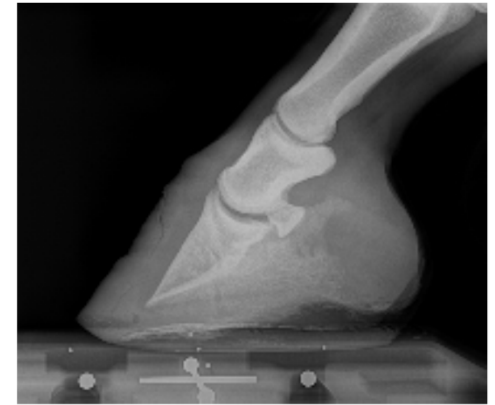
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## Alternative Veterinary Medicine



# When is Western Medicine needed?



# Alternatives are Slowly Becoming Mainstream



Holistic medicine is the wave of the future

# Alternative Treatment Modalities

- Acupuncture
- Chiropractic
- SCENAR
- Tens/Estim
- Cold Laser
- Infrared heat therapy
- Magnet therapy
- Therapeutic Ultrasound
- Hyperbaric Oxygen Therapy
- Pulsed Electromagnetic Field
- Yoga
- Healing Touch for Animals
- Reiki
- Herbs
- Homeopathy
- Flower Essences
- Essential oils
- Theraplate



# Acupuncture

- The belief that disease is the result of Chi imbalance
- Chi is the energy that flows through the pathways of energy flow, known as the meridians
- Stimulating Acupoints along meridians helps to improve circulation, reset the pain cycle, and stimulates the body's natural ability to heal.





# Acupuncture: Used to Treat Many Problems

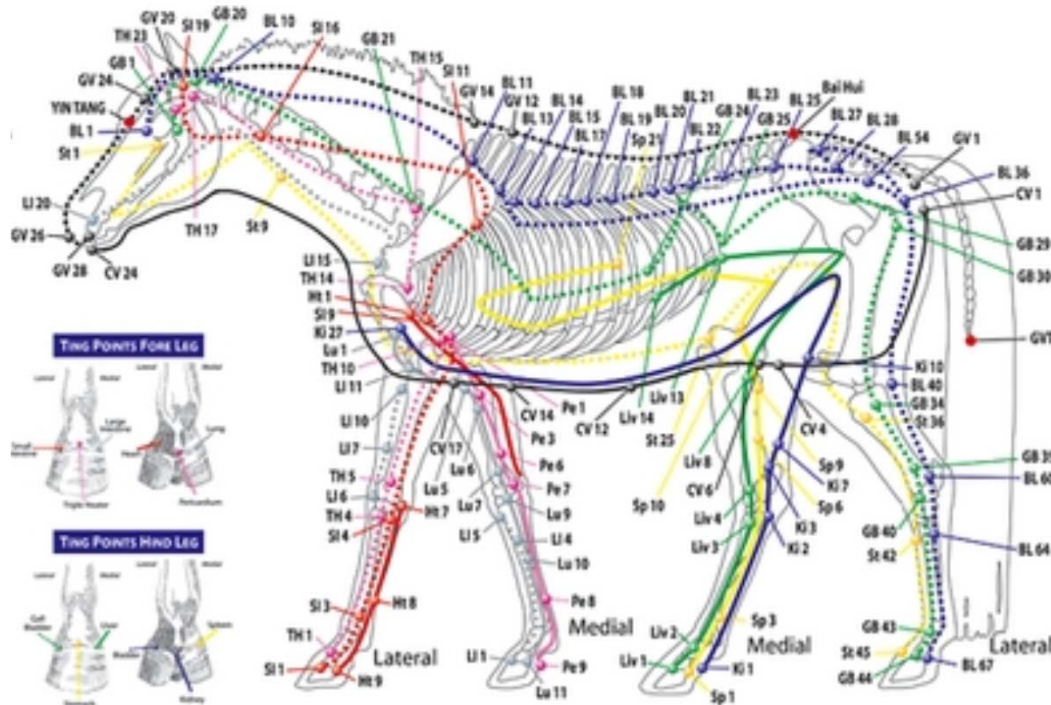
## Musculoskeletal conditions

- Sore back, neck pain, lameness, etc.
- Neurological disorders
- Respiratory problems
- Gastrointestinal conditions
- Colic, ulcers, etc.



Acupuncture works in many aspects because it stimulates the release of natural pain killers such as (but not limited to) endorphins, enkephalin, and serotonin.

# Acupuncture Points and Meridians



- Acupoints are specific points that govern energy flow
- There are 12 main meridians throughout the body
  - lung, pericardium, heart, large intestine, triple heater, small intestine, urinary bladder, stomach, liver, spleen kidney & gallbladder

# Acupoint Treatment

- Needle insertion
- Injection of a liquid known as aquapuncture
- Electrical stimulation
- Heat or Moxibustion
- Laser
- Pressure

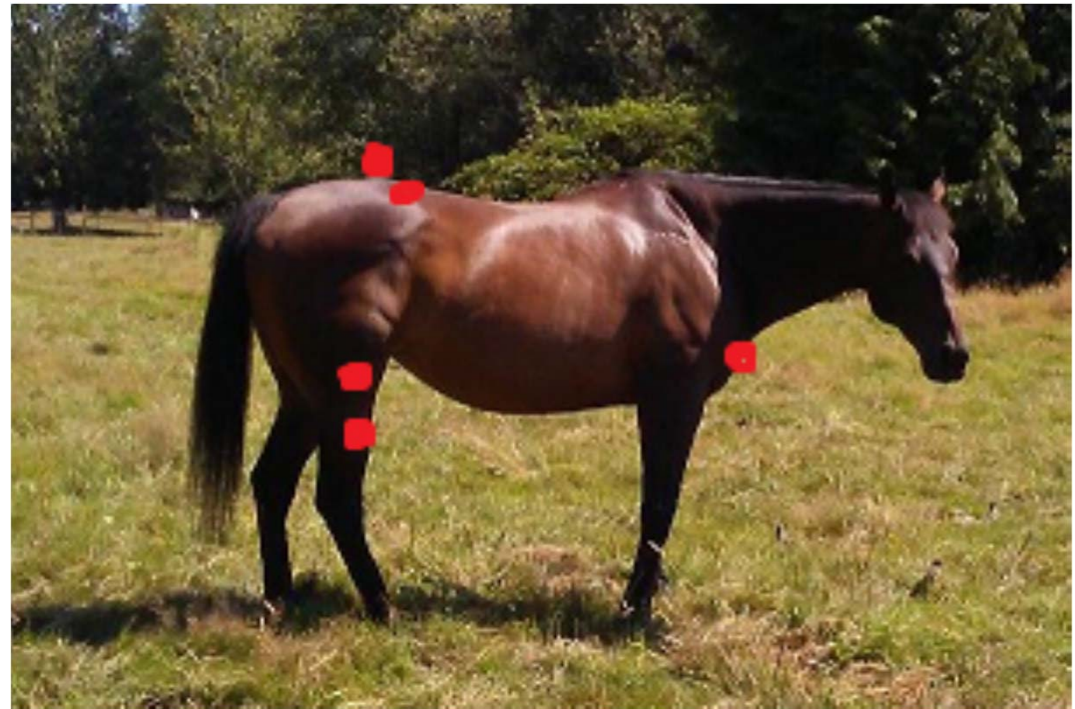


Treatments 1-3 times per week or quarterly for maintenance.

Treatments by veterinarians only

# 5 Important Acupoints

GV 20 (Baihui)  
BL 23 (Shenshu)  
GB 34  
ST 36 (HSL)  
K27



## GV 20 (Baihui)



## BL 23 (ShenShu)



**GB 34**



**ST 36**







K 27

# Chiropractic

- Prevents and treats back, neck and joint pain
- Improves the immune system
- Improves energy and performance
  
- Hands on healing method to 'adjust' the spine
- Adjustments aid in restoring mobility and alignment to the spine and other joints in the body



# Chiropractic

1-3 times per week or quarterly maintenance

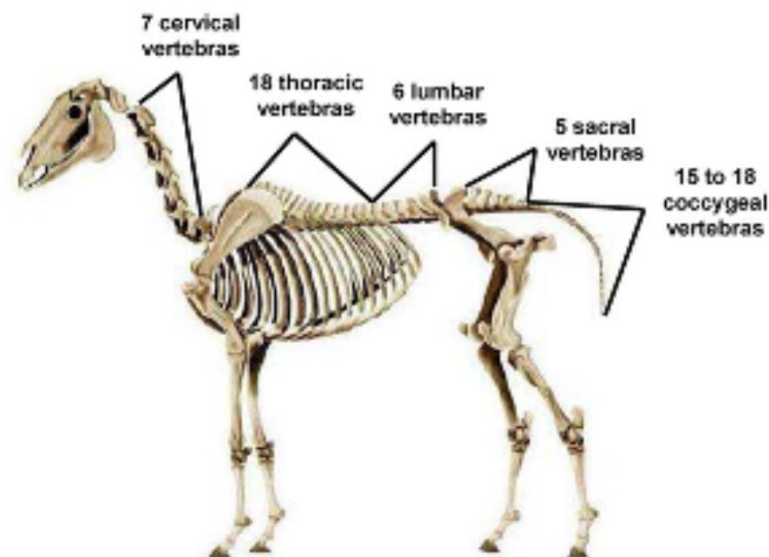
Treatments by veterinarians only, or in some states an AVCA certified DC under direct veterinary supervision





# The Spinal Column

- Vertebra house the spinal cord
- Horses have 7 cervical vertebra, 18 thoracic vertebra, 6 lumbar vertebra, 5 fused sacral vertebra, and variable numbers of coccygeal vertebra
- There are joints between each vertebra
- *Subluxation* occurs when the joints are fixated or misaligned
- Subluxation leads to soreness and nerve impingement
- *Adjustment* corrects the Subluxation

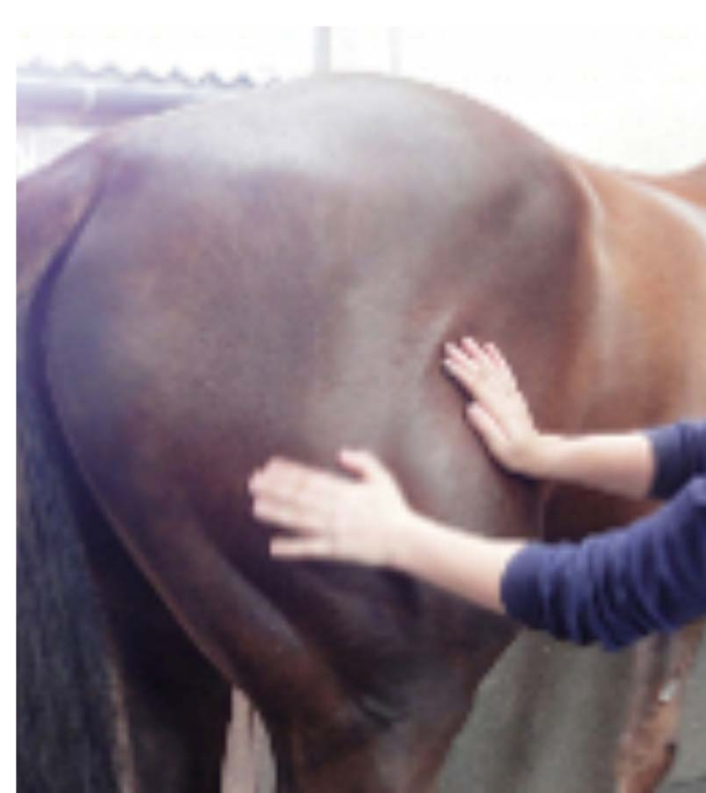


# Massage

Loosen tight muscles, joints and tendons  
Break down scar tissue  
Improve lymphatic drainage and blood flow

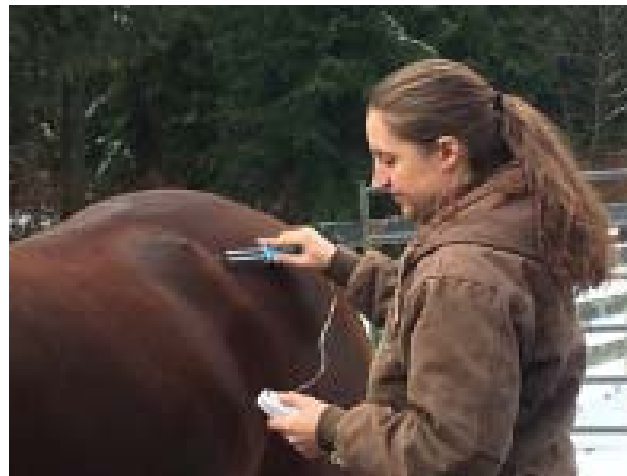
There are a number of different types and methods

- Rolfing
- TTouch
- Etc.



# SCENAR

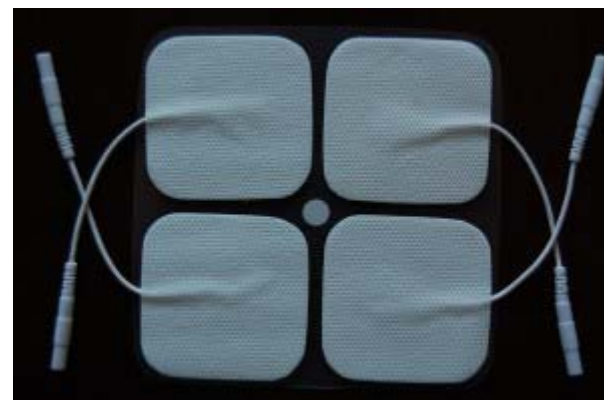
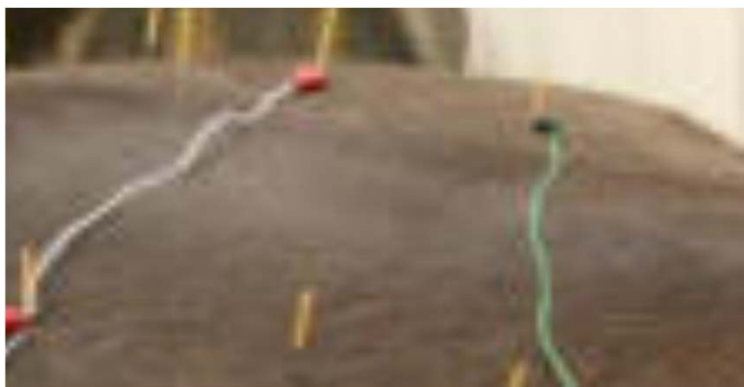
- Self Controlled Electro/Neuro Adaptive Regulation
- Electro- stimulation type device
- Excels at treating pain management
- Releases endorphins, resets the pain cycle and stimulates the body's innate ability to heal







# Estim and Tens



- Improves blood flow
- Stimulates the innate ability to heal
- Resets the pain cycle

## Cold Laser

- Improves blood flow
- Relieves pain
- Aids in healing
- Low level Laser with light-emitting diodes



## Other Similar Therapies

- Infrared heat therapy- deeply penetrating heat that is soothing
- Magnet therapy- improves blood flow and oxygenation
- Therapeutic Ultrasound- blood flow and healing
- Hyperbaric Oxygen Therapy- oxygen three times the normal atmospheric pressure- infections, injury healing
- Pulsed Electromagnetic Field – circulation and cellular balance

# Yoga for Horses

- Horses should be warmed up prior to stretching
- Never force the stretch
- Follow proper technique
- Take a deep breath
- Repeat at least 3 times per week





  
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# Energy Work

- Healing Touch for Animals
- Reiki



## Suggested Readings:

- The Field by Lynne McTaggart
- Molecules of Emotion by Candace Pert

# Herbs



Work with your holistic veterinarian to choose an herbal formula that is appropriate for your horse

Reliable herbal textbooks:

- Xie's Chinese Veterinary Herbology
- Veterinary Herbal Medicine by Susan Wynn

# Cannabidiol or CBD



- Now available in most states
- Does not have any intoxicating effects
- Research is finding it useful as an antiemetic, anticonvulsant, antipsychotic, anti-inflammatory, anti-oxidant, anti-cancer, and anti-depressant



# Ulcers

Licorice Root

Marshmallow Root

Rosehips

Meadowsweet

Slippery Elm

Aloe Vera

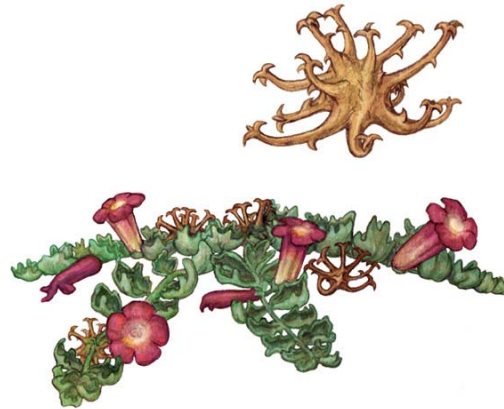
Alfalfa

Free choice hay or slow feeder



# Pain and Inflammation

Devils Claw  
Yucca  
Chamomile  
Turmeric  
Sarsaparilla  
White Willow  
Rose Hips



Devil's Claw  
(*Harpagophytum procumbens*)

# Other Key Herbal Formulas

Herbal de-wormers  
Immune support  
Cushings support  
Allergies



# Homeopathy



# Essential Oils



# Flower Essences



# Theraplate



# Case Studies





# Case Studies



# Case Studies



# Case Studies



# Resources for Finding a Qualified Practitioner

- [www.cedarbrookvet.com](http://www.cedarbrookvet.com) and [www.nwesc.org](http://www.nwesc.org)
- American Veterinary Chiropractic Association (AVCA) [www.animalchiropractic.org](http://www.animalchiropractic.org)
- International Veterinary Acupuncture Society (IVAS) [www.ivas.org](http://www.ivas.org)
- American Holistic Veterinary Medical Association (AHVMA) [www.ahvma.org](http://www.ahvma.org)
- American Association of Equine Practitioners (AAEP) [www.aaep.org](http://www.aaep.org)



# Questions?



**Videos available:**

[https://vimeo.com/album/  
4658008](https://vimeo.com/album/4658008)

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