

This month I want to introduce a great therapy for your horse that you may not yet be aware of. It is **Manual Lymphatic Drainage (MLD)**. I have been advising folks to take advantage of the therapy as it is very good for horses (and humans). **MLD** is a very light form of massage that is designed to control and reduce the accumulation of fluid (oedema) in the joints and muscular tissue of the horse. This therapy greatly benefits horses as well as humans. Benefits of MLD include : Reduction of excessive swelling (oedema) due to stagnation; Tendonitis; Post traumatic (injury) oedema; Relief of chronic pain; Regeneration of tissue including burns and wounds; Stimulation of the Immune System; Degenerative tendon conditions; Chronic phlegmon; Relief in venous insufficiency; Relief in sprains and strains; Relief in Ulceration; Relief in chronic laminitis and many other symptoms. By utilizing various massage techniques, the superficial lymphatic vessels are stimulated resulting in increased muscular contractions thus reducing the oedema. Manual lymphatic drainage (MLD) also has helped to accelerate the dissipation of lactic acid, thereby decreasing the recuperation time in race horses and other heavily athletic disciplines such as reining, dressage, endurance riding etc.. I work with and have assisted in seminars conducted by a very good German Therapist named Gudrun Collins who lives in Bury St Edmunds and travels to clients.

For appointments and more information please contact Gudrun Collins from GeeCol Wellness Ltd. on 01284 705031.

### **MORE ON SPRING & SUMMER PROBLEMS:**

**Advice for influencing of the mental state of horses:** Attention to stables, trailers and herd mentality is especially important during the spring (as well as other times of the year) when hormones are rampant in both genders. Claustrophobic tendencies are at a peak so stables and trailers lacking sufficient windows exacerbate this situation terribly. I have been called out to deal with more than normal numbers of horses this year. Every spring this becomes concentrated but for some reason this year has been an increased problem. I have seen many horses left in stables whilst the other horses that they are normally herd dependant upon are left in the fields and when lacking windows to see their mates, extreme problems for many have occurred. There is apt to be a “herd bound” problem anyway in spring but lack of view (windows) is a very short sighted human error and should be avoided. Not to forget the fact that on hot days windows provide wind flow to cool the horses.

Trailer loading problems are greatly exacerbated by the lack of windows generating undue travel stress. This is not usually a problem back home in the Texas as we generally use trailers which have an abundance of windows. The loading problems aren't caused only from the increased claustrophobic effect but also from the undue travel stress caused by the “sudden

disappearing” of roadside trees, light poles, signs, etc. as they are passed. The horse sees an object appear then suddenly disappear without them seeing it recede. This is often caused by having only one window on each side, toward the front quarter of the trailer and can easily be avoided/solved by installing a second window on each side about two to three feet farther back along the side wall allowing for the horse to catch sight of things receding as they are passed. I have, many times, seen greatly improved equine mental state evolve simply as a result of installation of more windows.

Another spring induced (actually winter caused) situation is lack of various minerals your horse may feel. This can and often does cause them to begin their mineral searching via Coprophagous (dung eating) which can be irritating to many humans. I have advise a number of clients to buy Aloe Vera Juice and start giving it to their horses morning and evening - in 50 ml doses mixed into their hard feeds (some horses like the taste enough to lick it up straight) and it stopped the problem within only a few days. Aloe Vera will not cause any contradictions or problems with anything else they may be taking for other reasons as it is a simply natural plant. Another benefit of drinking Aloe Vera juice is that it improves the immune system and helps to settles nerves and this is for both horse and riders. I currently have two human clients, who began drinking the Aloe Vera (about 30ml daily) and within a week or so showed great improved nervous conditions and that translated to their horses and the horse and rider partnership improved greatly. That was a very welcome change and stronger than even I expected as both riders had large phobic problems, which of course disturbed their horses as well.

Lice can be a lingering problem from winter into spring and summer. I have seen quite a bit this year. One recommendation is that you need to get into the pores in order to attack the eggs and not just the surface lice. Powders do not get into the pores whereas shampoo does. Therefore shampoo is the better choice to begin with and powder can be a good follow up.

### **SOME CLOSING NOTES & DEFINITIONS:**

In the modern era we no longer “BREAK HORSES” We “CHANGE THEM”. Doesn’t that sound better?

Be sure to check your horses stress load status regularly and especially if you haven’t seen them for some hours. Simply have them raise their heads and feel how stiff their neck underside is (or hopefully not stiff). Stiff = full of stress, floppy = lack of stress load.

**BBQ:** I have attended a few BBQ’s lately and when I was recently reading my latest issue of “American Cowboy Magazine”, I noticed a very good explanation of what a

June 2010 Essex Rider Magazine  
(M L D Benefits, More Spring & Summer Influences)

Barbecue (BBQ) really is. A "BBQ" should not be confused with "grillin". "BBQin" is the process of cooking meat low and slow while adding smoke flavor. Meaning, cooking at temperature of between 200 - 225 degrees F., for 6 to 8, hours and sometimes for as much as 12 hours creating tender flavorful meat.

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