



eNewsletter

New Year's 2010 Edition

Happy
New Year!

**New
for 2010!**



NEW COURSE!

Equine Red Light Therapy (EQ1600)

taught by Dianne Jenkins, EBW, JENT

Learn how to use Red Light, a Low Level Light Therapy, for both evaluation and treatment. For more about Red Light, Dianne Jenkins, and JENT, see pages 4 & 5.

Three chances to take EQ1600 in 2010!

Feilding, New Zealand; 3/6/2010 to 3/9/2010

Upper Swan, Western Australia; 3/14/2010 to 3/17/2010

Petaluma, Northern California; 5/17/2010 to 5/20/2010

Check out the newest painted horse! Debranne Pattillo, MEBW collaborated with Megan Kanz, MEBW (owner of EquiworkSA/Equinology South Africa) between classes in December.

NEW START!

If you took EQ 100 and didn't finish your externship — you are not alone! You can get a fresh start towards finishing your externship and earning certification with a review class, **EQ 106**. A review for EQ 103 (Advanced Techniques, Level I), **EQ 107**, is also offered.

See the calendar on page 17 for more information!

NEW FORMAT!

As usual our courses continue to evolve. Facets of gait analysis and abnormality will continue to be presented in **Equine Biomechanics (EQ 300)**, taught by Dr. Hilary Clayton, BVMS, Ph.D., MRCVS. However, we decided students would appreciate a two-day clinic focussing on gait abnormalities and lameness, so **Equine Gait Abnormalities and Lameness (EQ 600)**, will be taught by one of our favorite instructors, veterinarian, dressage competitor, judge and author, Dr. Barb Crabbe, DVM.

Both in East Lansing, Michigan from May 1-6, 2010

See the calendar on page 17 for more information!

INSIDE

Interview with
Dr. Joanna L. Robson, DVM

Review of Dr. Robson's
Book: *"Recognizing the Horse
in Pain and What You Can Do
About It!"*

More about Equine Red Light
Therapy and Di Jenkins

Feeding Flax
by Debranne Pattillo, MEBW

Letter From Your Editor
Sarah Miles, EBW

Upcoming Classes

**RED LIGHT?
GREEN LIGHT!**

Australian horse woman Dianne Jenkins owned and operated a well-known equestrian center, boarding, training, and stud facility for 25 years. As well as being a successful competitor, coach, trainer, and dressage judge, she earned a strong reputation for her excellence in horse care.

Equine mental and physical health became her focus, and she developed an 'expert eye' for seeing and interpreting 'equine-signs' or 'horse-tells' regarding conformation, gait analysis, posture, soundness, pain and suffering. This heightened level of meta-awareness enabled her to connect with horses. Dianne then initiated and ran a busy and successful Equine Therapeutic business in Canberra providing therapy and saddle fitting services. She is also the co-owner of a major tack store 'Saddleworld Canberra'.

To increase and develop her therapeutic skills she studied and travelled widely and sought knowledge from many expert equine professionals gradually developing a complete health care system now named Jenkins Equine Neurophysiologic Therapy (JENT) to optimise horse health and performance.

In 2008 Dianne presented JENT to the delegates at the International Society of Equestrian Science symposium held in Dublin, Ireland and where she now resides with her husband Sam, as a European base for working and teaching.

Above all Dianne is a 'world class' practitioner; one with a deep 'hands-on' understanding and knowledge base of all riding disciplines now combined with her unique JENT therapeutic system.



Equinology's newest class, Equine Red Light Therapy (EQ 1600) is taught by international clinician Diane Jenkins, JENT, EBW

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CLICK ON THIS LINK:

<http://www.equinology.com/info/course.asp?courseid=63>



Equine Red Light Therapy (EQ 1600)

More about the class:

Red Light is a method of boosting the immune system through the stimulation of acupoints – the locations are taught in a fun and dynamic way with visual aids and ‘one on one’ assistance.

During the ERLT training program you will learn how to test skin reactions to reflex tests – systematically and clearly set out in the manual sequence of colour photographs – then, how to apply red light to a set of particular acupoints for purposes of both evaluation and treatment. You need not own a Red Light to take the course.

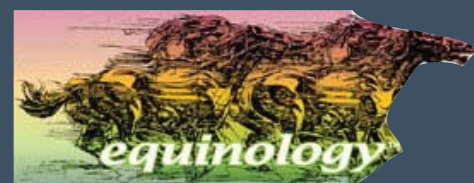
How does Red Light Therapy work?

According to scientific research the ‘photon-stream’ emission generated from a series of 660nm ultra redlight, semi-conducting Super-luminescent Light Emitting Diodes (SLED’s) is directed to photoreceptive ‘nodes’ of the skin producing cellular excitation, increasing energy for cell use. The consequent scattering and absorption of the photon-energy into the cells and ‘connective collagen matrix’ of the tissues increases cellular activity across the membranes, exciting nerve action potentials, activating the Autonomic Nervous and Immune Systems to stimulate and accelerate natural healing and repair. A much more detailed and fully referenced explanation is given in the training program.

Red Light can be used topically, to affect changes in pain, inflammation and immune system response to localised injury, or specifically, by following Traditional Chinese Medicine (TCM) acupoint treatment plans.



EQ 1600 is a prerequisite for the JENT trainings that Dianne Jenkins will offer through Equinology in 2011. Visit www.diannejenkins.com.au for more information about JENT.





Dr. Joanna Robson is the owner of Inspiritus Equine, Inc. and the founder of Integrated Soundness Solutions(TM) - a philosophy and practice of combining the best methods from Eastern and Western veterinary medicine, with top equine professionals working together, for the best diagnostic and healing approach for the patient.

Dr. Robson is a graduate of the Washington State University Honors Veterinary Medicine Program, and completed an internship in medicine and surgery at the Western College of Veterinary Medicine in Saskatoon, Canada. She then completed certifications in Veterinary Spinal Manipulative Therapy from the Nationally Accredited Healing Oasis Wellness Center in Sturtevant, WI, and Veterinary Acupuncture from the renowned Chi Institute of TCVM in Gainesville, Florida. Dr. Robson is also a certified human massage practitioner (Pacific School of Massage and Bodywork), and Saddle-fitting technician (Saddlefit4Life). Dr. Robson also employs Chinese Herbal Medicine and infrared thermography in her daily practice.

Interview with Dr. Joanna Robson, DVM, CVSMT, CMP, CVA, SFT

Author of "Recognizing the Horse in Pain...and What You Can Do About It"

1. Q: How did you begin working with horses?

A: I was introduced to horses through my older sister. She took riding lessons when I was very young, and I was allowed to ride on the horse after her lessons. It was an instant life-long passion, a feeling that I cannot describe – something you are born to do. My Grandpa in England had a farm, and also had a passion for race-horses, so I suppose it's in my blood.

2. Q: What is your background and focus as a rider?

A: When my sister grew out of her riding phase, I begged for lessons! I started at a 3-day eventing barn, but eventually outgrew the trainer and transitioned to hunter-jumpers. Equitation and medals were always my favorite – I actually looked forward to riding without stirrups! I also have experience guiding trail rides, riding cutters, and riding and showing dressage. Currently, I focus on jumpers with my long-time Appendix QH partner. He's been everywhere with me, and we've sealed championships in CA, WA, and Canada. Showing, however, has become exorbitantly expensive, so we focus more on improving at home and enjoying our rides together. I've also become jaded with the industry's demands on young horses and use of inhumane training and equipment, so my focus is turned more to educating others.

3. Q: What led you to become a vet, and subsequently, a vet focusing on acupuncture, chiropractic, and saddle fit?

A: It's one of those things I wanted to do since I was very young. Sure, people say, "I always wanted to be a vet." But somehow, it was just my path and I made sure that everything I did from day one would get me there. It was sheer determination and brutal hard work. I went through school wanting to be a racetrack vet - - mostly because I was interested in rehabilitation, and wanted to retrain racers as performance horses. When I completed my honors thesis on ethics in equine sports medicine and racing, I knew I was going to starve to death on the track, and changed course. My own horse was having a lot of performance issues, and he's a horse that will do anything you ask of him. I knew his behavior was pain-related, but couldn't find ANYONE to help me! Nobody could explain to me how his behavior was related to his body, even though it was obvious he hurt. Even the vet school just told me "bute and stall rest."



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But that wasn't the answer! The underlying causes were never addressed. I tried chiropractors, but no one could explain what they were doing and how it worked. I thought that it should be making him better, but couldn't understand how. I thought my saddle was the problem, but either no one looked at it, or they told me it was ok (and it really wasn't!). I needed to take his health into my own hands, and decided that I was going to do it right and do it myself. I sought the best education possible in veterinary chiropractic and acupuncture and made sure I only attended accredited programs. It was serendipity that I met Jochen Schleese many years ago, and that meeting changed my life. He was the first and only person who was finally able to relate to me how my horse's anatomy was directly affected by the saddle on his back, and how that caused the behavioral and training issues I was dealing with. He saved my horse's mental and physical soundness. It became my passionate calling to ensure that other horse people in my situation had this information available to them, and that those who didn't recognize their horses were in pain had a serious and practical wake-up call.

4. Q: Why do you call your practice **Inspiritus Equine**?

A: I actually started the business under a different name and changed it a year later. The business name is very, very important to me and took a long time to manifest. I actually walked myself through what it was I was trying to do for the horses, how a horse dances pain-free, and how I wanted to convey my passion for my work. I had a quote on my wall from Wayne Dwyer, "You cannot enter the afternoon of your life by living by the rules of the morning. Live inspired." It took me months to finally slap myself on the forehead and realize the name had been there all along. **Inspiritus** is Latin for "inspired, or to breathe in life and spirit. To work in spirit." I wasn't focusing on the religious aspect, so much as conveying that we're all energy, and a horse free of pain literally dances in spirit. **Integrated Soundness Solutions** is also significantly important. "Integrated" medicine is combining both Eastern and Western, while integrated also means Whole. It's also a play on "Integrity", which is my number-one rule in my work. The logo is based on a temple rubbing given to me by family. The horse is from Asia, and was recreated by skilled designer Joni Solis.

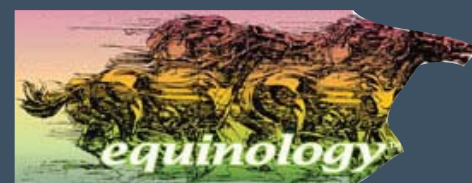


5. Q: In a nutshell, what's the difference between chiropractic as we might be accustomed to seeing it practiced and **Veterinary Spinal Manipulative Therapy (VSMT)**?

A: Semantics only. VSMT IS veterinary chiropractic. But human chiropractors go to school for many years, and the veterinary chiropractic program is much shorter. The school that I attended merely uses VSMT to protect both the vets and the chiropractors from battles over title.

6. Q: You talk quite a bit in your book about how **Traditional Chinese Medicine** can be applied for our equine friends. Is there something different about your training that included this education as compared with some other vets who might be practicing acupuncture? Does that help you to be more accurate with your Dx and treatment?

A: There are 3-4 acupuncture programs currently. The Chi Institute of Chinese Veterinary Medicine is the only TCVM program. The Colorado State University offers a "western" acupuncture course, and the International Veterinary Acupuncture Society also offers a course that rotates locations throughout the states. When I selected the Chi Institute, I did so based on reputation and the fact that I believed in learning what the Chinese and Eastern cultures have practiced for thousands of years. While we can certainly explain acupuncture through Western Medicine, the 5-Element theory is a whole animal/human approach that I feel is necessary for the best diagnosis and treatment of the patient. This is, of course, my personal opinion. For example, a patient with hock arthritis may be treated with specific points related to the hock. However, when we examine the patient and learn that it is a "water-type" constitution, and



is weak in the Kidney organ, I can better select points that both strengthen the patient's constitution, Kidney Qi, and other organs to balance the entire animal...rather than just treating pain points directly over the hock. We may also use Chinese Herbal Medicine. It's another way of asking – why is this here and how can I treat the whole animal? That's the goal of my practice.

7. Q: In your book you mention using Traumeel. How is it best used?

A: Traumeel is a homeopathic anti-inflammatory that can be effective in some patients. It is typically used topically, but there is also an injectable form that we use for aquapuncture. I have found it best for things otherwise treated with topical Surpass. Apply it topically to bumps, strains, bruises, and rub in until absorbed.

8. Q: How do you use thermography in your practice?

A: Thermography has been a significant addition to my practice, and I am working every day to maximize its correct use and benefits in the industry. Thermal imaging is safe, non-invasive, cost-effective, and should be used for pre-purchases, saddle-fitting, preventative maintenance, and mystery lamenesses. It is a physiologic modality, meaning it detects changes in bloodflow and circulation. Thermography is NOT a replacement for traditional modalities such as ultrasound and radiographs, but can significantly improve the localization of lesions, and help to determine healing rate, muscle and soft-tissue problems BEFORE clinical signs, and other issues missed with regular modalities.

9. Q: In your book, you talk about AdapTree saddles. How might this differ from other saddles that have attempted to offer flexible trees and what do you see as the benefit?

A: The AdapTree is a unique, patented tree that is a traditional shape tree with some advantageous modifications, made of a polymer and reinforced with a steel gullet plate that can be custom-shaped on a mini hydraulic press. Though the polymer is pliable, the tree is fitted statically and dynamically by a certified saddle fitter to the horse to alleviate ANY pressure over the sensitive muscles and nerves. It is a traditional tree with the ability to be widened or narrowed both in tree angle and width, repeatedly – hence, a single saddle can be purchased and used for the life of the horse. The changeable gullet saddles only allow changing the tree width and are often measured and used incorrectly by the rider. Saddles using disks are designed to distribute pressure through the length of the panels, but can have problems due to panel length and placement of disks when improperly fitted and used. Flexible tree saddles are designed to give as the horse moves, but must still be fitted correctly! Most importantly, horses are living beings that change through the seasons just as we do. There's no one fixed answer for every horse and rider. Saddles need to be TRIED ON THE HORSE. Buying based on store tags and widths is like buying a bikini without trying it on. It is a privilege to own a horse, not a right. The saddle and tack MUST fit. Buying an expensive horse, and not being able to afford appropriate equipment. is a recipe for disaster.

10. Q: Can you offer EBW[®]s and other complementary care practitioners any strategic advice for how help an owner to recognize the signs that their horse is in pain?

A: Be knowledgeable about what you do, and don't be afraid to speak up. The worst thing is to know that an animal hurts, treat the symptoms with bodywork, but not ask yourself "why is this here?" Is it due to saddle issues? Was there trauma? Is the rider crooked or compensating? Are there hoof problems? Am I treating this horse for the same thing again and again? Approaching the patient as a WHOLE horse is the key. Even if you are unsure about proper hoof dynamics or saddle-fitting, learning to recognize when something doesn't fit the "normal" bill is a step forward. Most often, the owners or riders simply don't know the basics, and are interested and eager to learn and share in your knowledge. You do more than provide a "spa massage" and many clients don't understand this. Be proud of what you do and take the time to explain to the owners how it benefits the horse.



11. Q: What is your favorite soapbox as an equine professional? (Or what do you find yourself saying over and over again?)

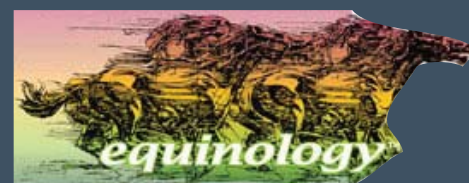
A: Argh!! I have a few... Certainly, there are situations when people simply don't know any better, but sadly, the drive in the industry to rush horses through training so their amateurs can win on them has resulted in young, broken down horses, and an increase in the torture training devices and joint injections warranted to keep them performing. Nothing makes me more angry than the "More must be better syndrome." This is true of everything from lungeing equipment to supplements. We have a "device" or a "SmartFix" to address every issue we have, might have, or haven't ever had, with our horses. Rather than slowing down and returning to more classical training, correctly fitted saddles and tack, proper feeding and nutrition, and regular exercise and turn-out, we look for the latest product or gadget that supports our horse in its artificial environment and meets our showing demands. I'm continually faced with riders who have spent \$1000 on different "therapeutic" saddle pads to "fix" a terrible saddle, rather than spending \$1000 towards a correctly fitted saddle! If your shoes are too tight, expensive socks won't help – you need new shoes!

Secondly, I am terribly concerned by the number of untrained lay-people claiming to do chiropractic and acupuncture on horses. I've dedicated my life to these healing modalities, and have met many farriers, massage therapists, and lay-people claiming to dabble in these practices. In most states this is illegal, however, owners seek help and don't know where to turn (been there myself). The result is injury to the horse, and an owner who believes the therapies are "quackery." There is a reason we spend so many years in vet school and continuing education.

Most importantly – I wish people would LISTEN! Most horses in pain express themselves in simple terms – they try to do all that we ask of them until they either break down physically (suspensories, etc.), or they simply can't handle the stimulus anymore and they buck, rear, bolt or refuse, swish their tails, or undergo conformational changes. But they aren't doing this to be purposefully BAD. They're only doing it because it's their natural response to painful stimuli! So when I see a horse that is ridden in a gag bit, with a flash, in draw reins, with a crop, sharp spurs, and a rider who is hauling on the horse's face over every jump, without anyone asking if the horse is behaving anxiously because it HURTS - because the saddle pinches the heck out of the shoulders, the rider is imbalanced, the hooves are sore and underrun, and the bit pinches the tongue – I feel physically nauseated. These situations remind me why I do what I do. I cannot change the world, but if I can help even one horse to feel better, and one rider to stop and ask "why is my horse doing that" then it's a start.

12. Q: How can massage or other modalities complement the work you do?

A: Bodywork is a tremendously important modality. Chiropractic, acupuncture and massage are all "receptor-based" therapies. We effectively modulate the nervous system, relieving pain, inflammation, and reprogramming cells and muscles. Acupuncture and chiropractic are very effective for a variety of ailments and musculoskeletal diseases, but most practitioners do not focus on the muscles. Chiropractic helps with joint range of motion and spinal alignment, but often the surrounding muscles are affected. Bodywork can help an adjustment to hold by relieving tension and soreness. Acupuncture can address muscle pain and tightness, but bodywork is an important addition to maintaining the treatments. Complementary practitioners yield important information about how a patient carries himself, what compensatory issues may be present, and provides a whole horse treatment. I am a certified massage practitioner in Transformational Bodywork, as I deeply believe in combining bodywork with the other modalities...and I was tired of fixing horses and putting crooked riders back in the saddle. I had a case just last week that no longer had any chiropractic lesions, but still have tremendous muscle tension and scar tissue that needs resolving. I call a friend who is an Equine Body Worker® to address this situation for me.



13. Q: What kinds of benefits have you seen from massage & other modalities?

A: I call in an EBW® or other qualified complementary care practitioner when I have adjusted a patient but muscle knots, spasm, or general inflammation remain; or I have treated a patient with acupuncture, resolved the subluxations, and I need to know the horse is going to be on a maintenance treatment before my return. I frequently prescribe bodywork as an ongoing therapy. Increased range of motion, increased circulation, reduction of scar tissue, faster return to performance, and better holding of adjustments are all benefits ascribed to massage and other modalities.

14. Q: How would you describe the “state of the union” of the equine industry?

A: Oh boy. The equine industry has had tremendous ups and literal downs. We’ve had horse and rider deaths in racing and cross-country, Olympic riders stripped of medals and accused of doping. We’ve had whole barns of horses poisoned over spite, wild horses rounded up and penned by the tens of thousands, and tremendous debate over horse slaughter legislation. While we celebrate the tremendous successes of riders such as Stephen Peters and our Olympic team, these highs are overshadowed by the videos of blue-tongued horses in rollkur, soring and chaining of gaited horses, and other misguided means that we know many rely on to get to the top. There are whole online forums dedicated to riders sharing what drugs they use in their hunters and equitation horses that go undetected, and two year-old baby Quarterhorses are being lined up in the veterinary hospitals for their “routine” joint injections before Congress. Halter horses are so muscle bound and full of steroids they can never perform anything but a halt. The FEI is on the verge of relaxing its zero tolerance policy on equine medications, as the German riding teams are completely disbanded for horse doping and comments that clearly lack compassion for their horses. “Natural horsemanship” has become a catch phrase for anyone wanting to defend their involvement in the industry without being lumped in with these other riders; however, there is nothing natural about anything we do with horses, and forcing a domesticated horse into a wild Mustang mold is often damaging. Man’s egotistical drive to be recognized inflicts a lot of hardship on these beautiful animals. And at a GNP of \$112 billion dollars annually, the horse industry has a significant economic impact. Once an animal of war and transportation, the horse’s survival now completely depends on its ability to jump a 6’ wall, or piaffe at X. However, there is a stirring of unrest, and a call to action of those that want to see things change for the better. It’s a small contingency, but there are likeminded souls who still believe in the beauty of equine sport for the horse’s sake and the thrill of partnership, not a blue ribbon. The greater industry will not change, but the cry for compassion is growing in the halls. If we’d turn our back on those that insist on unethical means, if we’d affect the economic aspect of the industry, we’d initiate change. It’s a huge task, but I do believe we will see some positive gain in the coming years.

15. Q: What resources can you offer and do you recommend to equine professionals and owners?

A: “Recognizing the Horse in Pain... And What You Can Do About It,” was written for horse owners and professionals alike. I wanted to answer the questions that I’m asked every day by my clients in a format that was heavy on pictures and easy to understand. When people can relate what they see to what their horses are doing, it excites them to ask questions and look for answers. I don’t want anyone to have to go through what I did with my horse – the frustration of knowing he hurt, but not having any available resources. This book is designed to help people in that situation, while also confronting those that would choose to ignore the obvious signs of horses in pain. The DVD emphasizes saddle-fitting, as that’s why I’m called to see 95% of my patients – even if the clients don’t know it at the time! I’ve also presented full acupuncture and chiropractic cases to help understand exactly how they work.

Visit Dr. Joanna Robson’s website! www.RecognizingtheHorseinPain.com



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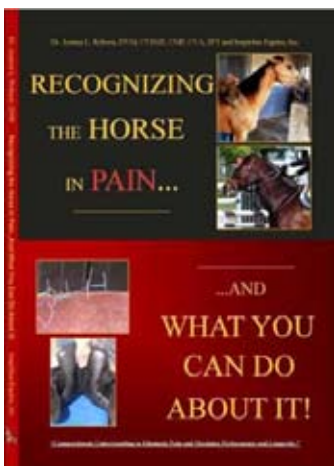
16. Q: What's next?

A: Next year will be very exciting. I will be involved in thermal imaging education, as well as clinics throughout the horse shows in CA. I am a technical director for EquineIR- a thermal imaging company that is a major sponsor of the World Equestrian Games. I hope to be presenting at Equine Affaire Ohio, and also at Equitana Asia-Pacific in Melbourne in November. I am also involved in research using high-speed gait analysis. And there's always the next book to be written...

Mutual appreciation!!

Dr. Joanna Robson, *Inspiritus Equine*: I cannot say enough about Deb's program for EBW®s. Whenever I recommend a client seek bodywork for their horse, I ask them to research an EBW®. I know the quality of education will be superior.

Sarah Miles, *Equinology Newsletter Editor*: Thanks to Dr. Joanna for her work for the horses, her new book and DVD, and her refreshingly thoughtful and honest answers to our questions!



Dr. Joanna Robson's new book and accompanying DVD are : ***“Recognizing the Horse in Pain ... and What You Can Do About It!”***

BOOK REVIEW by Debranne Pattillo, MEBW***Recognizing the Horse in Pain
....and What You Can Do About it!***

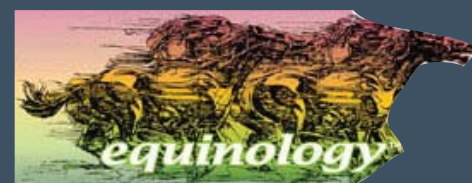
**By Dr. Joanna L. Robson,
DVM, CVSMT, CMP, CVA, SFT**

There are many books out on different modalities, approaches to equine health care, and performance related issues. What makes this book different than most of those is the detailed explanation Dr. Robson offers as to why one experiences these issues and the possible causes. Most owners and riders follow advice from a health care practitioner but never really truly understand even when it has been explained. Now with this book, they can read this valuable information at their own leisure and take the time needed for comprehension as well as use it as a wonderful resource.

I especially enjoyed the section in the book where Dr. Robson quotes statements she has heard in her practice. She follows these statements with a clear explanation and things the owner or rider should consider and address. If you are in the health care industry you've probably heard some of these remarks such as, "I need a much stronger bit-he bolts" or "I think we have to send this one off to the cowboy" or "My horse struggles with hills" or "I have to use much bigger spurs" or "My saddle fits and my horse is happy; until I get on him" or "He absolutely refuses to bend to the left." You can see why recommending this book would be a great gift to your owners.

The table of contents includes Normal Anatomy, Recognizing Non-Traditional Lameness, The Anatomy of Saddlefit, Fitting Your Own Saddle, The Hoof Affects the Whole, and Integrative Veterinary Medicine.

A companion DVD is also available.





Old School, New School Lessons from the barn aisle about feeding flax seed

By Debranne Pattillo, MEBW

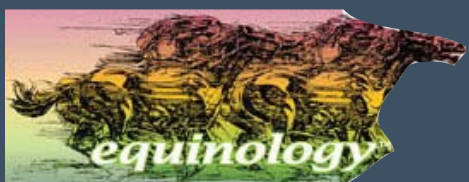
If you ask the same question of different horse owners, barn owners, care givers, trainers and veterinarians, you may get a different answer or view from each one. Recently while at a barn, the owner asked about feeding flax seed. Years ago I remember we soaked flax seed overnight prior to feeding it to the sale horses.

This "liquid gold" was supposed make the coat shine. While these horses always looked great, was it the flax seed and was that the way it should be fed? Many would answer, "absolutely" as if it were the gospel truth. Recent studies have shown otherwise.

Whenever a nutritional question arises I defer the question to a qualified individual in nutrition. Having owned a feed store previously I am quite aware of how we tend to follow the manufacturer's guidelines for amounts and preparation and often those suggestions are not always correct. I asked Dr. Eleanor Kellon VMD of Equine Nutritional Solutions, Ephrata, Pennsylvania, who is one of a handful of experts in the field of applications of nutraceuticals for horses. She is an authority in the field of equine nutrition as well as conditions affecting performance horses. Her site, www.drkellon.com hosts a wealth of online courses in on topics in equine health care and science such as Nutrition, Nutrition As a Therapy, Nutrition for the Performance Horse, Cushings and Insulin Resistance, Understanding Bloodwork, Neuro and Muscular Disorders, Arthritis and Other Lameness and Comprehensive Care of the Older Horse.

Why would one wish to feed flax seed? Dr. Kellon answered: "Flax seed has a profile of essential fatty acids that mimics fresh grass. Essential fatty acids are fats that the horse's body cannot manufacture and must be present in the diet. These include alpha-linoleic (omega-6) and alpha-linolenic (omega-3). The omega-3 fatty acid is present in fresh grass at a level that is at least 4 times higher than omega-6. Omega-3 is also much more fragile than omega-6 and disappears in baled hay. Grains, brans and other seed meals and oils are also high in omega-6. Omega-3 is anti-inflammatory while omega-6 is proinflammatory. We feed flax to get the fat profile in the diet back to one that mimics fresh grass."

While researching facts on flax seed I read from several sources that flax seed becomes unstable once it has been exposed to air and loses nutrients. Soaking flax seed overnight as we did "way back when" was probably not the best thing to do. I noticed that some supplements containing flax seed listed it as being "stabilized." In regards to stablization, Dr. Kellon replied: "Stabilization methods are proprietary. Low temperature heat treatments in combination with the method used to prepare the flaxseed."



New Year's Nutrition Notes



Many sources now say that it is best to grind it up for each use and then feed it immediately. This seemed like a time consuming effort especially if you were feeding a large barn. Dr Kellon did say that you could “grind up a few days’ worth in advance and store in the refrigerator in an airtight container, e.g. load into Ziploc bags and force out any air before sealing. Whole or ground stabilized flax seeds should be stored under the same conditions as a grain - stable temperature, protection from light, avoidance of high humidity or heat. Flax can also be refrigerated for a longer shelf life, preferably in airtight containers.” It was also noted that you should you a clean grinder each time you prepare it. An important clarification from came from “Lucinda” on “The Horse” Blog in regards to feeding ground flaxseed or flaxseed meal if one were considering it as a source of omega 3 for your horse’s diet. She wrote, “Ground flaxseed does contain omega 3. Flaxseed meal (AKA linseed meal) is what is left over after the oil is extracted and contains virtually no omega 3. The terms are not interchangeable.”

The suggested amounts to feed sometimes are excessive. I noted two clients feeding considerable amounts so I asked Dr. Kellon what amount she would suggest. She said that in order “to reach the full fatty acid advantage you would feed upwards of 8 oz/day, but clear benefits in coat and skin are seen with 2 to 4 oz/day.”

Dr. Kellon also confronted some of the hazards that have been reported about feeding flax seed. She reports that there have been “concerns about feeding flax center over cyanogenic glycosides and phytoestrogens. Fact of the matter is that no cyanide problems related to flax have ever been recorded in any species. The phytoestrogen effects of flax are in the fiber portion. (lignans). These actually have an antiestrogen effect by binding to estrogen receptors and blocking estrogen. For the vast majority of horses at the amounts fed, this is simply not an issue. There may be individuals with underlying hormone abnormalities or high body burdens of other phyto or xenoestrogens that would react to flax but this has never been documented either.

There are some studies that are looking into feeding flax seed targeted at horses. In a small pilot study “it was concluded that; in this small pilot study, flaxseed was able to reduce the lesional area of the skin test response of atopic horses, alter the fatty acid profile of the hair, reduce inflammation, and did not elicit any negative side-effects in the experimental horses.” See: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC227015/>

Whenever you decide you would like to add or remove something from your horse’s diet, it is best to consult a specialist in nutrition. Owners are often feeding expensive supplements that are unnecessary or possibly unbalance a diet. Consideration of what to feed should be weighed by the demands of the sport or workload, the health and age of a horse and the current feeding program. An owner will save themselves time and expense by taking a course such as Dr. Kellon’s to make healthier decisions for their horse and ask better questions of the specialists.



LETTER FROM THE EDITOR



Opening —

I've been thinking lately about the role intuition plays in doing bodywork for horses. A little grullo Arab-cross mare, just a 5-year old who we called Zsazsa — has me thinking about this hard to handle topic.

Z was hard to handle. She grew up in a pasture where nobody could catch her and those that had handled her had not

done it well. You couldn't tie her or she fought like a big dog. She could levitate and buck at the same time. Send a vet holding a hypodermic towards her and she would dance on her hind legs, striking. Not aggressive — reactive and untouchable.

She might have stayed there, growing up almost feral in her pasture, but she formed an attachment to a trainer who worked occasionally at the property. When Z heard Violet's truck she'd come running. Her owner realized this was probably her only chance to get the horse worked with, so she gave her to Violet to train and hopefully sell. Violet grew up on the Central Coast north of Santa Cruz and she is a naturally talented trainer specializing in difficult horses. She has mad skills and lots of practice, and it even took her hours to catch Z and get her loaded into the trailer. It was hard to believe that this little silver mare, just 14.1 and as dainty and lightfooted as you can imagine, had so much struggle in her. Had she been any less agile and graceful or tiny, it would have been a frightening and dangerous display of resistance.

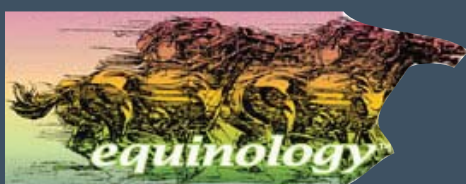
It is to Violet's credit that she could find a way to work with Z and speak a common language — no one had ever done it before. As she began working with the little mare, she realized she

did not like the way the mare felt when she put her full weight on her. Her withers would drop, she would take a drunken balancing step or two, her neck would go straight and low and her eyes would get distant. Even for all her fight, she was not very go-ey.

I worked on the mare and knew from watching her be handled that I could not work on her neck, and that I would have to begin at the other end and find the openings in order to ever be allowed to address the visibly corded and tight muscling at the base of the neck of the profundus and brachio and serratus. She had an upright RF and a low LF that had never been trimmed in her whole life. She was short strided on the RF and tended to fall in on a circle. She responded well to package wrapping and I was able to use Deb's "scratch and sniff" stretch to get her to bend her neck for a moment without checking out. I worked up to her shoulders and knew the session was done. I wanted to work on her more, to see if I could address her neck, and I even liked her enough to hope that she'd get a clean bill of health at a vet check before I got too attached to her. A visiting vet/chiropractor checked her out and noted that the mare seemed like she had post-traumatic stress disorder and how her eye dissociated when you asked her to bend her neck. She adjusted a rib, said, you've got a nice little mare there. But Violet knew something was still wrong. I kept hoping that trimming/shoeing might help. Between all these observations, and the mare's behavior, it seemed clear enough that she should be evaluated by a vet. We called a great vet, he came out with his truck full



of diagnostic equipment and we started by watching her go. He did an acupuncture evaluation with needle caps and found her lower neck to



be very tight muscularly. Then Violet and the vet spent 25 minutes trying to sedate her for radiographs of her cervical spine. IV was impossible. It took over an hour and three IM injections in the chest before she was sedated enough to xray. The xrays showed fracture and fusion of the articular processes of C3-4. This was in keeping with a dark history that slowly surfaced from the ex-owner, of the little mare being dragged behind a quad as a yearling, of having an accident during dental work — a pullback and flip over while sedated with a speculum in — and who knows what other unspeakable acts of voluntary or involuntary unkindness.

The vet regretfully explained that if Z already HAD a job, and knew her purpose, her pathology might have been manageable with injections and that half the horses in our barn would probably show some



pathology if we ever did the diagnostics. However, based on Z's history of "child abuse" and her greenness, her level of reactivity and resistance, he could not recommend that course of treatment for this horse. He wrote,

"Difficult mare. No favorable prognosis can be recommended."

In the stall, still wearing the lead apron and holding the plates for the radiograph (I was afraid to put them down since the vet was very clear that he'd kill me if I damaged any part of his \$30,000 machine) I felt my heart sink as he explained the Dx — I knew it was a death sentence. The injury itself promised only to get more painful, and it made it hard and painful for her to balance any weight on her back. Her extreme reactivity made her dangerous - untieable, untreatable. Her pretty face and color made her a backyard breeding magnet. I swallowed tears thinking, there's nothing for it then. We'd have to tattoo her diagnosis onto her body or it will

be forgotten and she will end up in pain and people will end up hurt. At that point, I was mad enough not to really care if any people got hurt to tell you the truth.

So she's gone. Violet stood by her and made sure she was gently handled and had enough IM sedation to not have to fight her way out. I do feel better knowing that she is beyond

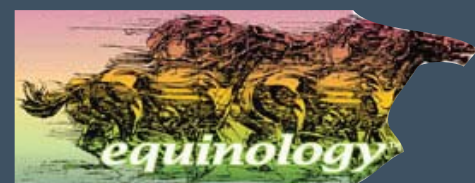


pain, neglect, and mishandling. But I find myself thinking about what I learned and I think, for today, it can be summed up like this:

- 1: If you want or desire a particular outcome or have strong feelings, your ability to read your intuition is diminished.
- 2: If you "think with your books" and try to figure things out too much you will not recognize what you already know.
- 3: If there is a part of a horse you somehow KNOW not to even touch (esp. if there is a correlating story of injury, no matter how old), and not because they guarded it or blocked you but because you know not to even try, you need to think of a way to recommend a vet check without sounding like a Cassandra.
- 4: You can't waste money on diagnostics done with great equipment by a vet who will tell you honestly both what they know and what they think — every penny is well spent. Especially if you don't have it.
- 5: Treat your children well.

Happy New Year All!

I would love to publish stories about your innovations in business or practice and your experiences in the field. Send them to me at smiley@cruzio.com
See you in class! Yours, Sarah



News!

Happy New Year IEBWA Members! It's time for IEBWA Membership Renewal...

As most of you know, we all have the same renewal date in January since the IEBWA prorated our memberships in 2009. The membership fee, \$80, will stay the same for this year, and is due by January 30th, 2010.

Applications can be found on the IEBWA website: www.iebwa.com.

Thank you for being
a part of IEBWA.



Please send your application
by 1/30/2010 with \$80
payment by check or credit card to:
Nancy Cristillo
22 Packet Road
Rancho Palos Verdes, CA 90275

NOTE: The renewal that is due is only for the IEBWA membership, not for insurance. The ABMP insurance is for a full year. When it comes time for your insurance renewal ABMP will notify you directly.

Congrats to The First Crop of EQ 50 Students!



Congratulations are in order for all of those EQ50 Equine Anatomy who successfully passed the new online course. We have representations of participants around the globe. Everyone who has submitted the exam so far has passed! Those participants completing the exam for 2009 are:

Martina Beecher
Kerry Bloor
Marla Brownlee
Serena DeLeonardis
Kathryn Farmer
Sarah Harris
Hannah Haskew
Lauren Kennedy

Janet Bailey
Paula Kerslake
Lorren Panteleone
Nancy Sheheen
Rob Slattery
Jeni Walker
Deborah Waterman
Debbie Williams
Marlene Young

*Well done everyone,
I am so pleased!
Cheers,
Deb*

Please note if your name is not on this list, it does not mean you did not pass; it means I have not received your exam yet. Please contact me at ronamead@yahoo.com if this is the case.



HOT LINK!

**Download the Special Edition Newsletter
Holidays 2009 from Equine Soundness**

<http://www.equinesoundness.com/Special.pdf>

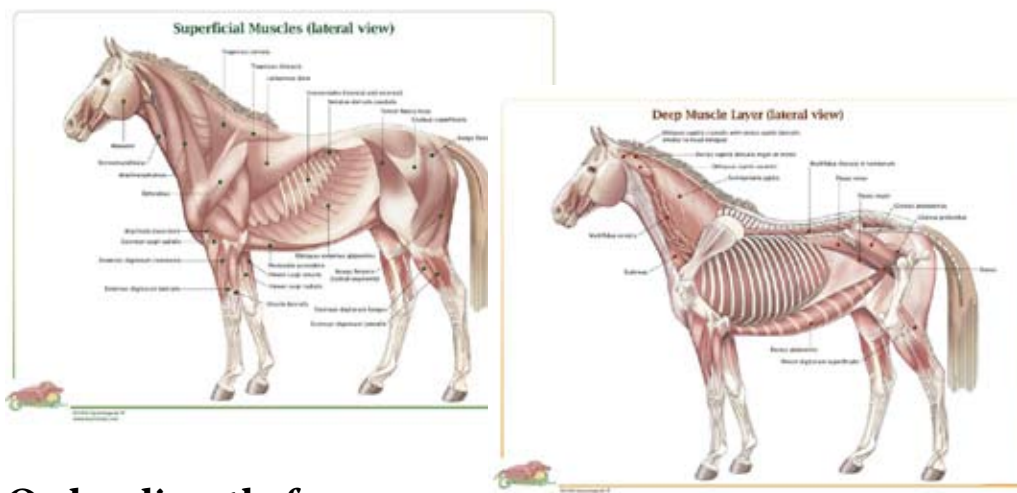
This nicely illustrated piece about hoof anatomy, biomechanics, and the latest thinking about barefoot trimming and husbandry is a keeper.



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EQ101: **Equine Body Worker® Certification Course (Extended Version)** with Debranne Pattillo, MEBW; April 12-23, 2010.

EQ103: **Advanced Equine Massage Techniques Level One** with Debranne Pattillo, MEBW; April 26-30, 2010.

NEW! EQ1600: **Equine Red Light Therapy** with Di Jenkins, EBW; May 17-20, 2010.

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EQ102: Extended Equine Body Worker® Certification Course

with Debranne Pattillo, MEBW; October 11-28, 2010.

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NEW! EQ600: **Equine Gait Abnormalities and Lameness** with Dr. Barb Crabbe, DVM; May 1-2, 2010.

EQ300: **Biomechanics, Applied Anatomy and Gait Abnormalities** with Dr. Hilary Clatyon, BVMS, Ph.D., MRCVS; May 3-6, 2010.

EQ1100: **Equine Myofacial Release** with Ruth Mitchell-Golladay PT, EBW, CMT; July 10-14, 2010.

EQ700: **Principles of Saddle Fitting and Shoeing Dynamics** with Dr. Kerry Ridgway, DVM; July 23-26, 2010.

EQ100: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW; August 13-21, 2010.

Murrieta, Southern California

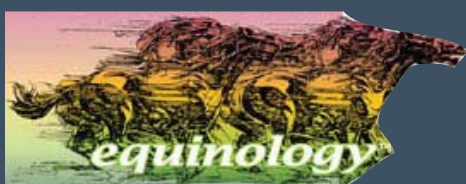
EQ100: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW; May 7-15, 2010.

EQ1200: **Equine CranioSacral Therapy;** with Gail Wetzler PT, EDO, BI-D June 3-6, 2010.

EQ1210: **Equine CranioSacral Therapy II;** with Gail Wetzler PT, EDO, BI-D September 10-12, 2010.

EQ100: **Equine Body Worker® Certification Course** with Ruth Mitchell-Golladay PT, EBW, CMT; November 1-9, 2010.

EQ1100: **Equine Myofacial Release** with Ruth Mitchell-Golladay, PT, EBW, CMT; November 12-16, 2010.



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Essex; Chelmsford: Writtle College

EQ300: **Biomechanics, Applied Anatomy and Gait Abnormalities** with Dr. Hilary Clatyon, BVMS, Ph.D., MRCVS; Feb. 2-5, 2010.

EQ100: **Equine Body Worker® Certification Course** w/ Ruth Mitchell-Golladay PT, EBW, CMT; February 13-21, 2010
April 2-10, 2010

EQ1100: **Equine Myofacial Release** with Ruth Mitchell-Golladay PT, EBW, CMT; April 13-17, 2010.

EQ1110: **Equine Myofacial Release Level II** with Ruth Mitchell-Golladay PT, EBW, CMT; April 19-21, 2010.

EQ100: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW
June 14-22, 2010
July 10-18, 2010
July 21-29, 2010
Sept. 1-9, 2010

EQ103: **Advanced Equine Massage Techniques Level One** with Debranne Pattillo, MEBW; September 12 - 16, 2010.

NEW ZEALAND

EQ100NZ: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW January 16 - 24, 2010. Location: Auckland, New Zealand

NEW! EQ1600NZ: **Equine Red Light Therapy** with Di Jenkins, EBW; March 6-9, 2010. Location: Feilding, New Zealand

EQ700: **Principles of Saddle Fitting and Shoeing Dynamics** with Dr. Kerry Ridgway, DVM; December 16-19, 2010. Location: Auckland, New Zealand

AUSTRALIA

EQ100: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW March 4-12, 2010. Location: Australia, QLD; Samford, Samford Showgrounds

NEW! EQ1600: **Equine Red Light Therapy** with Di Jenkins, EBW; March 14-17, 2010. Location: Australia, WA; Upper Swan: Brookleigh Equestrian Centre

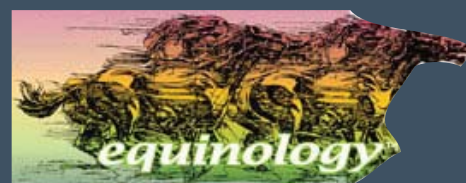
EQ103: **Advanced Equine Massage Techniques Level One** with Debranne Pattillo, MEBW; March 15-19, 2010. Location: Australia, QLD; Samford, Samford Showgrounds

EQ100: **Equine Body Worker® Certification Course** with Debranne Pattillo, MEBW March 23-31, 2010. Location: Australia, WA; Upper Swan: Brookleigh Equestrian Centre

**Brand New for 2010—
Equinology classes in Italian!
ITALY**

NEW! EQ104: **Equine Body Worker® Certification Course (Formatted for Non-English Speaking Professionals outside the USA). IN ITALIAN** with Dr. Mila Speciani and Debranne Pattillo, MEBW; June 4 - 11, 2010. Location: Sacile (Pordenone – Italy):Azienda Agricola Acero Rosso

NEW! EQ104: **Equine Body Worker® Certification Course (Formatted for Non-English Speaking Professionals outside the USA). IN ITALIAN** with Dr. Mila Speciani and Debranne Pattillo, MEBW; October 18 - 25, 2010. Location: Rome, TBD.



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Bone Up with an exercise from EQ 50!

Check out the following links:

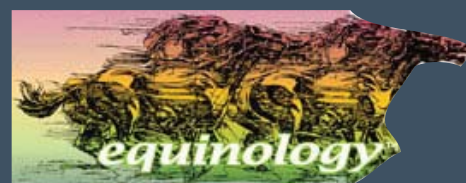
http://www.academic-server.cvm.umn.edu/Radiology/CVM6101/Equine/Equine_fr.htm

Click on "Normal Cervical Spine: Adult Cranial, Mid, and Caudal and Juvenile Cranial and Caudal." Also view the different plates under "Normal Skull."

<http://people.upei.ca/lpack/vetrad/anatomy.html>

Click on "EQ Head" to download a powerpoint with labeled radiographs of the equine skull. This was prepared by for vet students learning radiography...

Now label this skeleton (cranial to scapula) as completely as you can:



(BASIC) ANSWER KEY

