



The Equine Touch

Editor:
Janis Hobbs
equinetouch@hotmail.net.au

Hi Everyone,

Welcome to ANZET News first issue for 2016!

Over the summer, sadly there are many places in Australia where extreme weather conditions and bushfires have wreaked havoc.

Horses as well as their humans have had their lives extremely impacted. Once the initial emergency has been dealt with some gentle Equine Touch work may assist with alleviating the stress & pain from injury and even stress experienced from the challenges of needing to be evacuated, perhaps separating from herd mates and settling into new surroundings.

The Equine Touch session is even beneficial for the person performing it! Do you have a story to share? For those adversely affected, wishing you all the best on your road to recovery.

Keep in touch, Janis, Ed

Inside this issue:

Keeper's story continues	2
Equine Touch FAQs	2
Equine Touch at Hamner Springs	3
Philosopher's Corner	3
Course & Events Calendar	4

ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

Volume 7 Issue 1

January—February, 2016

ET Refresher Day at Tauranga, NZ

By Ins: Denyse Cambie

Refresher Day

I held a refresher day for any LI students who wanted to attend and we had five students. One of the students was on the first course I ever hosted back in Jan 2004, and was trying to talk herself out of coming as she hadn't done anything for so long. Another did her course with Jock in the South Island in 2006. One from my most recent course and the other two from a few years ago, one with Ivana and one with me.

I nearly phoned Trish to say you don't need to bring a horse now there have been two pull out at the last minute, but so glad I didn't as her horse *Gypsy* had a hyoid imbalance. Great for the students to be able to feel the resistance on one side before, and see the magic fix. NB the last three horses I have worked on have all had a hyoid imbalance.

Also wonderful to have my fantastic neighbour Sheryl's horse *Cactus* to work on, who obliges every time by dropping his willy so we can check for beans. As always there is a little shock when I tell the new students about my willy obsession, but it soon becomes their obsession too. Even Tamara (who wrote the article



Denyse Cambie look what we got out today noticed a change in his stance already

Like Comment Share

Write a comment...

Sponsored Create Ad

from my last LI), who was so glad she has mares, emailed me a couple of weeks ago to ask about checking for beans after working on a gelding and wishing she had paid more attention. However after a clarifying email back, she tried to get it out, but did have to get a vet and some sedation, although has said next time she won't need the vet.

All of the students did really well, some were a little hesitant at first but a quick recap on the theory, some human body work with a lot of jokes about Jocks two actress role models and we were away. Some were amazed at how much they did remember. It was also really useful to introduce some of the alternative moves to everyone, some who definitely found the heel of the hand easier to do the butt shots.

All left vowing to keep practising and really happy with what they achieved. And I loved being surrounded by so much positive energy.

Keeper

Keeper is a lovely TB gelding who raced in Hong Kong then was relocated back to NZ. His teenage owner is very novice, but quite fearless with his seemingly typical OTTB antics. My wonderful friend Maggie is their trainer and while she was making good progress with *Keeper's* young rider, felt he would benefit from some bodywork. One day his owner wasn't feeling well so instead of their regular lesson, Maggie brushed him (avoiding teeth and feet) and rode him, and as soon as she started riding him she was even more certain he needed bodywork. So he came to me for a couple of months (he lives too far away to do regular visits).

There was a possibility of ulcers, but not conclusive as he was so reactive everywhere, so I gave him some slippery elm anyway as it wouldn't cause any harm and "if" there was a problem it would help (There is an excellent you tube video demonstrating palpation points for ulcers - <https://www.youtube.com/watch?v=Fr05hMmLCY4>)

(Continued on page 2)

(Continued from page 1)

Keeper was in a lot of pain and very free with both teeth and feet, and extremely sensitive to touch almost everywhere on his body. His tail swished constantly when both ridden and being groomed or having bodywork. His young owner had accepted that it was normal for him to bite and kick when he was being groomed as he was a "TB".

We don't know his history but he reminded me of a horse I worked on many years ago who had been in a racing pile up, shunted from behind, turned out for six months to rehab and when that didn't work was sent off on the meat truck. He was a good looking horse so was taken on by a very unscrupulous trainer and sold on as an eventing prospect. The new owner had him for two years during which time she only rode him for three months, and spent the rest of the time trying special shoes, special \$1000 a month injections etc, and was going to have him put down when I begged her to let me work on him. But I digress (maybe that's another success story for the newsletter one day?).

Keeper stayed with me for 2 months and his body changed totally, he wasn't in work during this time but he developed some roundness, and the tight muscles relaxed into soft and supple muscles. Unfortunately with the changes came an intermittent lameness accompanied by a soft swelling in the hip area. I think the problem was always there but unseen as he was so very sore all over, and when we removed all of the outer layers of pain, as Jock would say, we found the criminal.

He was still reactive but each session was less reactive. I knew he had a willy bean as I had felt it when he dropped on the first session but I wasn't quick enough to get it out, and he absolutely refused to drop after that. Finally he dropped again in the 13th ET session and I got most of it, then removed the rest the next time. I had been thinking when he went to the vet for his lameness issues that he needed sedating to remove it as he was still pretty free with his feet if you went near that area, and if he wasn't going to drop...

Keeper went home and was allowed some more time to heal, however is still unsound so is heading to a specialist equine vet. He has continued to gain condition without huge amounts of feed or grass as you can see from the photos, and his attitude has completely changed. His young owner's dad now spends a lot of time giving him scratches, cuddles and smooches in the paddock, a very long way from the horse who used to bite and kick just being groomed, and exploding if you applied any leg when riding.

Keeper is one very lucky horse. His young owner now has a schoolmaster to ride and while we all hope the specialist equine vet will be able to find a cause of his lameness and be able to fix it, if not Keeper has a home for life with his owners even if he is only a paddock ornament.



And his owner wants to make sure her new schoolmaster and Keeper have regular ET - I haven't mentioned it yet, but my plan is for his young owner to do an ET course when she is a little older and then she can do much of the work herself – and yes I am doing myself out of some regular paying work but I will get far more than \$ in the long term.



FAQs — Email your Equine Touch related questions to equinetouch@hotmail.net.au

Question: *Is it best to avoid performing Equine Touch on a horse on medication? Specifically 'bute' and anti-biotics? I have always been cautious and tend to delay working on horse until it is off the medication believing that the ET work may influence the way the body processes the substances. Is this correct? Am I being too cautious?*

Answer : (From Ivana Ruddock)

Yes, you are right. We were always cautious about working with animals/humans on medication. The distribution of the substance in the body is one reason and also I can see slight issues with the detoxification. Bodywork, just like any other holistic modality such as homeopathy, acupuncture, cranio sacral, and even nutrition changes, can trigger detox reaction and with the body already coping with the drugs this can be too much. At least these two things have to be taken into consideration when we work on the horse/dog under medication. We have to weigh the positive and potential negatives.

So, yes, there could be a negative side especially if we overworked or overloaded the body. On the other hand, performing bodywork on a horse on medication, as sometimes is necessary with horses or dogs on long term medication, CAN bring positive changes by helping to release fascia thus helping the drugs to circulate more freely * and also the ET can provide the benefit of relaxation; balancing the autonomic nervous system can help with coping with the disease. So, before working on the animal or human on medication we have to consider those risks and if we decide to work we need to make sure that the first session will be gentle, light and short with time afterwards to allow the body to detox and rebalance before addressing it with the second session. Always listen to the body and feedback from the animal. Therefore, if the moves and procedures are not received positively rather choose to finish the session early and not force it on the animal.

So, as usual, LESS IS BEST and listen to the animal, observe the feedback and act accordingly.

(* There has been some new research done on fascia and cancer patients and I will write a brief summary soon.)

Level 1 Equine Touch at Hamner Springs, South Island, NZ

Level 1 ET, Hamner Springs, Sth Island, NZ *Ins: Janice Clyma*

Level 1 photos. Five awesome students, one couple, a mom and daughter and a vet tech. All clicked on really well and by Day 3 had the horses melting. Mother and daughter (16) Ruth and Jasmine Hubber, local couple Arne Lageveen and Janna and Astrid Heine. Have asked students to send a report. JC

Great! Looking forward to hearing from them. Janis, Ed.



Spot Quiz!

Can you name the moves?

- Pic # 1
- Pic # 2
- Pic # 3
- Pic # 4
- See answers next page.



Equine Touch – Philosopher’s Corner *By Janis Hobbs*

Equine Touch—holistic approach, part of a team

The Equine Touch is an holistic modality, we address the whole horse, not just the part of the horse considered to be “in trouble”. As a stand-alone modality Equine Touch can do much to enhance the quality of life of horses lucky enough to have dedicated and caring owners seeking every means to support their horses in the life they, the owners, choose for them. Suggesting to owners that attention be paid to other *Equine Elements of Influence* such as corrective trimming, equine dentistry, appropriate nutrition, saddle fit, training regimes and even where horses are housed is all part of the holistic approach, we as Equine Touch practitioners, espouse.

Sometimes as practitioners we are faced with a situation where we may need to evaluate if what we are doing is contributing to the improvement of the horse’s situation and if it is ethical to continue offering ET sessions. It is not ethical in my belief to continue if you do not believe that ET can be effective in helping the horse further. Perhaps it is time for the owner to seek some alternative input to resolve the current “stumbling block” to progress and return to Equine Touch sessions again in the future? Wonderful as it may be, Equine Touch is not the “silver bullet”, the answer to all conditions, every time, that we may wish it to be. The same could be said of other modalities as well, I believe, and changing the approach may be the key to overcoming the issue that is currently inhibiting the recovery process.



I am thinking here of a situation where the pony pictured is “a work in progress”, receiving regular barefoot trimming aiming to restore healthy function in his laminitic feet. His nutrition is carefully monitored and he is also on some herbal “teas” (in his chaff) to help deal with discomfort associated with his condition.

Are the Equine Touch sessions I provide resolving his condition? Soft tissue work cannot “fix” the problem in his feet however it can certainly assist him in providing relief (albeit temporary) for his musculature which is “under siege” as he applies compensatory stances while transitioning (hopefully) to better function. In my view this is an important role for The Equine Touch, that is, working as part of a team to assist a horse in need.

The owner reported the pony was moving a little better in the following days. Some relief but still not out of the woods by a long way.

Produced by J M Hobbs
PO Box 60
Charlton VIC 3525
PH: 03 5491 2488
equinetouch@hotmail.net.au
www.equinetouchvic.com.au

"How do I find
out about The
Equine Touch in
my area?"
Contact us!

INSTRUCTORS Australia

Janis Hobbs (VIC)
Mob: 0409 403 144
(03) 5491 2488
equinetouch@hotmail.net.au

New Zealand

Karen Burrows
Cell phone: 021 051 7347
03 213 0405
ETdownsouth@slingshot.co.nz

Janice Clyma
Cell phone: 0274 347 090
03 3155 125
janice.clyma@xtra.co.nz

Denyse Cambie
Cell phone: 021 252 2233
07 552 6442
equinetouchtauranga@yahoo.co.nz

websites

Need more information?
Check out the websites.

www.theequinetouch.com
www.vhtworld.com
www.thecaninetouch.com

The Equine Touch™ - Your gift to your horse.

Courses and Events Calendar 2016

Australia

February 19, 20, 21 February 20, 21, 22	ET Level 1 ET Level 2	Creswick, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
February 26, 27, 28 February 27, 28, 29	ET Level 1 ET Level 2	Cluan, TAS	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
May 6, 7, 8	ET Level 1***	Serpentine, WA	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
June 11, 12, 13 Queen's B'day w-end	ET Level 1	'Wongaburra', Mooralla, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
September	ET Level 1	Bendigo, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au
TBA in response to enquiry any time through the year. <i>On-site camping available.</i>	ET Level 1 & Level 2	Charlton, VIC	Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au

*** Ready and waiting for Level 2 in WA?

Contact me with your Expressions of Interest in attending a Level 2 course. We will extend dates.

No course dates or locations to suit you?

Send in your Expressions of Interest nominating where you are from.
If there is enough interest in your area Equine Touch can come to you!!
If you know of or have a venue which may be suitable and can inspire some of your friends to join you
we can work together to organise a course in a location convenient to you.
Please be in touch to discuss possibilities. Contact Janis on 0409 403 144

New Zealand

Late summer Please contact with EOI.	ET Level 2	Tauranga, NZ	Denyse Cambie 021 252 2233 Equinetouchtauranga @yahoo.co.nz
March 4, 5, 6	ET Level 1	Tauranga, NZ	Denyse Cambie 021 252 2233 Equinetouchtauranga @yahoo.co.nz
April 1, 2, 3, 4	Level 3 Ivana Ruddock	Hamner Springs, South Island	Janice Clyma 0274 347 090 janice.clyma@xtra.co.nz

Answers to Spot Quiz

1. Saddle area 2. Girth lift 3. Saddle area 4. Triceps (alternative body position)

Copyright ©—No part of this publication may be reproduced without the publisher's written permission.

Keep a look out for the next issue
April, 2016

Janis, Ed

