



The Equine Touch

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Hi everyone,

Whoosh! February dashed by without a newsletter! So here is March's offering! Best wishes to those on the east coast (& inland) dealing with flooding again this year...

Good news for Oz is Ivana Ruddock will be in Victoria in April for a Level 3 course—a chance for Practitioners to review & update as well as those new to Level 3 to progress their study of Equine Touch. (Repeat at discounted fee.) Email for Level 3 bookings equinetouch@hotmail.net.au

In NZ there are two dates for Ivana's astounding Whole Horse Dissection clinic, both at university venues so excellent settings for "digging deep" to a new level of knowledge & understanding. For bookings see email contacts below right.

Keep in touch.

Janis, Ed

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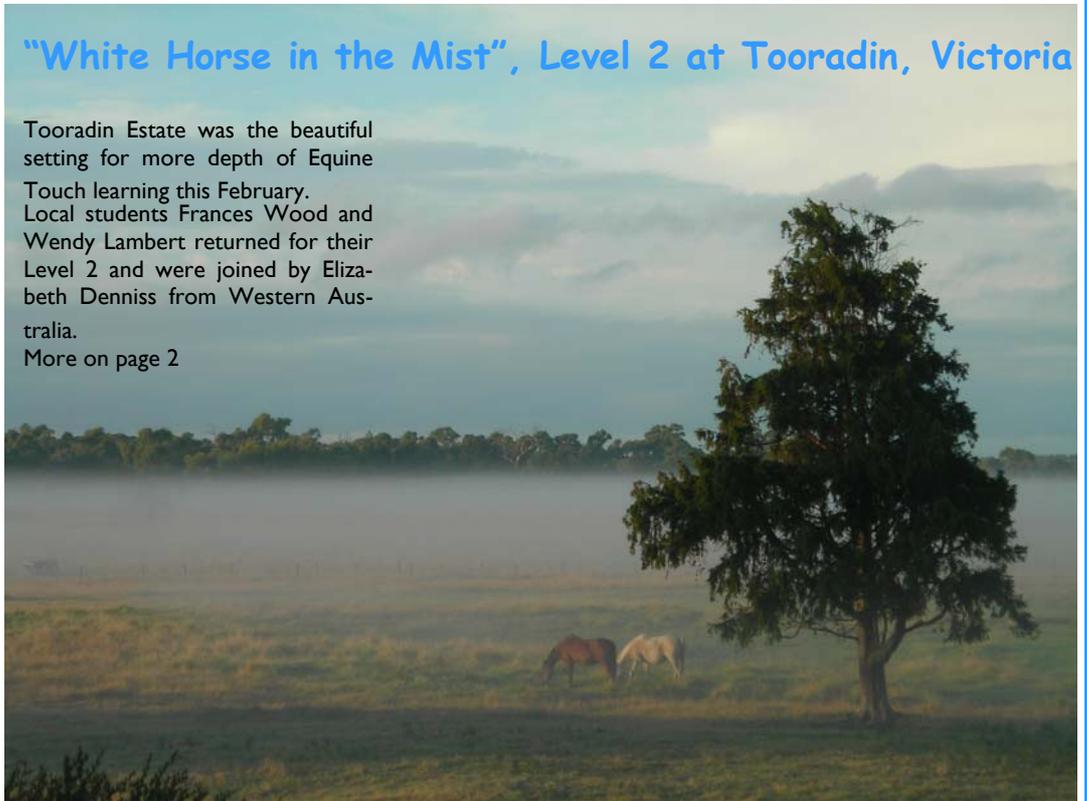
The Equine Touch™— Australia and New Zealand Newsletter

Volume 3 Issue 2

March 2012

"White Horse in the Mist", Level 2 at Tooradin, Victoria

Tooradin Estate was the beautiful setting for more depth of Equine Touch learning this February. Local students Frances Wood and Wendy Lambert returned for their Level 2 and were joined by Elizabeth Denniss from Western Australia. More on page 2



Whole Horse Dissection Seminar with Ivana Ruddock MVB

2 clinics available in NZ this year!

June 30– July 2, 2012

at Lincoln Uni, Christchurch, South Island

Contact: Janice.clyma@xtra.co.nz

July 6-8, 2012 at Palmerston North, North Island

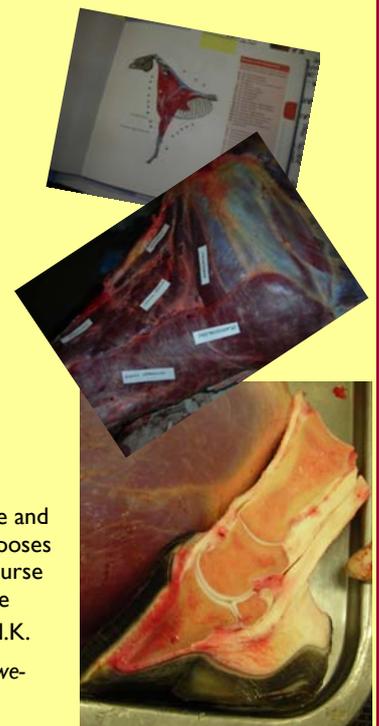
Contact: ivanaruddock@aol.com



Cost: NZ\$800 p.p.
Class size limited!
BOOK NOW!

For true understanding of the muscle and skeletal structure for bodywork purposes or trimming barefoot horses, this course is invaluable. What is witnessed here makes sense out of book pictures. N.K.

I cannot begin to put into words how awesome this class is.



Snapshots

Equine Touch at Tooradin

Level 2 10-12 February, 2012, Instructor: Janis Hobbs

Mini-Quiz for Level 2s
Part A
Can you name the procedures from Level 2 pictured on this page? Numbers 1-4



#1

Elizabeth Denniss & the very co-operative Calvin



#2

Wendy Lambert & her Big Red TB



#3

Frances Wood & Chief

Mini-Quiz ... continued
Part B
What Level 2 procedure is also called "White Horse in the Mist" & why?
Test yourself... Answers in next issue.



L-R:- Julie Veenstra (Tutor), Wendy Lambert, Janis Hobbs (Instructor), Frances Wood, Elizabeth Denniss, with Chief and Calvin

Level 1 & 2 17-20 February, 2012, Instructor: Janis Hobbs

Anne-Marie Alderson, Level 2 writes: "Thanks again for the great lesson at Tooradin. I thought I would also let you know that combining the Level 1 and 2 was a great idea as far as my observations went."



Chief waits patiently as Susie Farquhar, Level 1, supported by Tutor, Julie Veenstra, checks her manual for the next move.



#4

Anne-Marie with Mossie and Lindy.

Leo with Lindy, has the last word, er, yawn



Don't miss it!

WHAT???

Ivana Ruddock's only Level 3 in Australia this year

When? 20-23 April Where? Tooradin, Victoria

For bookings email Janis on equinetouch@hotmail.net.au



Your Say:

Extract from Anne-Marie Alderson's article for her Trail Riding club newsletter ,
"My Equine Touch Experience":-



Mossie seems to be really enjoying Anne-Marie's work on his forehead

For 3 days in February this year I attended my Level 2 Equine Touch (ET) course at the Tooradin Estate. I first found out about it through Wendy Lambert who also attained her Level 2 this year. When I first did the Level 1 course I was a bit overwhelmed with the information that was being taught but it all came together by the end of the course. It was the Foundation Clinic for ET and at the end of the course it all made sense. I found Level 2 a little easier to digest this time. We learned to do another body balance called the "Advanced Body Balance" and a few more "Areas of Concern" procedures both on the human body as well as our horse. We were well supplied with detailed information from our instructor, Janis Hobbs, as well as manuals and DVDs that we can always relate back to during the course and after we finished.

I have used Equine Touch on *Dusty* a number of times and he usually falls to sleep during the session. He occasionally gets a sore back after a long or strenuous ride and I apply the Basic Body Balance (learned in Level 1) on him to assist his recovery, and if I am short of time (and remember) I just do the saddle area only, after he cools down, to tide him over until I have time do a complete session.

It was a great way of understanding my horse better, through the process of learning on other horses (that were supplied by the Tooradin Estate) their different bodies, how supple they are and issues that they may have. I am not a practitioner and would have to

continue on to complete Level 3 of the Equine Touch and all the home study components and assessments, both practical & written, to become a Practitioner. As a horse owner just working on my own horses there is no requirement to complete the assessments and it is nice to feel a little more familiar, so to speak, with horses. I feel I have learned enough to help my horse and give him a "gift" in maintaining his health.

We learned our techniques also on the human body and I can even apply it to myself in areas that I can reach, been able to relieve a few headaches too.

I feel that through this procedure *Dusty* has relaxed and accepted me more readily as his partner. Maybe he has just matured but I know he is a different horse since I began giving him Equine Touch sessions.

I just wanted to let you (my club members) know what I have been up to and that there are other alternatives available for our horses. I've been very happy to have learned this one.

Catch you on the trail,

Anne-Marie (Level 2 ET)

What is YOUR ET story?

Email your story to Janis (include a photo if possible) by 15th of each month to equinetouch@hotmail.net.au



ET Questions & Answers with Ivana Ruddock, MVDr

1. a. Could there be toxicity formed from ingesting mouldy hay that might cause stringhalt? Two mares and one foal are exhibiting stringhalt-like movement. (It is likely that the mouldy hay was mistakenly fed out to horses by owner's friend while owners were away.)

I really do not know about relationship between molds (toxins) and stringhalt. I know that Australian stringhalt is caused by ingestion of catsear (flatweed) plant, but I do not know if it is toxic in dry form - in hay. They mention this in "Plants Poisonous to horse" from Australian government site, but there is still many un-answered questions. The toxin is unknown, the reason why one horse has it and another does not, it is only the fresh grass or hay...so really do not know very much about it.

Australian Stringhalt (from Kentucky research)

The dramatic hind leg flexing is the same, but the cause of the nerve damage in Australian stringhalt is different from the classic condition. Horses grazing drought-stressed pastures in Australia and New Zealand may consume one of several plants including flatweed (cat's ear), fireweed, mustard weed (skeleton weed), and dandelion. Nerve damage and muscle wasting have been linked to ingestion of a mycotoxin in these weeds, which may constitute a large percentage of pasture herbage after grasses have wilted in dry months. Australian stringhalt may affect any breed, although draft horses and Thoroughbreds account for the largest number of cases.

In addition to nerves in the hind leg, long nerves elsewhere in the body, especially those controlling the larynx, are commonly affected by the toxins. Some degree of laryngeal paralysis is common in horses with Australian stringhalt, resulting in horses that "roar." Phenytoin, dilantin, baclofen, and vitamins B and E have been used to reduce signs of the condition, and results have varied. Horses removed from contaminated pastures usually recover, although progress may be slow, taking up to 18 months before normal motion is restored.

b. Is it ok to use ET in this situation? Say, BBB and hamstrings? Lymphatic drainage (throat)?

Depends on the horse of course, if we will speak about nerve damage then those nerves can "fire" impulses even as a result of touch so it could be unpleasant for the horse. I am sure that our students know to observe carefully the horse and can distinguish if the touch or pressure stimulation is causing discomfort or is "good" and relaxing for the horse. I would surely incorporate the Hamstrings but on top of BBB, also Sacrum procedure (L2). On some other session I would go for the Holistic Back Opening (L3) and TMJ (L1) plus Logan basic (L3) or Coccyx (L1) combination - to give the nervous system a little balancing.

Observation is the major factor here. Remember do not stress the animal - stress can exacerbate the condition.

c. The foals (6 months) are about to be weaned to take some of the stress off the mares. Are there any particular ET procedures you would recommend for mares (or the foals) at weaning time?

For the baby I would gently introduce the ET, performing the moves (individual moves first rather than procedures), to make them feel the intent. It can take some time for the foal to accept the touch. If they are already familiar with human touch, surely BBB, or back opening and TMJ can be very beneficial. For mum what ever brought her relaxation in the past - if she was worked on (with ET), if not, BBB and as a second address I would try TMJ, Logan basic or Coccyx on top of the BBB to balance her hormones.



Please note: These horses pictured are NOT the ones mentioned in the questions.