

Connected-healing, LLC

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 Also find us on Facebook.



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Five avenues of keeping you and your horse healthy:

1. Movement; 2. Nutrition; 3. Herbs; 4. Manipulations; 5. Acupuncture/Acupressure

What to expect to learn today:

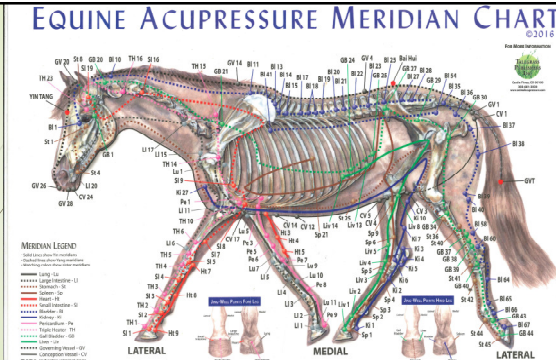
1. Qi, Meridians, Acupressure and why
2. Lifewave phototherapy patches
3. Herbs, Essential Oils
4. Flower Essences
5. Plus additional suggestions I have had success with.

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I am not a veterinarian but I work best alongside our veterinarians. The presentation is not giving medical advice. I am sharing my training in acupressure, essential oils, herbs, and flower essences to help our animals recover from stress/injury/pain/inflammation. It is always wise to consult with a license profession in the area you might have an issue. These modalities can help before something goes wrong.

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EQUINE ACUPRESSURE MERIDIAN CHART
 ©2018



MERIDIAN LEGEND

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3

Meridians are the channels Qi flows. Qi is the life force energy.

They operate as a circulatory system of energy 'like extension cords' that connect organ systems (heart, liver, stomach...) to each other forming a complete circuit.

Blocked meridians can lead to illness, pain, digestive problems or emotional issues.

Acupuncture, acupressure and massage have been used for over 2500 years.

November 24, 2017, a Korean scientist injected a special staining dye which colored the Meridians, identified as the 'Primo-vascular system.'

It was published in PMC (PubMed Central) @ the National Library of Medicine Evid Based Complement Alternate Med.

This review proved what scientist had discovered in 1950.


My experiences, just to name a few successes: Uveitis in a horse; anhidrosis in 3 horses colic; EPM...all working alongside veterinarians.


4


FIVE PHASES OF TRANSFORMATION CORRESPONDENCE CHART					
	METAL	WATER	WOOD	FIRE	EARTH
TRANSITION	Harvest	Storage	Birth	Growth/Creation	Maturity
SEASON	Fall	Winter	Spring	Summer	Late Summer
CLIMATE	Dry/Wind	Cold	Windy	Hot	Wet/Humid
DIRECTION	West	North	East	South	Center
COLOR	White	Blue	Green	Red	Yellow
EMOTION	Grief	Fear	Anger	Joy	Sympathy/Worry
SENSORY ORIFICE	Nose	Genitals/ Ears	Eyes	Tongue	Mouth
SMELL	Rotten	Purid	Rank	Burning	Fragrant/Sweet
GOVERNED PART OF BODY	Skin & Body Hair	Bones & Marrow	Tendons & Ligaments	Vascular System	Muscles & Lymph
MERIDIANS	Lung & Large Intestine	Kidney & Bladder	Liver & Gall Bladder	Heart & Small Intestine Pericardium & Triple Heater	Spleen & Stomach


5


HOW EMOTIONS HARM YOU.

 **ANGER** - Weakens the LIVER!

 **GRIEF** - Weakens the LUNG!

 **WORRY** - Weakens the STOMACH!

 **STRESS** - Weakens the HEART and BRAIN!

 **FEAR** - Weakens the KIDNEY!

SHARE WITH EVERYONE YOU CARE

6

Do not use acupuncture on a pregnant mare.

Work with your veterinarian, acupuncture is a very supportive modality.

Fevers, sudden sickness, severe bleeding, etc. needs a call to your veterinarian.

Acupuncture can help while you are waiting for the veterinarian.

7

Yin Tang---relax, focus

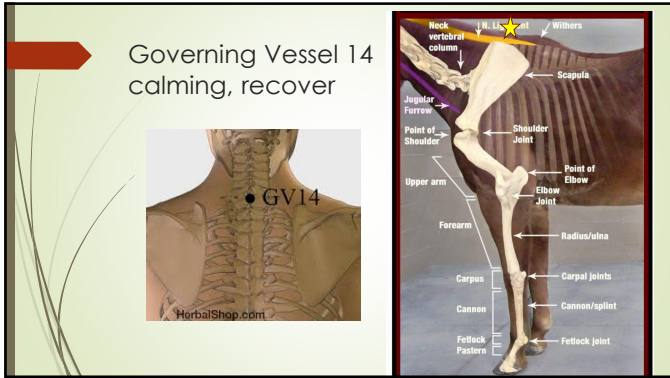
The image contains two diagrams. On the left is a human face with a point labeled 'Yintang (GV 28)' on the forehead. On the right is a cross-section of a horse's head with various anatomical labels: Base of Skull, Nuchal Ligament, Spinal Column, Site for IM injection, Tooth roots (reserve crowns), Wolf Tooth, Facial vessels where pulse taken, Lower Jawbone, Canine Teeth (Bridle Teeth), Jugular vein, and Carotid artery. A yellow star is placed on the forehead area of the horse's head, corresponding to the Yin Tang point.

8

Gall Bladder 20---calming, drop head helps with anxiety.

The image contains two diagrams. On the left is a cross-section of a horse's head with anatomical labels: Base of Skull, Nuchal Ligament, Spinal Column, Site for IM injection, Tooth roots (reserve crowns), Wolf Tooth, Facial vessels where pulse taken, Lower Jawbone, Canine Teeth (Bridle Teeth), Jugular vein, and Carotid artery. A yellow star is placed on the nuchal ligament area. On the right is a skeletal diagram of a horse's neck and head with points labeled: GB 20, GB 21, TW 15, and TW 15.

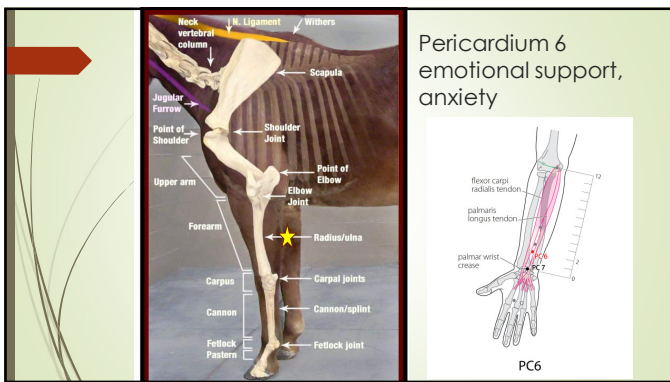
9



Governing Vessel 14
calming, recover



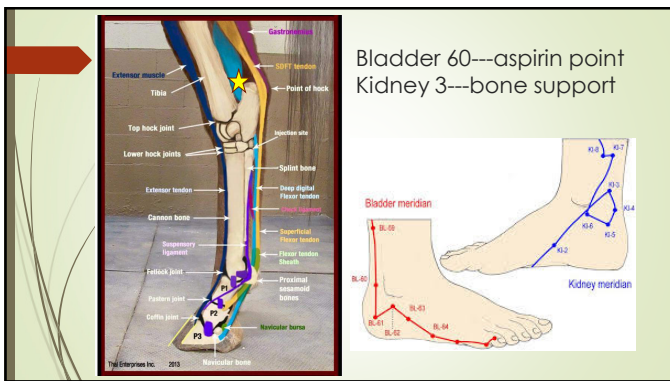
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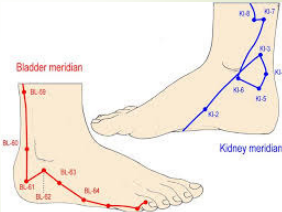
Pericardium 6
emotional support,
anxiety



11



Bladder 60---aspirin point
Kidney 3---bone support



12

PAIN...do you have any?

No Drugs!
Instant relief!
Try here...



Independent Distributor

13

Plants...our animals first choice!

HERBS: Red Raspberry Leaves, good for mares or nervous geldings. Good for all females!
Milk Thistle, best for liver health along with dandelion and cleavers.
Equine Science Solutions, developed by Dr. Madeline Ward, DVM

CBD: can be highly beneficial for therapeutic effects.
August 2023 study by Eichler et.al. I Frontiers in Vet Science
Peaks within 1 hour but is still detectable after 12 hours. Fat soluble which makes is a good alternative for chronic anxiety or pain. Make sure no THC.

Medicinal mushrooms:
Turkey tail mushroom helps with tumors/growths, helps with immune system. Good to take with chemo treatments.
I used OM powder brand for my dog, a client's horse and my husband.
Now there are a lot of choices for people, dogs and horses.
Mushroom as medicine do not affect other forms of treatment.
Herbs need to be used with caution while on medications.

Moxa: mugwort, good for chronic pain, moxa sticks are affordable. Light them and then blow them out. Use the smoke to work over back or outside areas, never inside or underside.

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How Horses Relate to Essential Oils

- Horses are foraging animals and it's natural for them to relate to the healing properties of plants in a more effective and essential way than other animals.
- Horses use their nose as a main sensory organ to relate to their environment, the nose of the horse gives them access to dangers, to environmental substances that are healthy for them or that are toxic to them.
- Essential oils are very effective in creating balance in the horse's body, especially when used in conjunction with acupoints that heighten the integrated effect of the oil.
- Essential oils impact the balancing of energy and the healing of the horse for a period of time after they have been applied – this time varies with the strength of the oil, the particular oil, and the needs of the horse.
- Essential oils have an immediate effect on the horse.
- The horse chooses which oil will impact their body and they will let the practitioner know when the oil is no longer needed.
- When using an oil on a horse, it will also effect the whole environment of the horse and bring the energy into harmony – for example, oils will impact the other horses and the humans that are in contact with the horse.
- Essential Oils give horse owners/guardians a new way to relate to their horse.

Tallgrass Publishers, LLC 2010

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Essential Oils are aromatic, volatile liquids that are distilled from shrubs, flowers, trees, roots, and seeds.

- *Have a chemical structure that is similar to that found in human cells and tissues. This makes essential oils compatible with animal protein and enables them to be readily identified and accepted by the body.
- *They have the unique ability to penetrate cell membranes and diffuse throughout the blood and tissues.
- *Imperative the oils used not be adulterated in any manner...they need to be 100% pure or were grown without pesticides or in non-organic soil.
European AFNOR/ISO standards identify therapeutic-grade oils.
No regulatory agency currently exists in the US.
Adulterated oils with added synthetic extenders can have detrimental effects on the body-rashes, burning, irritations- or even toxicity.
- *As essential oils are composites of hundreds of different chemicals, they can exert many different effects on the body.

Using Essential Oils in aromatherapy is very effective. **Please do not consume internally.**

- *Through the nose.** contacts the nerves which extend from the olfactory bulbs. These receptors give the most direct and fastest access to the brain. The limbic system responds most directly to olfactory stimulus—this corresponds to our feelings, memories stored learned responses and emotions. The oils are processed instantly and instinctively. LAVENDER or BERGAMOT
- *Through the skin...**not fully understood but they pass through the epidermis and enter the body. Diluted is best with a carrier oil. GINGER diluted is a good bone healer.

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Cautions: Do not use on a pregnant mare.
Never apply essential oils to:
Eyes, Into the Ears or Any Mucous Membrane Areas

Oils can be detected in the blood and some are band in competition.
Do your research if you are competing.

Photo toxicity does occur...
important to keep the horse out of
the sun after topical use.

Some oils can be toxic, use all
with caution and research
before use.

17

LAVENDER: inflammation, arthritis, cell renewal, sedation of a point.

Lemongrass: ligaments, strains, inflammation, circulation

Marjoram: muscles, torn or strained, painful nerves

Cypress: tree oils are good for bones, arthritis, emotional trauma

Bergamot: anxiety, fatigue and fear, improves confidence & happiness

Vetiver: calming, grounding, cooling properties. Used to reduce inflammation.

Peppermint: DO NOT USE if you are on high blood pressure meds! Good to layer over lemongrass or marjoram. Relieves pain, inflammation, nerve regeneration.

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Guide to diluting oils for Equines:

General—2 to 3 drops of oil to a 5 ml container of carrier oil.
 Jojoba, cream or lotion, coconut oil.

Blends recommended by Connected-healing, LLC

<u>Rocky Mountain Oils</u>	<u>DoTerra</u>	<u>Young Living</u>
Immune	On Guard	Thieves
Aligning	Balance	Valor

Melaleuca Company

Vapor and Tea Tree

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Flower Essences

These are VERY good for emotions, to help release. They do not have any known side effects, are very gentle, and have no precautions.

I would still call a veterinarian or doctor if there is a sudden or acute condition.

Discovered by Dr. Edward Bach, described by him as brining courage to the fearful, peace to the anguished, and strength to those who are weak.

Emotions are almost always at the root of pain not caused by injury...but after injury-emotions can get stuck.

5-Flower Remedy/Rescue Remedy: developed in the 1930's, used to promote calmness and focus during high-stress situations. Contains Rock Rose, Clematis, Impatiens, Cherry Plum and Star of Bethlehem.

Aspen: constant alert, emotions are hypersensitive
 Mimulus: courage, trust, security
 White Chestnut: appropriate focus, mental clarity (for those that clench their teeth)
 Holly: abuse
 Crab apple: can eliminate toxins/detox after a long course of RX (good for therapist who have absorbed negative vibrations-Cowboy the horse that died within a year after taking 'regrets' away from a human.

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Now that I have introduced you to this 'rabbit hole' here are other things to think about and research:

Copper for healing, Copper water bottles, copper pipe in water troughs, copper to create peptides for stem cells, Slim Spurling's research.

Emotion Code and or the Body Code, by Dr. Bradley Nelson. He uses a magnet to run over the Govern Meridian to release stuck emotions after identifying them.

Red Light Therapy: Very good for inflammation.

Castor Oil: breaks up masses.

Colloidal Silver: antibacterial properties

PEMF: Good for injuries, acute.

EFT: *Emotional Freedom Techniques* (The Tapping Solution by Nick Ortner)

Tuning Forks: heal by frequencies. Weighted forks can be placed on points.

All of these modalities are to support and work alongside your doctor and veterinarian. You will get the best results!

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References:

4 Immune-Boosting Benefits of Turkey Tail Mushroom: Evidence Based from Healthline, April 6, 2023 <https://share.google/JaHLEwNxloEplUv>

Do Bach Flower remedies have a role to play in pain control? Science Direct, Complementary Therapies in Clinical Practice, Volume 13, Issue 3, August 2007, Pages 174-183 <https://share.google/ArYthfBmKdksUhrG>

Do Essential Oils Work? Scientific America, March 7, 2020 <https://share.google/uykPp7ztklmwFjKWf>

Resources:

- Herbs: Frontier Coop, Monterey Bay Herb Co.
- Essential Oils: Rock Mountain Oils
- Phototherapy Patches: Lifewave.com/sherylmankel
- Acupressure charts and books: Tallgrass Animal Acupressure, www.animalacupressure.com
- Bach Flower Remedies or Flower Essence Services (FES)

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