

Rain in the Desert

Water Therapy



Water is Life

Water is the link between all levels of our planet (internal and external) and atmosphere that also is the creative component of all the bodies of beings that are the mobile aspects of the Earth.

Water needs to move. In nature, it swirls and splashes and becomes energetic. It also flows, like silk, smoothly covering any object in its entirety with ease.

Water can produce heat in the body and it can remove heat.

Water is the foundation of all healing, whether as a carrier of a memory or as a physical component.

Cold Hosing has been the traditional, very effective way to remove heat from the horse's legs and prevent inflammation or bruising after workouts or injuries.

This therapy uses only part of the qualities of water to heal.

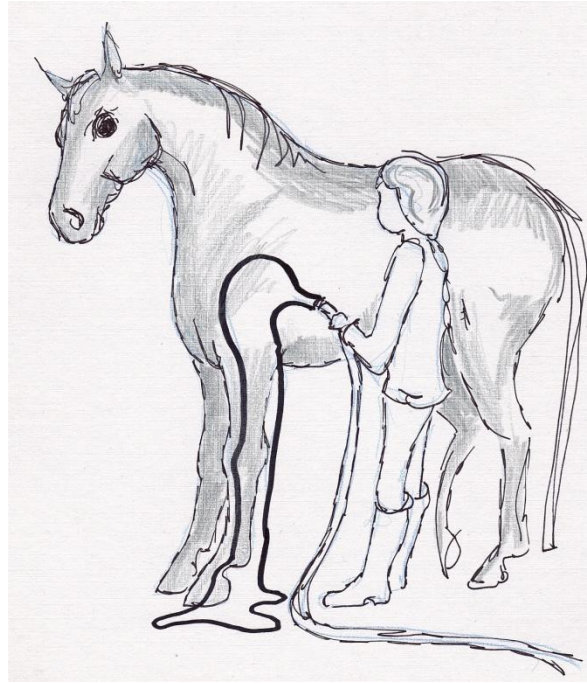
Another, effective way to use water as therapy is to flood the legs, shoulders and hips with a "coating" of slow moving water from a hose.

Start by breaking the surface tension of the water/skin/coat by wetting the area to treat and rubbing it well with your hand to thoroughly wet the skin under the hair. Then start the flow of water from the hose with just enough pressure to stream it like a coating over the horse's body.

Stand your horse over a grass or herb stand or under trees to make the water doubly useful and not to be wasted where it gathers on the ground. We also recommend a smooth stone area for walking on wet stones (see "Creek Walking") and such an area is ideal as a hosing spot.

Let the flowing water cover as much of the leg/shoulder/hip area as possible – "sheeting" over the joints and limbs like a hug. The water should be as cold as possible for this application and should be used in the patterns that follow for as long as needed to thoroughly cool the body before the wrapping (which is when the circulation is stimulated).

The water should flow out in a continuous sheet.



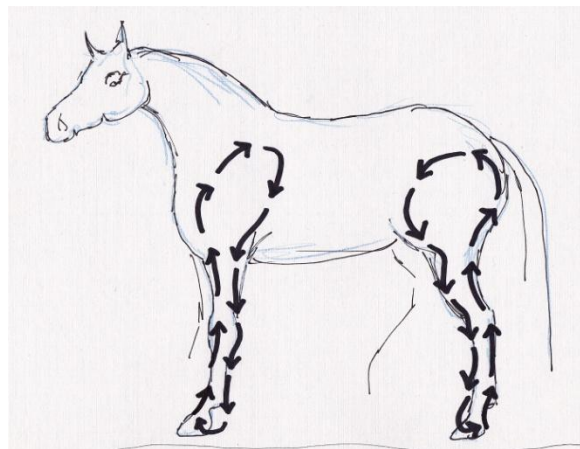
Flowing water moves Lymph and stimulates circulation of Chi (Qi or Ki), the energy that moves through the Meridians of the body. These meridians are channels where the acupoints are found (for acupressure and acupuncture).

The cold, moving sheet of water over the body has another profound effect when the water is stopped and the area is wrapped properly.

The circulation of blood increases and great warmth is produced.

This effectively creates lymph drainage where the capillaries ooze serum through their walls. This lymph nourishes tissues and takes up worn out materials and toxins which then are separated out by the glands to be excreted.

By flowing the water over the limbs and body in this specific pattern (repeated, very slowly at least 11 times), the lymphatic system is engaged and blood circulation prepared for deep heating and cleansing after wrapping.

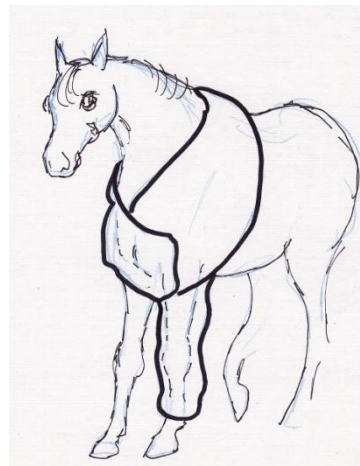


Wrapping the horse's body after the flowing cold water therapy is essential to the treatment process.

Immediately after the cold water flow, wrap the *wet* body in towels – completely covering the treated areas. Use blanket/bandage clamps or pins (or even clothes pins) to hold the towels snug against the body. For limbs, wrap over the towel with polo wraps. On the body, cover the towel with an old comforter or a horse blanket.

Leave the horse tied with a hay net to munch or stand with him, rubbing the covered areas to stimulate even more circulation and warmth.

During cold weather, a similar effect to the flowing water can be obtained by soaking a towel in very cold water; wringing it slightly and wrapping it around the area for treatment. Hold the wet towel there until it starts to warm; then soak in cold water and reapply. Do this for 5 minutes, then wrap with dry towels and proceed as outlined above. Much heat will then be produced deep within the tissues.



The wraps can be removed after 30 minutes.

Hoof soaking is a traditional way of treating disease and injury.

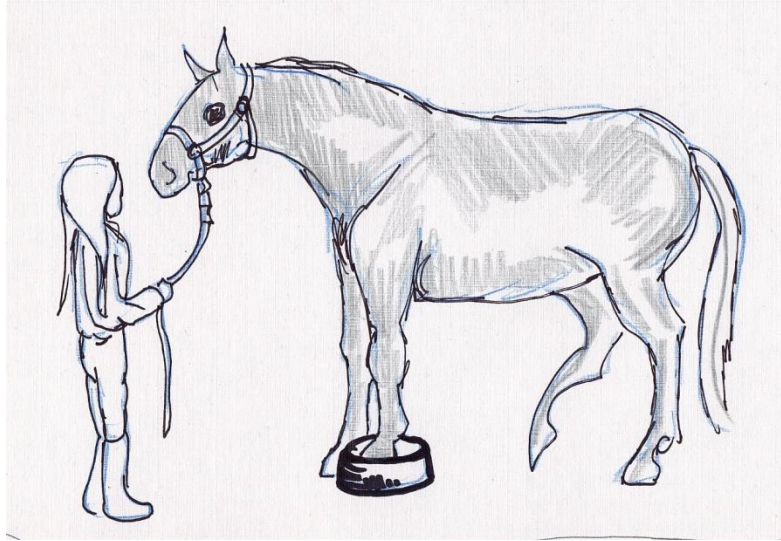
Dissolving Epsom salts into very hot water will make a soaking bath to draw out abscesses, imbedded objects and pain. Use two cups of Epsom salts to each gallon of hot water. Test until you can just hold your hand in the water, then soak the hoof by placing it into a tub of the hot salt bath. Linger until the water has cooled, then immediately dry and wrap the hoof with cotton and a bandage; placing duct tape across the bottom of the hoof for support.

Essential oil of tea tree can be added to the soaking bath (one teaspoon per gallon) if there is fungus present.

Essential oil of lavender (up to 2 tablespoons per gallon) will help fight infection and pain. It is also very calming for the horse's mental body and soothing to inflamed tissue. Lavender oil is indicated whenever there have been external parasites irritating the skin.

After soaking, the skin can be rubbed with half olive oil, half sesame oil to prevent chapping.

SOAKING THE HORSE'S HOOF



Always stand slightly to the side of the horse so he can see you easily and, if startled, won't run into you.

Fomentations are large towels soaked in hot water; often with the addition of herbal infusions for specific treatments.

It is the penetrating heat from the wet towel that causes extra circulation. This movement of blood helps to carry away the fluids of edema, toxins within tissues from injury or disease and relaxes the muscle fibers.

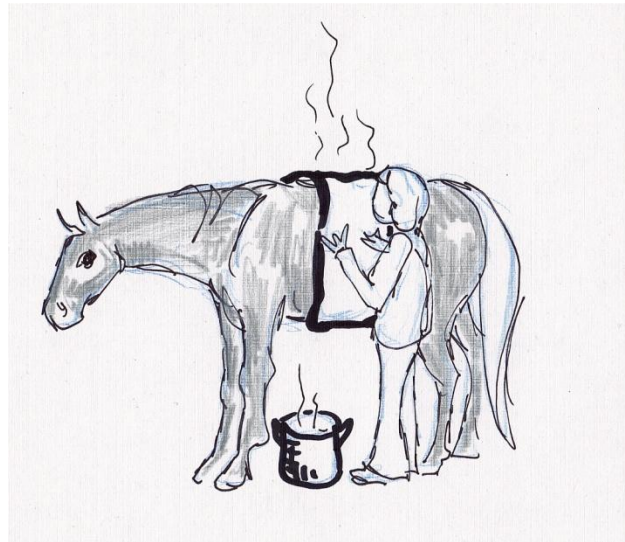
Boil water and keep it in an insulated container to maintain the heat. Because you will wring out the soaked towel with your hands, scalding of the horse is prevented (you can tell how hot it is by your touch – be cautious, for your sake, too).

You can add Epsom salts for drawing properties and the magnesium in them relaxes muscles.

Calming and healing herbs can be added as the water is boiled, then strained out before the water is used.

Soak the towel in the liquid, wring out to just wet, not dripping. Apply to the horse's body where needed (especially for chronic, old injuries and deep soreness – acute conditions respond to cold). As the towel cools, soak it again and repeat until the water is no longer hot.

Applying the Fomentation:



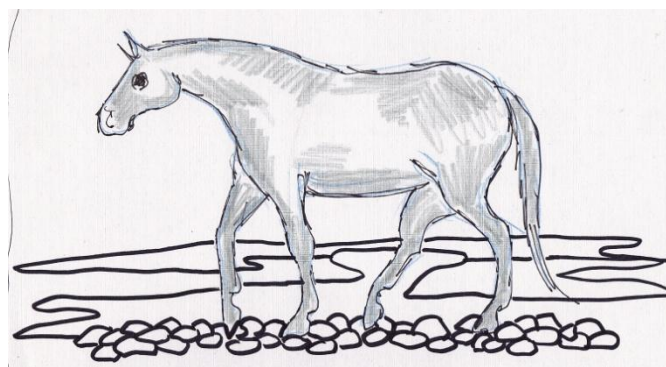
Creek Walking and walking on wet stones:

Horses benefit from contact with water when walking in bodies of water, especially for long stretches with smooth stones and sand as the “footing”.

Walking up or down stream in shallow creeks will create the sheet-like flow of water around the horse’s legs. And wet, smooth stones exercise the hooves with the potent Earth energies and softness of the water. It is especially useful to bare hooves that are not held separate from the ground by boot or shoe. Slow walking is the only gait to use.

The surf of the ocean has the additional benefit of salts and minerals that tighten tendons and draw out soreness.

If you have access to the sea or a creek, you can use that water therapeutically. If you do not live near such water, your hosing area in the stable yard could be covered in a couple of layers of smooth river stones, no larger than your fist, but not small enough to become lodged in a hoof. Then, you can walk the horses on the wet stones after the other water therapies.



A “Crock Pot” slow cooker can be used to keep herbal infusions warm for use; to keep big, smooth stones warm for application to the body (this will increase

circulation at a very specific point – like an old adhesion from an injury) and to keep salts in suspension for a soak (Epsom salts, sea salts or Himalayan crystal salt).

Make herbal infusions in a non-metal pot of pure water just off the boil. Turn off the burner, add one half to one cup of herbs per gallon of water, cover and let steep for 30 minutes. This is the method for soft/fragile plant parts like leaf/bloom.

Make herbal decoctions with the same amount of herbs to pure water in a non-metal pot. This time, you bring the water to a boil, add the herbs and reduce the heat to simmer, covered for 15 minutes.

Tisanes are made by soaking flowers in tepid water overnight. They are super gentle and are used for very young foals and horses that are badly injured or very ill.

Senna pods (12 to 20 pods per horse) can be soaked in pure, tepid water for 4 hours; the pods strained from the water and the liquid dosed orally (or added to a mash) as a potent laxative for horses in need.

Herbs for use in fomentations, soakings and baths and their properties:

- Arnica (externally only!) for bruises, strains and sprains
- Bladderwrack (sea vegetable) for arthritis baths, fomentations for joints
- Borage for fomentations on the chest for congestion
- Calendula blossom for all skin complaints
- Chamomile to draw out objects, to calm and reduce fevers
- Chaparral for arthritis, to kill fungus
- Comfrey for all injuries, especially bruises, bone trauma, head trauma

Eucalyptus for lungs, to move lymph
Eyebright for eye problems, sinus trouble
Fenugreek to use in poultices or soaks to fight infection
Lavender blossoms to calm, relax muscles and is antiseptic
Myrrh gum fights infections, eruptions
Witchhazel is an astringent
Yarrow in soaks and fomentations breaks fevers and cleanses the blood

Flower Essences are the healers of the emotional body. They are made by sunlight infusion and potentization of pure water with blossoms.

The flowers are gathered in a specific way without direct contact from the hands or body. They are floated on pure water in glass or crystal bowls (one species per container – blends are mixed later from the infusions), in direct sunlight for several hours.

The flower essence water is then strained and preserved with brandy. It is shaken vigorously each day for 2 weeks. This is the MOTHER TINCTURE.

The STOCK FORMULA is made by placing 24 drops of Mother Tincture into 2/3 oz, water, 1/3 oz. brandy; shaken vigorously for several days. The stock formula is what we commonly buy in stores.

The Stock Formula can be used directly by the drop, orally or externally. It can also be made into a WORKING FORMULA: 4 drops to one ounce of pure water (to use quickly) or with 1/3 brandy to preserve it.

All essences should be kept in dark glass bottles.

Flower Essence Properties:

ABUSE: Black Eyed Susan, Centuary, Pine, Snapdragon, Sweet Chestnut, Vine, Bach Rescue Remedy blend

AGGRESSION: Impatiens, Larkspur, Snapdragon, Sunflower, Trumpet Vine

ANXIETY: Aspen, Chamomile, Elm, Garlic, Larch, Mimulus, Mustard

FATIGUE: Echinacea, Elm, Impatiens, Lavender, Peppermint, Self Heal, Vervain

OBSESSION: Crab Apple, Heather, Red Chestnut, Vervain, White Chestnut

SHOCK: Arnica, Echinacea, Lavender, Self Heal, Bach Rescue Remedy

TRUST issues: Angelica, Aspen, Cerato, Cherry Plum, Mallow, Oregon Grape

These are just a few of the hundreds of flower essences that are researched and documented for their support and healing properties.

This selection has been found quite useful for horses in their application for the conditions listed.

Colloidal Silver is a suspension of silver particles in water that is used to kill micro-organisms that cause illness and infection.

Surgical instruments and body-invasive tubes, etc. for people and animals are coated with silver to prevent infection. Silver sulfadiazine is used on bandages to kill infection.

Colloidal silver from 30ppm or less is made in distilled water with an electrical current through two pure silver rods. This dislodges silver particles and suspends them evenly throughout the water by electrolysis.

This liquid can be used as a wound wash, mouth wash, in drinking water as a prophylactic to prevent the spread of disease and dosed orally as a treatment of disease.

Colloidal silver is widely available for purchase and we recommend the 18ppm potency. Machines for making the remedy are also easy to find and order. When you can make your own, the cost comes way down and large amounts for equine use are available.

Homeopathy depends upon the “Memory of Water”. The ability of water to hold an energy form makes it possible for remedies to be created by dilution and potentization.

Most Homeopathic remedies will be available in pellet form and be of “X” potency (tenths) or “C” potency (hundredths) – the C’s are more potent than the X’s because dilution and agitation create the strength of the remedy.

Generally, chronic conditions use a 6X or 6C remedy; acute conditions use 30X or 30C.

Remedies can be dissolved into a spoon of pure water and dosed into the mouth.

Arnica Montana is for any injury
Apis mellifica is for allergic reactions
Carbo vegetabilis is for colic & weakness
Hypericum perforatum for nerve damage
Kali muriaticum for cough & discharge
Ruta graveolens for strains or sprains
Symphytum off to heal bones
Euphrasia off to heal eye injury

These gentle healers can be dissolved into water used for the cold soaking with wet towels.

Drinking water is the most important nutrient your horse ingests. It must be fresh, clean and always available. Water is essential for dissolving nutrients and it reacts with chemical compounds, breaking down complex food substances. Combined with water, they are then able to be absorbed and used by the body.

Water is used for body temperature control.

Water is a major constituent of the natural foods a horse is designed to eat –
GRASSES.

Horses are non-ruminant, herbivore browsers who will also eat roots (often very moist) and leaves/bark. The lack of moisture in many of the foods we present to our horses requires free choice access to water to allow proper digestion.

A horse on pasture will drink less than a horse being fed hay because his requirement is lower.

Dampened or even soaked hay can help prevent impaction colic in horses who may choose to drink too little water. This can be caused by ice on water sources, very cold water, warm or algae filled water or contaminated sources. Wet mashes (see Mashes) can add needed moisture to the horse's diet.

Be aware of how much (or how little) the horse is drinking and the amount and consistency of his bowel movements.

Water is used for the cleansing of wounds that are not bleeding profusely. Excessive bleeding needs pressure applied and the attention of a Veterinarian (profuse bleeding usually cleans debris from the wound).

Cold water is usually used, from a hose, to wash a wound. Since bruising can also be present, the cold therapy reduces tissue damage as well.

Herbal infusions (steeped in water off the boil) and decoctions (simmered in the boiling water) can be made for wound care. These are applied with sterile cotton used like a sponge to wash the area. Blossoms, leaves and soft parts of herbs are steeped; roots, berries, bark and such are simmered to release their properties.

Herbs to use (singly or combined as needed):

Comfrey Leaf (stimulates cell growth)

Comfrey Root (heals bruising)

Goldenseal leaf (stops infection)

Rosemary Leaf (antiseptic, stimulating)

Add a pinch of sea salt to make it isotonic.

Many poultices are made with mud or clay that is already moist or the dry earth is reconstituted with pure water and applied as outlined below.

Apply a thick paste of the moist clay to cover the entire area of the leg to be treated. Cover this with a sheet of plastic wrap (or, wet pieces of brown paper can be substituted for plastic) which will keep the mud wet and active. Finally, use a sheet of cotton over the plastic wrap to buffer any variations in pressure from the standing wrap/leg bandage that is lastly applied with even pressure over the cottons. Do not bandage over joints; you can loosely cover a poulticed joint with plastic wrap and tape it above and below the joint.

Clays to use for poultices are:

Bentonite
Kaolin
French Green
SW Red Earth

Mud/Clay Poultices are used on strains, sprains, swellings and to draw out heat. *Do not use them over broken skin.*

Feeding Mash brings more water into the horse's digestive tract which prevents impactions/colic and helps to disperse nutrients (especially minerals) throughout the meal.

Mashes can be fed warm (almost hot, test with your hand deeply into the mixture) in the winter and to the infirm; or cool during the summer.

Prepare a mash with up to 2 quarts of any combination of the following bases:

Wheat Bran (adds fiber & phosphorus)
Alfalfa Pellets (high calcium & vitamin A)

Grass Hay Pellets (minerals & flavor)

Add up to one third cup of supplements as needed:

Flaxseed Meal (protein, fatty acids, laxative)

Diatomaceous Earth (silica, anti-parasite)

Whole or Ground Herbs

Apple Cider Vinegar

Milk of Magnesia (magnesium, laxative)

You can brew an herbal tea for the liquid or use pure water mixed well into the mash to make it quite wet, but not sloppy. The hot mash will become well soaked in around 15 minutes (cover the bucket of ingredients as it “soaks” to retain steam) and a cool mash with pellets may take 4 to 6 hours / a cool bran mash, 15 to 30 minutes to blend properly.

Water heals horses, internally and externally.

We use and appreciate water for all of the incredible properties it possesses and for the benefit of our horses, our dogs, humans and the Earth.

We hope we have given you many ideas to use to care for and heal (when needed) your horses!

