

LIVE & LET LIVE FARM RESCUE IS A HAVEN FOR CREATURES GREAT & SMALL

# CARROTS FOR THE HORSES

BY DUTCH HENRY



Teresa Paradis feeding six-day-old Orion Paradise, whose momma came to Live & Let Live with two starving stallions just a few weeks before his birth. Orion's mother, Momma Mouse, rejected him at birth, so he is being hand-fed and nurtured by volunteers—and thriving. According to Teresa, starved mares will sometimes become confused and not realize they are mothers. Momma Mouse is well on the way to recovery, gaining weight and confidence.

PHOTOS COURTESY LIVE & LET LIVE FARM & RESCUE

Just outside Chichester, New Hampshire, are 70 acres of peace, love, healing and new beginnings for animals great and small who have, through no fault of their own, lost their homes, families and loved ones. This special place is called Live & Let Live Farm Rescue. Teresa Paradis founded LLLF in 1997 with the love and support of her husband Jerry, daughter Heather, and five horses, two dogs, two cats and a parrot she had already rescued. The only way to tell the story of LLLF and the healing that happens there daily is to let you know who Teresa Paradis is and perhaps share just a bit about the journey that brought her here...

Teresa, coming from a troubled childhood herself, always looked to animals for her own healing, love and support. Her first recollection of how deeply animals can care for us was her little beagle, Tippy. Twice as a young girl Tippy intervened when Teresa's safety was threatened. Once when a pack of free running dogs came charging at her, Tippy, a tiny dog with a huge heart, disregarded his own safety and plowed right into the pack. Teeth gnashing and barking fiercely, he drove the dogs away. Another time, as Teresa was walking alone, a man stopped his car and tried to harm her. Tippy attacked with the viciousness of a dog three times his size and the man sped away. Teresa knew it was that love and connection between her heart and Tippy's spirit that forged the foundation within her to somehow, someday, find a way to help as many animals in need as possible.

## DRAWN TO HORSES

As a young girl, Teresa lived within walking distance of a horse farm that raised and trained Thoroughbred racehorses. From a distance she watched the beautiful horses graze, prance and play. She hatched a plan to do babysitting and use that money to buy a bag of carrots for the horses. Only one problem stood in her way. She had no way of getting the carrots to the horses. She decided she would sneak to the farm's mailbox and put the carrots inside with a note: "Carrots for the Horses." Her system worked flawlessly. For weeks she would sneak to the mailbox and tuck a bag of carrots inside, then sit at her favorite vantage spot and watch the horses.

One day as she approached the mailbox she was startled by a man's voice. "Are you the young lady who's been leaving carrots for the horses?" Sheepishly Teresa whispered she was. The man replied, "I'm Morris Vallee, would you like to give your carrots to the horses in person?"

## LIVING A DREAM

For the next few years, Teresa lived a young girl's dream. She had a series of fun jobs that allowed her to live within the horses' spirit. Morris was a kind man who had a special way with horses. Because of his gentle ways, his horses often did well in the races, and lived a happy life on the farm. Through him Teresa learned about the good side of the racing industry. His teachings helped Teresa learn to love horses even more. Too soon, while traveling, Morris died in a truck accident. The farm soon closed.

Teresa found work at Suffolk Downs Race



Track in East Boston, Massachusetts, as a groom, walker and handy person. What a very different world this proved to be from the peaceful, wonderful world with her old friend Morris. It was while working there that Teresa was introduced to the darker side of the racing industry and realized that one day she would work at a rescue. She just knew she had to be a part of helping horses in a big way.

## A SHARED PASSION

Time and life marched on; Teresa married, raised a family and divorced. "Life has its ups and downs, and nobody knows what crooked roads bring us to the fields we settle on," Teresa says. Teresa and Jerry had known each other for years, but each had their own lives. Then one day Teresa got word Jerry was very ill. Teresa had already been rescuing horses and other animals and it was that inner spirit that reached out and told her to go to Jerry. Through the illness and healing they formed a bond that would mold them together, each filling a void in the other.

Jerry had the land, Teresa had five rescued horses and a passion. Together they set out to save, heal and restart precious lives.

Jerry does most of the construction and road building—yes, the road building. One of the beauties of LLLF is the way Teresa and Jerry

In concert with the New Hampshire state police, Squire, a beautiful blue-eyed Saddlebred, came to LLLF an effort to save him and six other horses from starvation, dehydration and emaciation in the middle of a harsh winter. He is now owned by one of the LLLF Rescue volunteers.

"Jerry had the land, Teresa had five rescued horses and a passion. Together they set out to save, heal and restart precious lives."

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Finn, an untouched Belgian yearling colt, came to Live & Let Live Farm Rescue as a joint effort with New England Equine Rescues (NEER) to save this sweet boy and his sister from slaughter-bound circumstances.

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use the land and nature to help heal the broken lives of horses, ponies, dogs, cats, goats, pigs, chickens, parrots and any animal who needs help. The farm is laid out along a wonderful meandering trail through the sheltering trees. Along the trail Jerry built a series of spacious corrals each with run-ins that are home to two to three horses.

Now they had room to run, plenty to eat, a place of shelter and an abundance of loving care and attention provided by the farm’s several hundred volunteers.

### HEALING MAGIC

The entire farm embraces visitors with a feeling of love, care and security. It’s part of the healing magic of LLLF. Just walking the tour along the dirt road through the trees by the horse paddocks makes a person feel welcome and happy. That’s exactly the feeling Teresa set out to create with the park-like layout of the dirt road system on the farm.

You see, at LLLF they not only heal animals’ hearts and lives, but people’s too. With no formal program—in fact, nothing at LLLF is formal—everything is relaxed and free. Many human hearts are healed here—not only the hearts of the adopters, but also many of the volunteers who care for the horses and other animals come for healing, too.

Early on Teresa recognized that many of the volunteers themselves came from broken homes or were all too often victims of domestic violence or other forms of life-changing stress and challenges. She also noticed how these volunteers began to heal as they did some of the hundreds of things that needed to be done each day to care for the horses. She began to set up loose guidelines, and she structures the

teams and chores to allow each volunteer to receive the most healing they might need as well. Each volunteer is allowed to proceed with their duties at their own pace, providing the time and atmosphere for them to absorb the healing that even an abandoned and neglected horse can give the human heart.

While all the necessary veterinary care is provided without hesitation, the farm practices a natural and holistic approach to healing and care. All horses are barefoot and hooves are well trimmed. On a regular basis clinicians are brought in to teach volunteers and adopters basic natural horsemanship skills. Patty Sanborn, a Quantum biofeedback specialist, comes by the farm weekly, and as often as needed, to administer care for horses and other animals as they recover from their ordeals and traumas (see sidebar on p.75). Because of their high standard of care, LLLF has an excellent recovery rate for the horses and other animals they rescue, but the few who can never be adopted can live out their lives in peace in the LLLF sanctuary.

Since 2002, when they became a 501(c) 3 Non-Profit, they have rescued and found forever loving homes for 50 to 60 horses a year with a 95% success rate. How do they do that?

### HOW IT WORKS

Teresa’s program is unique and highly successful. She says she is not trying to just adopt out horses, but match horses to the right people for forever homes. She lets the horses choose. The first step to adoption at LLLF is sponsorship. An adopter signs up for 30 days as a horse’s sponsor, which places the horse on hold while the adopter visits and gets to know the horse, and the horse can bond with the adopter. During this time Teresa participates in the visits and activities and monitors the progress. If all goes well, at the end of the sponsorship the adopter may take the horse home, or sign up for another 30 days. If she feels it is not quite the best fit, Teresa will suggest another horse or, as often happens, another horse may choose this human, and the sponsorship will start again.

LLLF has several programs to help horses

Tilly (left) and Sir enjoy attention from Tianna, Teresa’s granddaughter. Sometimes people just surrender their horses because of circumstances, which is why Teresa started her “Outreach Feedbank” program to help folks keep loved horses. But sometimes they just need more help. Teresa gets 5 to 10 emails a week from people asking for help or wanting to surrender their horses.



# NATURAL HEALING TO THE RESCUE!

BY PATRICIA SANBORN, RN

*The author, a Quantum biofeedback specialist, comes to the farm weekly, and as often as needed, to administer care for horses and other animals as they recover from their ordeals and traumas.*

Quantum Life Healing, LLC began as a search for a noninvasive tool for keeping our family healthy. We use an advanced biofeedback system with a state of the art device called the Indigo. With this amazing equipment we cannot only assess what stressors in our loved one's environment are most troublesome but also send correcting or balancing frequencies. In a way similar to acupuncture, but without the needles, we can help clear blockages so the body can begin to heal itself.

The technology is safe and effective and is used by thousands of practitioners worldwide for humans of all ages, horses, dogs, cats and birds. Basically any living thing can benefit from the subtle energy. Biofeedback does not replace good medical care. It is a complementary therapy used in conjunction, when necessary, with traditional medicine.

When very sick members of our family saw dramatic changes in their health after this form of energy work, we decided it was simply too good not to share and began taking in clients. We have been blessed to be able to offer relief to individuals of many species suffering from a wide range of diseases, including depression, diabetes, Lyme, fibromyalgia, shingles and chronic pain from a variety of sources. It is a known fact that over 80% of all diseases are directly related to stress. When we find the root of the stress and help eliminate it, the body has an incredible capacity to heal itself.

Biofeedback is a technology based on quantum physics. It undeniably works. There are no side effects. How much benefit there will be and how fast we see results varies with every individual. Typically we expect to see a subtle shift within the first six sessions but often we see a change sooner. Animals and children respond quickly. Those who do what is suggested to help themselves are more likely to see a change more quickly. For example, if insecticide toxins are coming up as a stressor for a horse with headshaking syndrome, it would be necessary for the horse to have a clean environment in order to heal. The energy can help—but the client must do their part.

For more information or to schedule a free phone consultation call Patricia Sanborn at 603-435-7583 or read more at [www.quantumlifehealing.com](http://www.quantumlifehealing.com)

and other animals. One of these is their Outreach Feedbank Program. This program is designed to keep horses and other pets in their loving homes if their owners come upon temporary hard times. LLLF can provide hay, feed, limited veterinarian care and other support to those people who might come upon such hardships as layoffs, illness or other conditions that may otherwise force them to give up loved pets or horses. It is in the "Help Thy Neighbor" spirit that Teresa and the volunteers work to keep as many horses and pets and their loving families together, and prevent once-cherished horses from a one-way ticket to the auction barn.

Each Sunday afternoon the enchanted

roads and trails are opened to the public for guided tours for folks to feel the love, meet volunteers and visit the horses. As the visitors stroll along, the guides introduce each horse to the visitors. They stop at each of the 28 paddocks and enjoy the moment. It is often during these visits that new friendships begin that last a lifetime. And many folks feel the tug on their hearts to become part of the loving family of volunteers who help re-start lives.

LLLF is run entirely by volunteers and survives on donations. To learn more about LLLF and their programs visit their website, [www.LiveandLetLiveFarm.org](http://www.LiveandLetLiveFarm.org). And if you visit, please take carrots for the horses.



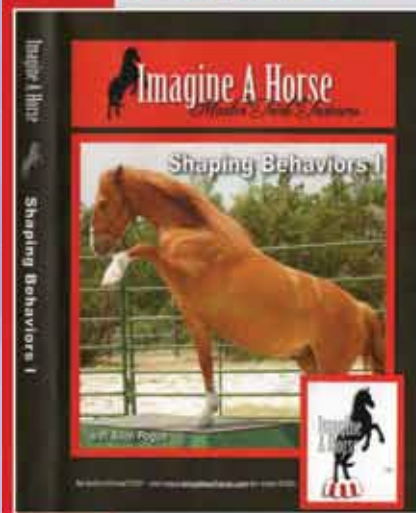
Dutch Henry is a writer and novelist who writes about "People & Horses Helping Horses & People." He resides in Virginia with his wife of 36 years, Robin, and a horse, dogs, cats and chickens. Dutch also does Therapy For Therapy Horse Clinics at therapeutic riding centers across the country to help horses maintain proper posture, movement and body carriage—because therapy horses can use a little therapy, too.

You can reach Dutch at [dutchhenry@hughes.net](mailto:dutchhenry@hughes.net)—he would love to hear from you. His novel, "We'll Have the Summer," is available on Amazon and at [www.dutchhenryauthor.com](http://www.dutchhenryauthor.com)



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