

5 PILLARS OF OPTIMAL WELLNESS

- +ENVIRONMENT pulls the trigger of genetics
- +NUTRITION determines the entire body's potential
- +SOCIAL EMOTIONAL HEALTH matters to horses
- +FOUNDATIONAL DEVELOPMENT from the ground up
- +BODY BALANCING SUPPORT with various bodywork



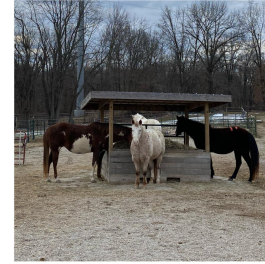
ENVIRONMENTAL IMPACTS

+ENVIRONMENT is so important for overall wellness in equines.

EVERYTHING they come in contact with on a daily basis is a “stressor”. Aiming to create the least stressful environment from a species appropriate angle is best practice.

Making sure that they have free access to water, forage, freedom and friends sets them up to meet a majority of their hard wired needs.

Confinement should be minimal, ground management should be priority and living alongside other horses is a major DEstressor.



SCHAEFFER
BODYWORKS
Equine & Canine Massage



ENVIRONMENTAL IMPACTS

Creating a “natural” living environment for horses doesn't have to be complex or complicated.

You don't have to have acres of land or a big fancy barn.

Track Living Systems for horses or Paddock Paradise concept can help mimic what horses hard wired senses need to live calm, healthy and unstressed lives.

When they are able to thrive naturally, they are less prone to injuries and make far better athletes and partners.

<https://sbw-owners-massage.thinkific.com/courses/track-living-intro>



NUTRITION-FOOD IS FUEL

+NUTRITION. Food is fuel.

If we want our horses to perform and function in the healthiest way possible, we have to fuel them properly.

Much like humans, processed food ingredients lead to inflammatory issues causing chronic problems for overall health.

Learning how horses respond to the food they eat, and what the best whole, natural sources of their needs are-will help prevent a plethora of problems.

<https://sbw-owners-massage.thinkific.com/courses/equine-anti-inflammatory-nutrition-basics-webinar>



HORSES HAVE HARD WIRED NEEDS

+SOCIAL EMOTIONAL HEALTH- horses need horses.

Horses depend on other horses for social/emotional reassurance.

They use each others body language to determine their surroundings. As herd/prey animals, they find comfort in the company of each other.

Creating bonds helps them find balance in their domesticated lives.

Learn about their senses for FREE <https://sbw-owners-massage.thinkific.com/courses/equine-senses>



BIOMECHANIC BALANCE

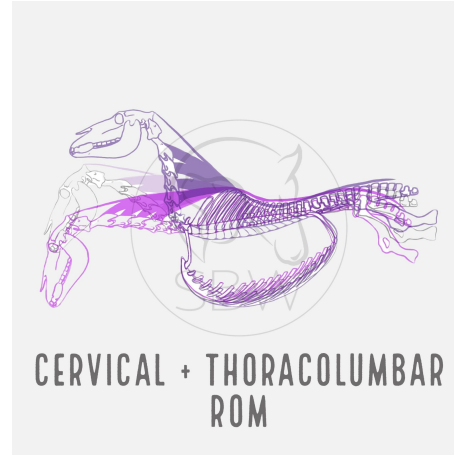
+FOUNDATIONAL DEVELOPMENT in a biomechanical balance!

From balanced hoofs, to a balanced musculoskeletal system and balanced postural development-setting our horses up to carry their bodies and ours in the healthiest way possible is key to longevity.

2 great classes to get a deeper understanding of BOTH!

<https://sbw-owners-massage.thinkific.com/courses/understanding-hoof-body>

<https://sbw-owners-massage.thinkific.com/courses/equine-posture>



PREVENT INJURY + DYSFUNCTION

+BODY BALANCING SUPPORT for the entire horse!

Preventative Bodywork such as manual massage, chiropractic, energy work, kinesiology taping, LED therapy-as well as machine therapies by qualified practitioners are ALL ways to prevent injuries, soreness and pain.

These modalities can also be used to maintain comfort and balance in horses that require maintenance from previous injuries or chronic problems.

SBW offers a wide range of owners and professional level bodywork education

<https://sbw-owners-massage.thinkific.com/collections/courses>



ROOT CAUSE MINDSET

+Using anything in relation to equine health as a symptom coverup-is only prolonging dysfunction.

I encourage you to always strive to find the root cause of what “ails” your horse.

By learning as much as possible about the 5 Pillars discussed here, you should be able to learn how to better support common issues.

SBW is always more than happy to help deepen your understanding on a variety of common wellness topics.

Please visit the online classroom and see if theres any particular topics that youd like to learn more about.

<https://sbw-owners-massage.thinkific.com/collections/courses>

