

Natural HORSE

M A G A Z I N E

EQUINE
*Craniosacral
therapy:*
Restore Balance
& Biomechanics,
Relieve Stress

Getting back home after
DISASTER HITS:
EQUINE ID HELPS

Dressage...
FOR THE HORSE!

HOLIDAY
**GIFT
GUIDE**
INSIDE

CREATE A
**STIMULATING
ENVIRONMENT**
for your horse's wellbeing



FIRST AID

a-roam-atherapy:

NEVER LEAVE HOME WITHOUT IT!

by Diana Wanamaker

With horses, it pays to come prepared for the unexpected. Anyone knows that any good day out with your horse can go awry at any given moment, so it's always nice to have peace of mind and pack a first aid kit. I always bring a large first aid kit, filled with natural supplies, ready for anything - colic, overheating, bug bites, wounds, anxiety, etc. Whether I'm trailering or just heading out from the barn for a quick ride, my first choice for those unforeseen events is therapeutic grade essential oils. Here are just a few oils that I don't leave home without:

Lavender – This oil is the most versatile oil you can stock. It has a calming influence, however in larger quantities can be energizing. It is known for helping with burns, bug bites (stops itching), and inflammation. It is able to stop bleeding from cuts and also helpful as an anticoagulant.

DiGize – This oil is a life saver for any intestinal concerns such as colic. It can also be used to address diarrhea. This oil is #1 in my colic kit. 20 drops in the lip, every 15-20 minutes, depending on the severity of your colic. Once there is manure passed, I can decrease the time between dosages. I usually get a response within the first dose, but continue as needed, spacing out the time intervals. I also use Peppermint oil on the belly button about every 30 minutes, which will assist with any gas buildup.

Peppermint – This oil is a driving oil, which means that you want to apply it last, as it will enhance and drive the other oils. This oil is great for overheated horses. It reduces fevers and, as just mentioned, relieves colic situations. It is very cooling and can be used in water when traveling, thereby encouraging hydration. I love to create a peppermint wash just before heading out on the trail, and rub down their legs with this oil. It regenerates healing and invigorates. It also soothes asthma and bronchitis. This oil is very pleasant to smell and horses often respond well to it.

Essential oils can be very useful in all equine activities.

Valerian – This oil has been used for generations for anxiety, stress relief, and as a mild sedative. It is not the most pleasant smelling oil, but can certainly offer some sedative qualities in a time of need. I would also recommend for anxiety relief and to offer relaxation.

Idaho Balsam Fir – This oil is known for accelerating healing. It is great for muscle and arthritic pain. It is also very helpful for laminitis, bruised soles, and joint and bone conditions. Alone, it is an anti-inflammatory, but when used with Copaiba essential oil, you have a *very powerful* anti-inflammatory. Copaiba alone has replaced NSAID's, but can also be used in conjunction with NSAID's, or as you wean off of them.

Purification – This is an oil that helps repel bugs, including relieving any itching or swelling due to bug bites. It is a deodorizer and when placed in a small spritzer bottle can be carried out on the trail to help deter flies, mosquitoes, and ticks. I like to spray the bottom of my pants legs, shirts, and top of my head with purification before heading into the woods.

So, there you have it! Your horse, trails, the beauty of nature and the outdoors, your best riding buddy, and life-giving oils ready to handle the unexpected! ♡

Sources: Essential Oils Desk Reference (Life Science Publishing), Animal Desk Reference (Melissa Shelton, DVM)

Essential Oils for Pets & Their People

Natural Pet Care: Horses, Dogs, Cats, Birds, Exotics



Therapeutic benefits of essential oils are meant for every member of the family. Whether your best friend is in need of anxiety relief, arthritis, parasite control, colic or suffering from minor skin irritation, Young Living Essential Oils offers life giving solutions for you and your animal family!

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Diana Wanamaker is an Essential Oils & Natural Health Educator for Pets & Their People, Trail Riding Connoisseur & Animal Communicator. Diana has been a perpetual & practicing student of natural health with her own pets and assisting others with their pets for 12 years. An introduction to the oils evolved into creating passions into a business. She holds a Master's degree in Clinical Social work, is a Social Media Consultant, an Educator, and an Entrepreneur. Diana's animal family consists of 1 horse and 2 cats, all rescues. Diana offers wellness plans, consultations, business/ team leadership, classes, and intuitive readings.

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