

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Dr. Karen Hanks D.C.

What is Homeopathy? How does it work? Can it improve your and your horse's life?

Have you ever wished there was something, anything, that you could do in an emergency situation to help your horse, yourself, a friend or a friend's horse until you can get help? Wouldn't it be great if there was something you could pack in your horse's saddlebag or your handbag that would cover emergencies you might experience on the trail, at a show or in the barn?

Homeopathy is a powerful healing system developed in 1796 by Samuel Hahnemann in Germany. Homeopathy is based on a law of healing called the law of similars, or more commonly known as "like cures like". What this means is when a substance is given in large amounts to a healthy person it causes symptoms of illness, but that same substance given in very tiny amounts heals those very same symptoms an ill body is experiencing. For example, Ipecac in large amounts causes vomiting. But the same substance administered in minute doses will cure vomiting. Homeopathic remedies are made of plants, minerals, venom, animal products and sometimes diseases themselves. These substances are titered down to a vibrational level that the body can immediately recognize and use to heal itself. Every dose that is appropriately given is used by the body to gain more and more health. Homeopathic remedies are imprints of what the body is already trying to do to heal itself. The grace of homeopathic remedies is that if you give the wrong remedy the body will not do anything with it and so it causes

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

no harm. Remedies do not interfere with any other substance that the body already has in it. If you or your horse is already on medication or supplements the homeopathic remedy will do its job without any interference to these and in an emergency if other drugs need to be, or were administered the remedy can work in its specific way. For example, Arnica Montana is a remedy for strains, sprains, bruising and to stop bleeding. This remedy can be very helpful in accident situations alongside of other pharmaceuticals that might be administered. The Arnica will be 'speaking' to and offering the vibration of healing that the body is asking for in this accident situation. These remedies, when given in the correct dosage and frequency are some of the most powerful healing elements that we have on the planet. They are the only type of medicine in the world that activates the body's responses at a lightning speed and they are in perfect alignment with the body. They cause no damaging side effects. There are no drug like reactions and so no covering up of symptoms. Hundreds of remedies are tiny enough to fit in the palm of your hand. This said a rider or owner can carry many different remedies with them, each for a different problem in a tiny sandwich bag. These remedies can cover or assist in any emergency that a rider and/or horse might experience out on the trail, or anywhere for that matter. The following is a list of remedies I never leave home without and given the opportunity at any gathering my patients are likely to hear me tell stories and tales of how each remedy (always within arm's length) has saved the day!!!

This is my bare bones list of how most emergencies or semi emergency situations can be turned around into healing opportunities.

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Let me first speak of a combination remedy called Traumeel made by a company called Heel. Combination remedies are mixtures of remedies with a certain common healing idea in mind. Traumeel is a remedy for any current trauma. It is also good for working on past traumas as well. Many of these remedies are marketed more towards humans, but because they are vibrational and homeopathy affects all mammals in a common way, dosage and frequency are often the same for humans and animals alike. You can start to understand this with much of the cross marketing of Bach Flower Rescue Remedy and the Bach Flower Essences. You can find brochures at the health food store that explain the use of these remedies in adults, children and animals. Rescue Remedy is another “never leave home without” remedy and is wonderful and amazing for calming and treating the emotions during and after any emotional trauma (more about this in other articles). This said, Traumeel is one of my top never leave home without remedies. I can't resist sharing one story about Traumeel. I have in my family mules that came off the mule string at the Grand Canyon. About two years ago I decided to take the mule ride into the canyon to find out just what my mules had experienced and knew. On the trip out of the canyon a new wrangler who was being trained to do the canyon trip was riding a beautiful mule just two mules behind me.

As we were making the twisting ascent portion of the trip the footing under his mule's back leg gave way causing her to start to fall. He scrambled and jumped away from the 100 foot or more drop towards the wall of the canyon as his mule tried and tried to get her footing. In moments both were safe as this mule was determined to pull herself back onto the trail. The few of us who witnessed this sighed with relief and my doctor's eye immediately went to this mule's back right leg which had a deep gash and dark red blood. It seemed we were about 30-45minutes from our midpoint which was

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Indian Gardens. I could be wrong about the timing as my doctor self watched this mule carrying her rider and bleeding. When we got to our resting point the mule's rider took her over for a drink of water and to hose off her wound which was still heavily bleeding.

We were preparing to leave for the rest of our ascension when I spoke with our head wrangler. He knew I was a doctor. He also knew personally and had worked with at least one of the mules that was now in my care. I said to him "You know I am one of those crazy holistic doc's and I just happen to have something in my pocket that would help this mule, help her to stop bleeding." He smiled a lazy smile and said, "If you can get that mule to take anything from you.... You can give it to her". I had Traumeel in my shirt pocket (I NEVER GO ANYWHERE WITHOUT IT). I walked over to that beauty who was still bleeding heavily and placed 1 tablet of Traumeel in her mouth. She looked at me with such softness and grace, no struggle, she just trusted me. I placed the tablet in the side of her lip. Within 3 minutes the bleeding had completely stopped. The wranglers said "What is that stuff? We'll have to get us some". And... not only did her bleeding stop, but with Traumeel any pain, bruising, shock, etc. associated with that trauma was healing. She looked comfortable and happy when we topped that canyon, and I felt grateful to be in service to that lovely girl whose face I will forever remember.

Arnica Montana, (Leopard's Bane) 30C and 200C, for strains, sprains and bruising, bleeding and nose bleeds. Give the 30C for a more minor bump, bruise or gash, 200C for something much worse. The 200C should help to stabilize the body until you can get more help.

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Aconite, (Monkshood) 30C for shock, give as soon as possible. Also good for sudden bursting headaches.

Lachesis, (venom of Bushmasters snake) 30C snake bites, or 200C if you have it until you can get help.

Hypericum, (Saint John's Wart) 30C nerve pain, head injuries, finger and toe nerve pain, coccyx and low back nerve pain.

Gelsemium, (Yellow Jasmine) 30C flu, performance nerves, nervous stomach, fear, also good for chronic fatigue.

Arsenicum, (Arsenic) 30C stomach flu, diarrhea, food poisoning, anxiety.

Apis Mellifica (venom of Honeybee) 30C for bee stings (even for folks who are allergic), for burning and swelling from allergic reaction and hives.

Cantharis, (Spanish Fly) 30C sunburn, burning urinary symptoms.

Ledum Palustre, (Marsh Tea) 30C stings other than bee stings, puncture wounds, black eyes.

Carbo Vegetabilis, (Charcoal of Vegetables) 30C gas, bloating, indigestion.

Symphytum, (Comfrey, aka, Boneset) 30C and 200C broken bones.

Nux Vomica, (Poison Nut) 30C effects of stress, anger, impatience, overindulgence, heartburn.

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Rhus Toxicodendron, (Poison Ivy) 30C blistering rashes, herpes, old sores, shingles, back pain.

Cocculus, (Indian Cockleshell) 30C ailments from loss of sleep, jetlag.

Belladonna (Bella Donna) 30C for intense pain, like in laminitis. Sunstroke, any sudden, very intense onset of symptoms.

Colocynthis, (Bitter Cucumber) 30C and 200C first stages of colic, good for spasms anywhere in the body accompanied by extreme irritability.

Dosage: the remedies can be given as often as every five minutes in a very traumatic situation. More commonly you will give one dose then wait five, 10, 15, 30 min. or more. The trick to dosage is watching the body and waiting until the body has used up the dose that has it has been given.

Watch that the symptoms are quieting, when they start to flare up again is when the next dose is given, when the body is asking for more. Sometimes one dose is all that is needed, other times you may find yourself giving dose after dose with 15 30minutes (for example) in between each dose. This is what can make homeopathy so difficult and so beautiful. In most cases a 30C dose will do the trick, for a very intense situation a 200C dose can be used. 200C should be used sparingly; tradition is usually just one dose as it is such a high frequency.

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER

Homeopathy can be tailored for every situation, and for me this is very reassuring and comforting. My hope is that this article will introduce homeopathy into your life and horse's health. I wish that it will start you on a journey of understanding your and your horse's bodies in ways that you might not have considered previously and that you can become more confident in emergency situations. Homeopathic remedies can be easily purchased online or in our local health food stores. Enjoy having the power to heal placed back in your hands.

Dr. Karen Hanks resides with her family and gaggle of critters in Ash Fork, Arizona. A transplant from the East Coast she is the originator, developer and teacher of her own unique technique called PFM, Perfect Form and Movement Technique. She travels and works across the country and teaches in Italy most summers. She has been and continues to be a holistic, energetic doctor to many rescue horses as well as very high profile horses and animals. She is also a doctor to many well known riders.

To find out more about Dr. Karen's teaching and to schedule an appointment please email tinkerbellina@msn.com or call 928-699-9007. Blessings!!

HOMEOPATHIC REMEDIES FOR HORSE (OR MULE) AND RIDER