

H natural o r s e

MAGAZINE

dedicated to your horse

HEAL Tendons
and Ligaments
NATURALLY

DEALING with **PARASITES**:
the **WHOLE**-istic **PICTURE**

**Obesity in
PERSPECTIVE**

**MANURE
MANAGEMENT:**
WORK with **NATURE**,
REAP REWARDS

MARCH/APRIL 2010
Volume 12 Issue 2 \$6.95 US



www.naturalhorse.com

Off & Away to the Backcountry:

**Acupressure
for Heat Stroke**

by Nancy Zidonis and Amy Snow

Off and away! It felt so good to be out in the middle of nowhere. Glory, my trusty mare, four other friends and their horses, and I were enjoying the cloudless blue sky with only the sounds of birds singing and hooves meeting the ground. We had trained for this backcountry ride since early spring – horses and humans were fit and in high spirits. We knew we were the luckiest creatures on earth to be in the Rocky Mountains at that magnificent moment. All was well with the world.

On the third day of climbing mountains and forging swift streams, all five horses were experiencing fatigue by mid-day. It was the beginning of July and the temperatures, even at 10,000 feet, were in the upper 80s by early afternoon. We took a long lunch break in a shaded area next to a stream to rest and cool the horses. This seemed to do the trick; when we mounted, the horses were back in stride and eager for an afternoon of adventure.

Later that day, Glory - my 16-year old quarter horse - was suddenly winded, sweating profusely, and stumbling. We slowly made our way to a shaded area out of the intense Colorado sun. The temperature was close to 90 degrees and there was only a slight breeze. We were at about 9,000 feet where the air is thin and Glory was struggling to breathe in enough oxygen. After an instant or two of shock, since it happened so quickly, we all recognized that Glory was suffering from heat stroke and we went into action.

Heat Stroke and Acupressure

Riding in the wild backcountry is exhilarating, but when an emergency occurs and you are miles away from any form of healthcare, it is your job to be prepared. Heat stroke is very



Hindlimb Jing-well Point - Ki 1

dangerous and life-threatening. It is only too common in summer temperatures when horses are over-extended. The first thing you must do is find ways to hydrate your horse by offering frequent small amounts of water and splash

H natural Horse MAGAZINE SUBSCRIPTION FORM

Get Natural Horse delivered to your mailbox and \$ave!

Buy 1 Print subscription for \$26.95:
 +\$5 to add Online subscription

Name _____

Address _____

City _____

State, Zip _____

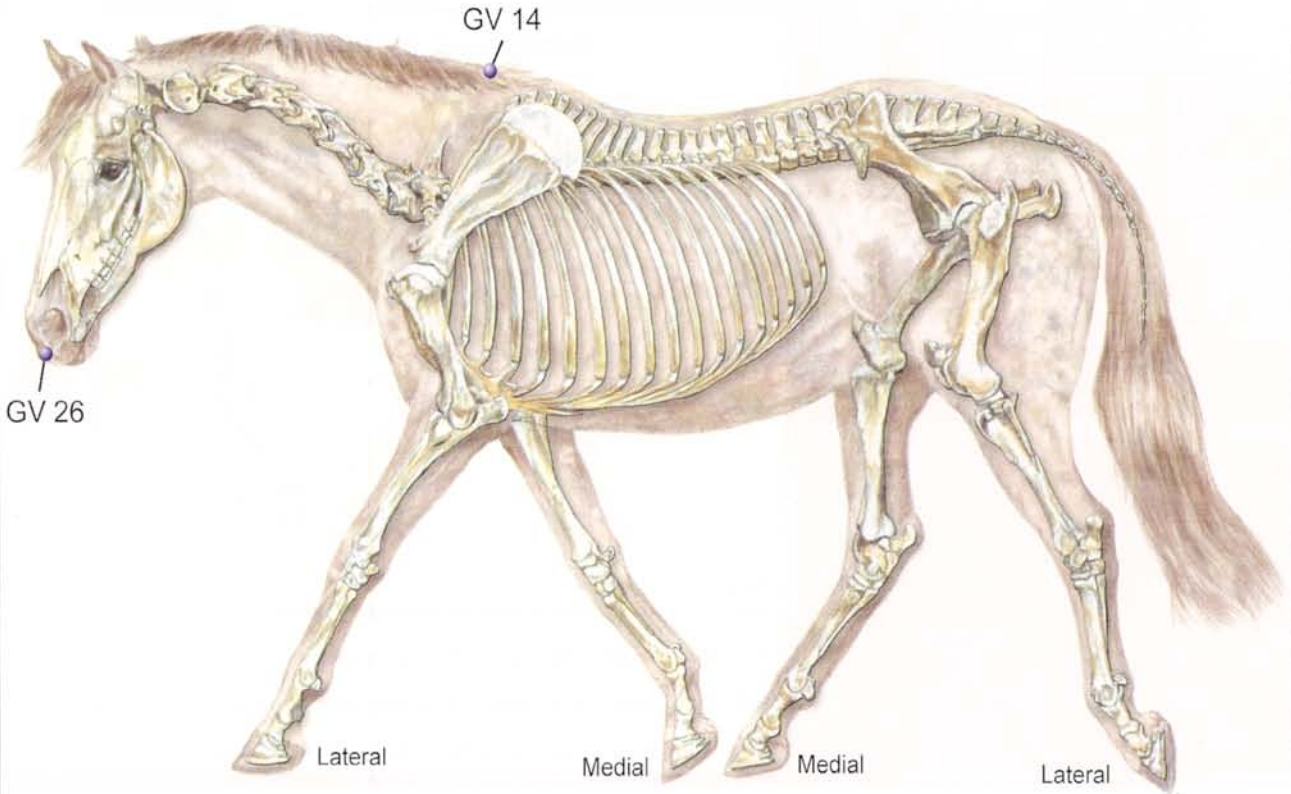
Phone _____

Email address (required to activate Online access):

Visit our website at www.naturalhorse.com

Please complete payment information on reverse side.

Acupoints for Heatstroke



Point

Location

- | | |
|-------|--|
| GV 14 | Found on the dorsal midline between the 7th cervical vertebra and the 1st thoracic vertebra, in a depression a few inches in front of the withers. |
| GV 26 | Located midway between the end of the nostrils. |

Lung 11 (Lu 11) located on the inside of the fore leg about two-thirds back from the front (center) of the leg.

All of the Jing-well points given above are to be stimulated on both the right and left legs. When stimulating the Governing Vessel 14 and 26, there are two finger techniques that can be used. **The Thumb Technique:** place the soft tip of your thumb on the point holding your hand at about a 90-degree angle from the horse using one to two pounds of pressure. **Two-Finger Technique:** place your middle finger on top of your index finger and press your index finger down at about a 45-degree angle to the horse. With both of these techniques, place your other hand comfortably on the horse and count to 30 very slowly, watching for his response to each point. If your horse gives any indication of discomfort before getting to 30, move on to the next acupoint.

How quickly your horse will respond to cooling and the emergency acupressure session depends on the progress of

the heat stroke. If there is a veterinarian within a reasonable distance, we suggest you consult with him/her as quickly as possible. Pay close attention to your horse's temperature, heart and respiratory rate, hydration and his energy level before heading back to civilization.

May you and your horse never need to use the Heat Stroke Acupressure Session. The odds are that if you know how to help your horse if he is afflicted with heat stroke, you will never have to use your knowledge and can enjoy roaming to your heart's content in the wilderness. ☺☺

About the authors:

Amy Snow and Nancy Zidonis are the authors of *Equine Acupressure: A Working Manual*. They own Tallgrass Publishers, which offers Acupressure Books, DVDs, and Meridian Charts for horses, dogs, and cats. They founded Tallgrass Animal Acupressure Institute which provides hands-on and online training courses worldwide including a Practitioner Certification Program. 888-841-7211; www.animalacupressure.com; info@animalacupressure.com