

Healing rescue horses with acupressure

It's so hard to believe that anyone could possibly treat horses with anything other than respect and love. Yet our newsfeeds provide sickeningly sad evidence of people abandoning, abusing, and neglecting these gentle, majestic, noble animals. We wish we could rescue every single horse that has suffered an undeserving fate. We can only hope to do our best with the horses that are not too badly injured, physically and emotionally. Luckily, rescue organizations are made up of people with big hearts. They need those big hearts because they have a big job. Rehabilitating a horse is a long, arduous and expensive task.

The health and behavioral issues cited by rescuers are numerous. The most common issues they have to deal with are poor hoof care, malnourishment, parasites, infections, disease and general soundness. Pain is often the underlying cause of a lot of behavior problems. Hoof care is probably the number one issue because, as the saying goes, "no hoof, no horse". The hoof affects so much of the horse's health: conformation, mobility and blood circulation, plus the entire metabolic system. Hooves are usually the major concern, along with diet.


FOUR ACUPRESSURE POINTS FOR HEALING

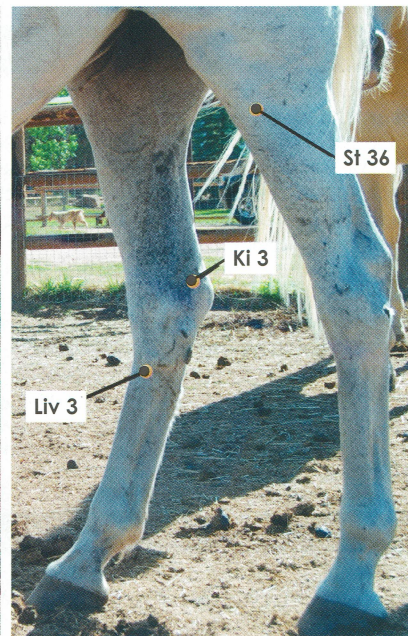
With care, horses can gradually regain their strength and soundness. A short acupressure session can be added to the horse's grooming routine every two or three days to help him recover. Specific acupressure points are known to support hoof health, digestion, and the immune system.

1. In Chinese medicine, the Liver is responsible for the health of the horse's hooves. To repair the hooves, **Liver 3 (Liv 3)** can balance the flow of energy and blood to the hooves, thus

supplying fresh nourishment and removing toxins. This acupressure point is also used to invigorate and replenish blood, something rescued horses need so much.

2. The next acupressure point, **Stomach 36 (St 36)**, is the go-to point for enhancing digestion and nutrient absorption. St 36 enhances the horse's ability to rebuild his metabolic system. This is necessary for strengthening muscle and other soft tissues. Nourishment is important for rebuilding the horse's immune system.
3. According to Traditional Chinese Medicine, the Kidneys are the original source of energy in creating life. The Kidneys determine the horse's basic conformation and constitution. **Kidney 3 (Ki 3)** is a key point known to benefit arthritis as well as hock, stifle and lower back pain. This point enriches the basic essence of the horse's body.
4. The last point addresses the horse's mental state. **Pericardium 6 (Pe 6)** facilitates the flow of energy of the Heart, which in turn calms the animal's spirit. Pe 6 is the acupoint that can help the horse feel more trusting of humans.

Mistreated horses need us to be the best humans we can be. Offering them a gentle, loving acupressure session every few days can make a huge difference in bringing them back to life. Participating in a horse's recovery and well-being is very rewarding. 



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