



## Dear EBT Practitioner

Well, there goes another year - and what a year is has been with all the floods to contend with. Here in Gloucestershire, we were hit particularly badly and were left with no tap water for two weeks. Taking bottled water up to the horses twice a day made me very careful with every drop – nothing was wasted! Some very brave EBT students struggled through the floods to a workshop at Huntley in July, but had a nerve wracking journey, some getting stranded on the M5 all night!

A side effect of the flooding has been that many farmers have lost hundreds of acres of crops and, of course, hay. This winter, however, I do not have to worry about finding a supply of organic, late cut hay for another reason. Some of you will have heard that my dear cob, Bear, finally decided that he had had enough and was put to sleep in September. Even though he'd been going downhill with metabolic disorder and laminitis for some years, his spirit hung on until the last few days, when I believe his liver finally packed up.

I had been asking him for quite sometime to give me a sign when he wanted to go, and bless him, he did. Bereavement and loss is, I feel, something we are not well equipped or, perhaps, educated to manage too well – we cope as best we can when we have to. Initially, I dealt with the loss intellectually, knowing I had done everything I could and that I had an extra seven years with Bear, thanks to my wonderful farrier, Mark Johnson, whom many of you will have met on the EBT course. So I felt no guilt, but the emotional loss is enormous, as all of you will know who have been through it with your own animals. I still can't quite believe that I'm not going to see his beautiful brown eyes again, or feel his very mobile but gentle lips frisk me for carrots.

## More Lessons Learnt

On a positive note, Bear's health issues have taught me so much and many of you will know how passionate I am about the vital importance of having a skilled farrier to provide a balanced trim – whether a shoe is added or not. I find myself sounding like my mother (Heaven forbid!) when I hear myself saying 'If only I had known 25 years ago what I know now'! Yes, I would have done plenty of things differently when it comes to keeping my horse, but as Equine Therapists, we are in a privileged position of being able to share the new found wisdom for the benefit of horse owners and their horses. As Mary Bromily once said: 'Once you have some knowledge (that will benefit your horse) - you can not pretend that you don't know it'.

I admit to feeling just a bit angry that (when it was too late for my boy) I discovered what felt like an absolute con, by a very well known horse feed company who market feeds with a 'stamp of approval' from the Laminitis Trust on the front of the bag. I say I felt conned, because I have discovered that this product still has a considerable amount of molasses in it, presumably to make it palatable and to keep the dust down by binding the ingredients with stickiness. How stupid I was not to read the back of the bag, but just be taken in to believing that it was 'safe' for my metabolic laminitic. Doh! I also learnt that these feed companies pay many thousands of pounds to said Trust, for using their 'stamp of approval'. I really should have known better...





# The European School of Equine Bowen Therapy



## New and better choices for our horses

We all know that the Equine industry is steeped in tradition in our British culture, and in the last decade we have seen the increased awareness and popularity of a more 'natural' horsemanship management system of keeping our horses – the treeless saddle, organic horse feeds, herbal tonics and wormers, homoeopathic remedies, choosing the barefoot option for our horses and holistic approaches to maintenance, training and performance. Twenty years ago, much of this was relatively unheard of in mainstream horse keeping and now there is an increasing interest in these available methods and ideas.

## Chemical intolerance

Sadly, I have seen a growing incidence of horses having 'allergic' or, more accurately, intolerant reactions to chemicals via wormers and frequent vaccinations. Less obvious sources of toxins that get into our horses' systems are via modern feed mixes, with added chemical mould inhibitors and added sugars/molasses. An obvious way of dealing with this is to read the small print on the back of the feed bag and find safer, more natural, non chemical sources. We all know the old adage 'Prevention is better than cure'.

Another method is to consider using herbs to detox and then support the systems of the body – immune, respiratory, digestive, circulatory, lymphatic, urinary, etc. I have recently come across a company selling a range of herbs for horses that are getting some exciting results. Without wishing to go into a sales pitch here, I will simply give you the name and contact details of the UK distributor: Silver Linings Herbal Supplements, contact Johnny Summers on 07976 242449. Tell him you are an Equine Bowen Therapist. I have started to recommend the liver and kidney support herbs to the owners of the horses experiencing a toxic overload following vaccination or viral infection. I feel these excellent herbs and Bowen will complement each other very well indeed - just a 'gut' feeling!

## Meeting the public and promoting Bowen - human, equine and canine!

Two EBT therapists represented Human, Equine and Canine Bowen Therapy, chatting to the public and giving out their leaflets on the EBT stand at this year's Natural Horse Gathering in September, in Wiltshire. As usual, we were offering rider taster treatments and we were busy all day, giving riders the opportunity to experience Bowen. The general horse-owning public attended from all corners of the UK and there was a captive audience of people seeking a better way to feed, manage, look after and ride their horses. A great day was had by all who attended.



## Welcome New EBT Practitioners

I would like to congratulate all of you who passed your final exams this year - the standard was very high and I am so proud of all of you. Bowen Veterinary Surgeon and examiner Nigel Dodman was very impressed with your practical work, written assignments and case studies.



## *The European School of Equine Bowen Therapy*



### First EBT seminar

In October, the first EBT seminar in the UK was held at Hartpury College, Gloucester. The first day was dedicated to the anatomy and biomechanics of the horse's foot. EBT practitioner Andrew Phillips had this to say about Mark's presentation: 'A must for all EBT therapists! A very professional and educational presentation which covered all aspects of anatomy and biomechanics of the lower limb in thorough detail. The link of so many problems due to poor foot management was very interesting and highlighted the importance of appropriate diet in today's domestic horse and some of Mark's comments regarding this subject were extremely interesting and beneficial.'



Amanda Cutler-Little said: 'Mark's enthusiasm and passion for researching his field of farriery and horse health is impressive. Because of his enquiring mind, he has uncovered new information that helps us understand the causes behind lameness and poor foot conformation and the fact that feeding systems seem to be one of the major factors, was enlightening for me. The lower leg dissection was very helpful in understanding the biomechanics. Mark's slide presentation was also very helpful in communicating the facts presented.'

Sunday's speakers were Jane Van Lennep from Simple System Ltd and Holistic Veterinary Surgeon Roger Meacock. Jane delivered a lively talk and imaginative illustration of the horse's digestive system. One EBT attendee commented: 'Jane's passion and love of horses has driven her to collate evidence to support the science of a forage only diet which is best for the horse's health and well being.'

Roger Meacock's afternoon presentation took us through the principles of a holistic approach to veterinary care and outlined the various non-drug therapies that he uses in his practice, including a machine from Russia called a Scanar and e-Lybra 8 analysis which, using a sample of hair/main/tail, makes up a homoeopathic remedy for the animal or person.

Roger also talked about the importance of how the horse's teeth and TMJ alignment affect the whole skeleton, something that, as Bowen therapists, we are aware of in our human and equine clients. Roger was very generous in sharing his knowledge and experiences. It is wonderful to have a vet who is open to life as being energetic and not just mechanical.

Lunch was included in the price of the seminar, cooked and prepared by a Fire Fighter. Fortunately, we didn't need his professional services for rescuing or putting out any fires or mopping up floods!

For those of you who did not attend this inspiring and exciting weekend of equine related education, we missed you!



# The European School of Equine Bowen Therapy



## Dates for your diary 2008

Wednesday 16 April      Equine Sports Massage Association Conference

at Royal Agricultural College, Cirencester

Dr. Sue Dyson	Where is the primary problem?
Dr Martin Marlin	Training and warm-up: overused, underused or abused?
Dr Gianluigi Giovagnoli	Horse transport; stress, pathologies and preventions: Muscular activity of the jumping horse
John Killingbeck	The clumsy horse – Neurological problems

There will be a scientific research display area and an 'Any questions' panel. There is an opportunity to stay on for an evening dinner, if that takes your fancy.

Contact Gillian Higgins for booking and further information, tel 01285 640227. Remember to tell her you are an Equine Bowen Therapist and heard about this conference from me.

26 – 27 April      CPD weekend

At the time of writing, I am still waiting for confirmation from speakers. However, please make a note of this date because it should be a very educational and enjoyable weekend. I will, of course, let you know as soon as I have confirmation from the speakers and their co-ordinator. In the event of the requested speakers being unavailable, there will be a regular EBT workshop.

31 May – 1 June      Opportunity for CPD on a Stage II

If you would like to attend this stage again, as my assistant, there is just one place available. Please ring me to check availability.

2 – 3 August      Workshop at Huntley

Open to students and graduates for CPD. Many EBT therapists prefer this smaller and quieter venue, although numbers are limited due to the rather small lecture room.

## Online forum

From the New Year, there will be forum on my website for questions and answers and interesting topics concerning Equine Bowen Therapy can be posted. This will ONLY be available to registered practitioners, so you will have your own pass word to access this new facility – another excellent reason why you should register for 2008!

[www.equinebowentherapy.com](http://www.equinebowentherapy.com)



## Don't forget...

There is a great range of good quality, embroidered garments at very reasonable prices available only to qualified practitioners. Ring me for details.

## And finally...

I would like to take this opportunity to wish you all a pleasant Christmas and a happy and peaceful New Year

*Beth*



Beth Darrall ♦ 13 Milton Road ♦ Cheltenham ♦ GL51 7ET  
01242 251465 ♦ [beth@equinebowentherapy.com](mailto:beth@equinebowentherapy.com) ♦ [www.equinebowentherapy.com](http://www.equinebowentherapy.com)

