

EQUIBLISS

AUTUMN 2008 NEWSLETTER

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Dear Friends,

Welcome to the first Equibliss newsletter!

The cool focus of autumn has spurred me into writing this seasonal newsletter, with the chance to share with you some ideas to help you and your horses in the coming months.

Chinese medical theory stresses the importance of the change of the season. In traditional oriental societies, these are the times of year when you would go and see your practitioner of TCM (Traditional Chinese Medicine). They would offer you an individually tailored treatment, and advice on how to stay healthy as the weather cools and the nights draw in. The emphasis, as in all TCM, is on the maintenance and promotion of health, rather than on "crisis management" when things go wrong. A little maintenance can go a long way to avoiding costly bills for our horses (and us!).

Wishing you all health and happiness in the coming months.

Kate



Diary Dates

October 24th – 26th 2008 **The Holistic Horse Show**

Towerlands Excel Centre
www.holistichorshow.co.uk

A very special event for you and your horse! Come and see some amazing demonstrations and talk to holistic experts. Also there is the opportunity to have a Shiatsu treatment at the Hands on Horses Stand (G8)

November 9th 2008 **Equine Shiatsu Workshop at** **Remus Horse Sanctuary**

Ingatestone, Essex
www.remussanctuary.org

This half-day workshop will teach horse owners and carers how to give a basic Shiatsu treatment to their horses, which will encourage relaxation and healing. Practical techniques will be taught that everyone can use. Cost £35 per person.

To enquire about these events please contact Kate Granger on 07956 967984 or at equibliss@mac.com

AUTUMN AND THE METAL ELEMENT



In Oriental Five Element Theory, autumn is associated with the Metal Element. This traditional theory links the seasonal transitions with the five elements of Metal, Water, Wood, Earth and Fire. They in their turn have associations with smells, sounds, colours, times of day, emotions and organs of the body. The Metal element is linked with the Lungs and the Large Intestine. To maintain optimum health through the autumn, and ward off illness in the winter months, we need to ensure that these vital organs are functioning correctly, and that Qi energy is flowing smoothly in their meridians.

In Traditional Chinese Medicine the Lungs have the vital and very special function of governing the Wei Qi, or “defensive Qi” that protects the body from external pathogens such as Wind, Damp, Dryness and Cold. If the Lungs and the Lung meridian Qi are not working effectively, the horse’s health can become compromised.

Imbalances in the Lung and Large Intestine meridians will frequently manifest as problems with the skin, respiratory system and hindgut. Your horse can have scruffy, scurfy skin, be prone to mud fever and rain scald, or dry scaly skin. Other signs of an imbalance in the Metal element involve problems with breathing, mucus discharge from the nose and the terrible condition of strangles, as well as diarrhoea, constipation and colic.

Therefore it seems sensible to help your horse to improve his Metal “armour” and his defensive energy. Regular Shiatsu treatment can help support your horse’s immune system, improve his overall attitude, maintain his energy balance and enhance his performance, as well as lowering his physical and emotional stress levels.

Another common change that occurs in autumn is more stiffness in the arthritic horse as the weather gets damper and colder. Sweeping your hands around the joints of your horse will help him be much more comfortable before hacking or working in the school, and even a couple of Shiatsu sessions can make a tangible difference to his flexibility.

It is a good idea to check your horse now for weight, coat quality, any sniffles or stiffness, and how well he is eating. Increasing rugging should be done gradually, and extra care taken after clipping so the horse adjusts to the sudden loss of coat. Is it time for the dentist to visit, and how are his feet doing? Has anything changed recently? How is his mental focus? Regular checks like these can help you to nip problems in the bud, and also act as a useful record. Many owners like to keep a logbook of how their horse is doing and this can be a valuable resource for both you and your vet.

As a treat at the moment, the sweet fruits of autumn will be appreciated – apples, carrots, parsnips and turnips provide food “Qi” that supports the whole body. Garlic is still a useful anti bacterial additive even when the flies have gone and echinacea can provide support for the immune system.

If you would like to find out more about the theories behind Shiatsu, why not consider a workshop at your yard? Individual horses can be profiled, simple changes suggested and each owner can be shown useful techniques specific to their horse and its situation – contact Kate on 07956 967984 for details. Or how about a taster course? Equibliss offer workshops of one or two days duration, or for more advanced instruction Hands On Horses are based in mid-Bedfordshire and offer comprehensive practitioner training in Equine Shiatsu, contact them on 01462 811933 or visit www.hands-on-horses.co.uk





Keeping riders and owners healthy too!!

Just as our horses are vulnerable to seasonal change, so are their human companions. Colder, windier weather can affect our breathing and often people get colds at this time of the year – also skin problems and digestive issues can come up. You can look after yourself by getting regular refreshing sleep, eating good nutritious food, and spending time in the company of friends who bring emotional and spiritual sustenance.

Vital yard kit includes a woolly hat and scarf for when it's colder! TCM emphasizes the importance of keeping the Kidney area at the base of the back warm and cosy (especially when picking out feet!).

Hot ginger tea makes a good autumn tonic and gentle exercise such as yoga or Tai Qi will prove wonderfully beneficial over the coming months.

Regular Shiatsu can help support the body's immune system, relieve aches and pains, clear out toxins and encourage the smooth flow of Qi which is the hallmark of a healthy, vital being.

To book your own Shiatsu session please contact Kate on 07956 967984 or kategranger@mac.com



A great idea for Christmas!!!!

Why not treat your own, or a friend's horse, to the Equine Shiatsu gift certificate? A head-to-hoof pamper treatment costs from £37 for an hour's session. This has proved very popular in the last couple of years as an original and special present, to arrange one just contact Kate at Equibliss.