

Be Young Newsletter

June 2008

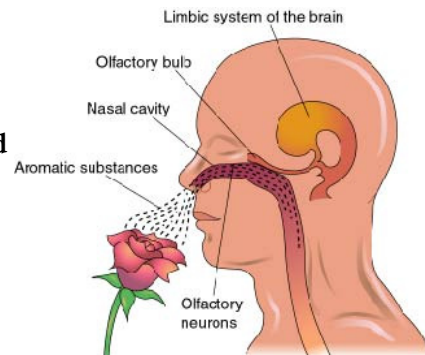
Greetings!

We appreciate your continual support. Dana has put together a newsletter on essential oil therapy for horses.

## Essential Oils Therapy for Horses

### Aromatherapy

Rene Maurice Gattefosse' in the early 1900's fathered aromatherapy, as we know it today. He was interested in using essential oils, the aromatic or volatile part of a plant, as medicine to treat people. Before he began using these oils with people, he tested them on dogs and horses. When he was pleased with the results, he began working with people and through his studies and those of others that would follow modern aromatherapy was founded.



The term aromatherapy can be very misleading. There are products in our stores that are called aromatherapy products. Mango shampoo, strawberry candles, honeysuckle bubble bath, and others profess to be aromatherapy products just because they have a scent. I would not use these products as they are made with fragrances. Fragrances are synthetic materials made in laboratories. Essential oils used in aromatherapy are not synthetic but come from real plants. Usually they are steam distilled.

## Essential Oils



How do you tell if oil is real or synthetic? If it comes in a clear bottle, inexpensive, powerful scent, and has a fruit name like apple, banana, cherry, coconut, grape, watermelon or some floral name like lily of the valley, hyacinth, sweet pea, or wisteria, these are give a ways that the oil is not real but cooked in the lab. True essential oils are always in a dark bottle with varying degrees of prices. A bottle (10ml) of real steam distilled rose oil is over \$250. Then some oils can be inexpensive like peppermint at \$16.

Essential oils have a variety of scents. They can be very pleasant to smell as well as medicinal and there are some that do not smell good at all. Usually essential oils are sold with common and scientific names so you can identify the plant source. Then there is the country of origin. Fragrances come from labs not countries. Then there should be information on how they are processed. Usually this will be steam distillation.

Not all animals can be treated the same. What applies for a horse may not apply to a dog. One must be careful using essential oils with cats. Essential oils can be strong for cats. They process differently than dogs and sometimes they just cannot metabolize the essential oils and they act like toxins building up in their body. Sometimes this can cause death. So we do need to be careful when using these oils. Essential oils are very concentrated. It takes pounds of plant material to make a few drops of oil. Many will tell you that it is natural and could not possibly harm you. You know better. Essential oils can detox you if used incorrectly.

## Equine Aromatherapy

In England, equine aromatherapy is practiced by licensed essential oil practitioners using kinesiology to prescribe essential oils. Kinesiology is a way of testing the body to find out what the body needs. It is often used by chiropractors here in the United States. For horses, another person stands next to the horse and it is this person that is tested not the horse. Essential oils are not regulated and essential oil practitioners are not licensed in the United States. Essential oils are not considered pharmaceuticals here in the US while they are in Europe. Essential oils are considered to be like herbs, natural plant substances.



Commonly horses are treated for lameness, wounds and abscesses, cardiovascular problems, pulmonary problems (coughs, emphysema, etc.), intestinal parasites, and emotional uneasiness. In all these instances, essential oils will improve resistance to disease by increasing the animal's vitality and allowing the elimination of accumulated toxins.

Essential oils can be used with horses in the same manner as people use them. They can be taken internally, in massage, and diffused in the air. There is some controversy over the use of essential oils internally. Many essential oils can be safely taken internally. Before administering oils internally, it is best to look at the FDA list in my book or only use the oils in this article they are safe.

Essential oils can be used in massage. There are several massage therapists in the area that work with horses and essential oils. They can help the horse to feel better and eliminate stiffness, soreness, and stress from their bodies. One does not need to be a trained massage therapist to give a horse a massage.

Essential oils can be used in diffusers to bathe the horse's environment in essential

oil vapors.

Misters can also be used and they only require a glass bottle and an atomizer. Essential oils are diluted in water and then misted in the area or on the horse.

#### Commonly used oils with horses:

Tea Tree	Rosemary	Lavender	Geranium
Eucalyptus, (r)	Birch	Basil	Peppermint
Chamomile, (g)	Cypress	Helichrysum	Lemongrass
Bay Laurel	Fennel	Frankincense	Thyme

#### Commonly used Blended oils with horses:

Spice for life	Defence	Guardian	Di-gest
Breathe	Chiro Touch	Physical Touch	Quiet scent
Tickaboo	Loving Care		

#### Fixed Oils

Grape seed  
Fractionated Coconut Oil  
Olive oil

## Using The Oils

Not all oils are the same and not all horses are the same. Picking oils or blends for your horse is up to you and to them. To see how well the horse will handle an oil, take a few drops in your palms. Rub them together and offer the oil to the horse. Let the horse decide if they will accept the oil or not. Never force an oil on your horse just because you are told that this is what your horse needs. Your horse needs to accept the oil. If the horse does not, you must go to another oil.

Some oils are best used in massage while others are best diffused and some can be taken internally. When and how to use an oil will come with experience, so start slowly. Your confidence will rise when you see how well the horse responds.

Sweet Basil is good for colic, pulmonary, muscular, and insect repellent issues

German Chamomile is good for muscular, inflammation, and wound issues

Cypress is good for cardiovascular, muscular, and insect repellent issues

Eucalyptus is good for pulmonary, wounds, and muscular issues

Rosemary is good for cuts, scrapes, infections, muscular, and mind issues

Frankincense is good for tumors, pulmonary, emotional, and frog issues

Geranium is good for emotional, wounds, and stop bleeding issues

Helichrysum is good for muscular, nerve, pain, and wounds issues  
Lavender is good for muscular, wounds, emotional, and cardiovascular issues  
Tea Tree is good for pulmonary, insect repellent, itching, and wound issues  
Bay Laurel is good for lymphatic, circulation, muscular, and thinking issues  
Birch is good for inflammation, circulation, bone pain, and hoof issues  
Thyme is good for inflammation, circulation, severe infections, and hoof issues  
Lemongrass is good for tendons, cartilage, inflammation, and insect issues  
Fennel is good for stomach, digestion, inflammation, and insect issues  
Spice for Life is good for any kind of cold or pneumonia or sickness issues  
Defence is good for any kind of bacterial or sickness issues  
Guardian is good for any kind of fungal or sickness issues  
Di-gest is good for any kind of digestion or stomach issues  
Breathe is good for any kind of respiratory issues  
Chiro Touch is good for any kind of structural joint issues  
Physical Touch is good for any kind of inflammation or pain issues  
Quiet Scent is good for any kind of fight or flight issues  
Tickaboo is good for any kind of worming issues  
Loving Care is good for any kind of birthing issues

## Commonly used oils with horses:

Tea Tree	Rosemary
Lavender	Geranium
Eucalyptus, (r)	Birch
Basil	Peppermint
Chamomile, (g)	Cypress
Helichrysum	Lemongrass
Bay Laurel	Fennel
Frankincense	Thyme

## Commonly used Blended oils with horses:

Spice for Life	Defence
Guardian	Di-gest
Breathe	Chiro Touch
Physical Touch	Quiet Scent
Tickaboo	Loving Care

**All recipes have been calculated for a horse's size not humans or other animals. Other animals 1 drop /100lbs**

### Inflammation and Skin Irritation

**50 drops lavender**

**50 drops chamomile**

**50 drops geranium**

**Blend into 2oz of Grape seed Oil. Shake, cap, and label.**

**Pour blend onto palm of hand and apply to irritation**

### **Poor Circulation and Congestion**

**100 drops cypress**

**75 drops bay laurel**

**Blend into 2oz Grape seed Oil. Shake, cap, and label. Pour blend onto palm and rub in. Can used after exercise. For best results use after dousing limbs into cold water. Can be use to prevent congestion from regular exercise or work.**

### **Joint Pain, Stiffness, and Lameness**

**100 drops lemongrass**

**50 drops birch**

**50 drops chamomile**

**Blend with 2oz of Grape seed Oil. Shake, cap, and label.**

**Use before retiring the horse if there is a problem. This blend applied in the morning can ease the pain and the horse will exercise and play which could cause damage. When there is no damage like rheumatism or lameness, it can be used before and after exercising.**

### **Aches & Muscular Pain**

**100 drops sweet basil**

**50 drops chamomile**

**Blend with 2oz of Grape seed Oil. Shake, cap, and label. This is a good blend to use as a warm-up. Good prevention of aches and inflammation.**

**Can be used before or after exercise.**

### **Coughs & Respiratory Issues**

**Worming is recommended at the beginning of treatment as some coughs are the result of parasitic infestation.**

**Recommended for diffusing. It can be rubbed into the chest. Diffusing oils are not blended with fixed oils. If rubbed onto chest, they are blended with fixed oils.**

**Diffusing can be achieved with a mister but for long lasting results an electrical diffuser or vaporizer is needed.**

**1/3 oz blend**

**100 drops eucalyptus**

**100 drops tea tree**

**50 drops frankincense**

**Add drops to 1/3oz brown bottle. Place the insert and cap into place. Shake. Label this blend can be taken internally. 10 drops a day until condition clears. Can be added to food until the horse is use to the oils**

**Use this blend for the diffuser**

**Add this to a mister with water**

**Add 50 drops to 1oz of Grape seed Oil and Massage into Chest**

**For severe respiratory issues or pneumonia, Spice for Life 5cc ingested twice a day  
Breathe Add 50 drops to 1oz of Grape seed Oil and Massage into Chest**

### **Stress & Anxiety**

**Nervousness in horses can come from many sources. This blend can help many of them.**

**1/3oz empty brown bottle for the blend**

**100 drops lavender**

**100 drops basil**

**50 drops chamomile**

**Add drops to 1/3oz brown bottle. Place the insert and cap into place. Shake. Label this blend can be taken internally. 10 drops a day until condition clears. Can be added to food until the horse is use to the oils**

**Use this blend for the diffuser**

**Add this to a mister with water**

**Add 50 drops to 1oz of Grape seed Oil and Massage into Chest**

**10 drops of Quiet Scent on the pole will calm most horses**

### **Mosquito & Fly Repellant**

**1/3oz empty brown bottle for the blend**

**100 drops basil**

**100 drops lemongrass**

**50 drops peppermint**

**Add drops to 1/3oz brown bottle. Place the insert and cap into place. Shake. Label**

**Use this blend for the diffuser**

**Add this to a mister with water 1oz to 4 oz of water. Mist the horse.**

### **Cuts & Wounds**

**Clean the wound with warm water and geranium this will speed up the bleeding for cleaning and then will help to stop the bleeding. This blend can help stop the onset of infection**

**1/3oz empty brown bottle for the blend**

**100 drops lavender**

**100 drops rosemary**

**50 drops chamomile**

**Add drops to 1/3oz brown bottle. Place the insert and cap into place. Shake. Label**

**Apply on location 2 -3 times a day or until condition clears. Spice for Life can be added to food until the horse is past the challenge to boost the immune system**

**Add this to a mister with water**

**10 drops of Quiet Scent on the pole will calm most horses**