

# Harmany Horse Gazette

Harmany Equine's Web letter 2

January 2008

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## Fight the winter doldrums with some new books and tapes



Featured book:  
Homeopathic First Aid for Horses

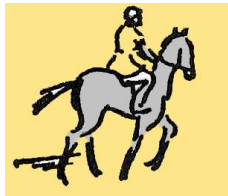
Dr. Joyce Harman  
everything you wanted to learn to get started with this exciting medicine  
[First Aid Book](#)

Homeopathy fans take note: a new major textbook on equine homeopathy has been published:  
[Homeopathic Textbook](#)

Introductory series of books for learning about a new alternative medicine  
[Introductions to Natural Medicine](#)

## Quick Links

Saddle Fitting Clinic  
[Saddle Fit Clinic](#)  
More about us and more articles  
[Harmany Equine home](#)



## Welcome to Harmany Equine's newsletter

Happy winter  
Here in the mid-atlantic area we having a bit of winter, messing up the footing some, but mostly still ridable out there. I hope it is the same for you in your part of the world.

The dry weather continues here, with some rain and a bit of snow, but not enough to make that deep nasty mud we really need. The hay situation is critical in many places, so pay attention around you to horses that may get neglected or underfed in the cold weather. See if you can help in any way.

We would love to hear topics you would like to see covered in future newsletters or more in-depth on the website ([Harmany Equine](#)) and products you would like to see us carry in the shop ([Harmany Equine Shop](#)). We have the most complete site on the web with a broad selection of natural products from many different companies. We have found all these companies and products to be of the highest quality. Please give us some feedback [email feedback](#). Thanks and keep riding!

Joyce Harman DVM, MRCVS



## Healing Tendons Naturally and Effectively

Tendon injuries often cause us to panic, however with some attention to detail and the use of alternative medicine, the majority will heal and return to full performance. Alternative therapies offer many treatments that speed up the healing process and return the tendon to more of its original flexibility than most conventional methods. Times given in the article are approximate, as each horse may be a bit different, but the guidelines apply.

So, your horse injured a tendon or ligament (both will be treated in the same way).

The first step is to have your veterinarian evaluate the injury and perform an ultrasound unless it appears to be minor. Ultrasound will give you an idea of how much damage there is and how long it will likely take to heal. Then purchase the [Homeopathic First Aid for Horses](#) so you can understand how to do the homeopathic part of the treatment (which is very powerful for healing tendons). This article will not go into details.

When the tendon injury is fresh, spray the leg and soak the bandage with [Draw](#) which is a liquid poultice made from healing mineral springs (and it is safe to use even on open wounds). Give the remedy [Arnica](#) in a 30 or 200 potency, one to three times a day depending on the severity of the injury. The frequency of the dose can decrease though the week as the pain and swelling lessen. If you do not have Draw, you can use [Arnica ointment](#) or gel from the health food store. The horse should walk for 10 minutes at a time unless so lame that walking is difficult. If the injury is very severe, the supplement [Traumogen](#) has nutrients that help the initial healing. [Releaf](#) is a great anti-inflammatory herbal combination for all injuries that allows you to avoid Bute if the Arnica is not strong enough.

After the first week or so, when the real pain is beginning to subside, and the horse is more comfortable moving around, the remedy [Ruta Grav](#) (30 or 200) can be given. This is given once or twice a day for a week or so, depending on the severity. Topically Draw can be continued, or [Sore No More](#), an herbal anti-inflammatory liniment.

Exercise needs to continue in a controlled manner to restore full flexibility to the tendon. This may be one of the most important aspects to fast and full healing, and the one least done in the United States, but commonly used in Europe. Hard ground strengthens tendons while deep or slippery footing can strain them, so walk down the blacktop or gravel driveway rather than the soft sandy field or muddy paddock. An arena with firm footing is good. See the article later in the newsletter about keeping your horse quiet and safe while exercising. The general rule of thumb is to increase exercise about 5 to 10 minutes every 4 days. This gives the tendon time to adapt to the new level of stress and to heal stronger. If you have any setback, just go to the previous level and wait another 4 days.

As the healing progresses, for the next 2-4 weeks give the remedy [Ruta Grav](#) 2-3 times a week, once each time. After that, change to [Rhus Tox](#) and follow the same protocol, give daily for a few days, then a few times a week. Horses with severe injuries will need a full month with each remedy, while horses with mild injuries, only need a few doses or a couple of weeks.

Once the tendon is cold and set, the remedy [Silica](#) will shrink much of the scar tissue. Just give the remedy once or twice a week for a month or 6 weeks. This remedy can be used in the same protocol for old injuries, even those that are years old.

When the tendon is healed, to prevent re-injury, my favorite product [Iron Tendon](#) can be used several days a week. This is a Chinese formula adapted from the martial arts that helps strengthen tendon tissue (you may feel it improve your hands if they are a bit stiff or sore)

#### Chronic soreness or hard to heal tendons (high suspensory injuries)

A Chinese herbal topical [Soreness Salve](#) (not good if your horse is one of those sensitive skin chestnuts-irritates their skin) will help restart the healing process. Then you can follow the Ruta Grav and Rhus tox protocols above. In some cases you may want to consult with a homeopathic vet if the tendon is not healing the way it should.



## The Pain Free Back and Saddle Fitting Clinic

With Joyce C. Harman, DVM MRCVS  
and Wendy Murdoch, MS

**March 20-23, 2008**

Western and English, pleasure and show

Toad Hollow Farm, Charlottesville, Virginia

Learn more and Register/Pay Online [Saddle Fit Registration](#)

Course Teaching includes:

- Evaluating saddle problems
- Correct fit and position of saddle on the horse
- Stabilizing rider balance and seat
- Sensible use of pads and shims
- Accommodating multiple horses
- Fitting challenging conformation types
- Finding a saddle
- Care of the horse's back



## How to keep your confined horse happy and controllable

When you must confine your horse for an injury or any other reason some do not cope well and need additional help. If your horse is unruly or dangerous to you or to himself, drugs may be the only answer, either a short acting one like acepromazine or a longer acting one you can get from your vet. Exercise helps, and sometimes "hand" walking is safer done under

saddle. The horse may walk a straighter line without bucking and twisting on an injured leg.

For some natural help with being confined, [Rescue Remedy](#) is one of the [Bach Flowers](#) and is for stress. Add 10 drops to the water when you change the buckets, or

dilute it and put 10-15 drops in a 1 oz dropper bottle, fill it with water and put a dropper full in the water bucket.

Herbal quieting formulas can be used and sometimes you have to experiment to find the one best suited to your horse. [Confidence Plus](#) is one I have found successful for many horses.

Ulcers and digestive disturbances are another important issue that must be considered. Many horses get grumpy, irritable, eat poorly, or loose weight when confined. If that is happening, there is a new test for ulcers that can be done with a fecal sample instead of endoscopy ([Succeed fecal Blood test](#)). The product [Succeed](#) is an excellent product to help the digestive tract.

Other forms of support are available with Aloe Vera, Digest, Digest Support and ProBi ([digestive aids](#)). Consultation with a holistic vet can help guide you if your horse is having digestive problems and these simple solutions do not help.

## Upcoming Events

The Pain Free Back and Saddle Fit Clinic  
Toad Hollow Farm  
4012 Cannon Brook Way Charlottesville, VA 22901  
[Saddle Fit Clinic](#)

## Thanks

Thanks for reading this newsletter. I would love to hear your feedback, good and bad, suggestions, and requests. Joyce Harman

## Contact Info

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