

# “Hands-On” Help for Equine Toxicity

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A Working Manual

Every chemical released into the environment affects every land mass, every nation, every human and horse...everything living on this planet. We truly live in a global environment that is intricately inter-related. The toxins created by the ever-increasing industrial communities have no borders acid rain falls heavily on the pastures in which our horses graze. Nitrates from fertilizers, pesticides, and other sources dissolve into the water supply.

The romantic image of shiny, dapple-coated horses grazing on the rich, green grasses in pastures of plenty no longer projects a sense of well-being as it did of old. There was a time when there were more than 100 different types of grasses in pastures and now there are often only a mere 10-20 different grasses providing a variety of nutrients. Add the depletion of natural grasses to the increased amount of environmental toxins and we are seeing our horses struggle to survive. Even if your horses are not in pasture, the grass hay that we feed our horses has to come from some field somewhere on this earth, so it is equally exposed to environmental contaminants, not to mention the potential for molds, fungi and other forms of mycotoxins due to storage. And, there are some horses who are exposed to pesticides sprayed directly onto their bodies and food via automatic systems in their stables it is a wonder they survive at all.

Our horses must eat hay and they must drink water, thus, their bodies must cope with elevated levels of toxins on a constant basis. Unfortunately, the animal's natural biologic coping mechanisms become overwhelmed and can no longer function healthfully. The list of illnesses attributed to environmental toxicity continues to grow:

- Arthritis and bone development issues
- Digestive problems such as colic, nutrient absorption, and weight issues
- Behavior difficulties including obsessive behaviors, hyperactivity, excessive fear, irritability, and other emotional disturbances
- Lamenesses related to muscle and

tendon issues

- Autoimmune diseases
- Allergies
- Chronic infections and inflammations
- Lethargy
- Cresty, thick neck
- A host of other physical and emotional

issues

We must find ways to move toward political and social solutions to healing our planet, but that does not do much to help our horses right now. Our job is to support our animals as best we can. Traditional Chinese Medicine offers a way to help our horses.

## Traditional Chinese Medicine & Acupressure

Traditional Chinese Medicine (TCM) can help support your horse's health by building his immune system, aiding in digestion and nutrient absorption, and detoxification of his body. You, as horse guardians, can offer your horses an acupressure session that supports the horse's natural ability to manage the toxins that he cannot avoid. Acupressure is based on TCM. By stimulating acupressure points, you can help maintain the energetic balance of the horse's body. This is a place to start to defend your horses against environmental toxins.

## Immune System & Chi

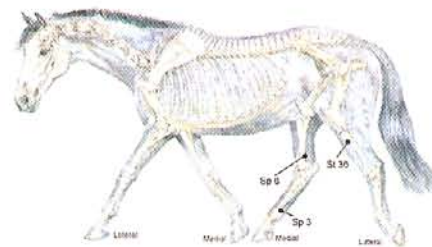
*The point where pathogenic factors invade the body is bound to be a point where Chi is deficient.*

“Treatise on Fevers” from *Plain Questions*

From a Chinese Medicine point of view, if the body's resistance is strong, illness will not occur. It is only when there is a weakness that the body will succumb to ill health. If *Chi*, life-promoting force, is balanced throughout your horse's body, he will be able to manage the external pathogens more successfully.

In Chinese thought, it is the lung and large intestine organ systems that are the first line of defense. The immune system is dependent on the strength of the lungs to create “Protective Chi,” which forms a protective shield on the surface of the body that resists external pathogenic factors from invading the body. Additionally, the lung can inhale toxins and it must be strong enough to exhale both external toxins and internal body toxins. The large intestine is responsible for collecting and excreting material waste that the body produces. Both the lung and large intestine work in concert with all of the other internal organ systems to provide air

## Balancing Stomach and Spleen



### Point Location

Sp 3	On the distal end of the medial splint bone
Sp 6	About 3 inches above the tip of the medial malleolus, caudal to the tibial border.
St 26	Lateral aspect of hind leg, one finger width from the tibial crest and head of the fibula.

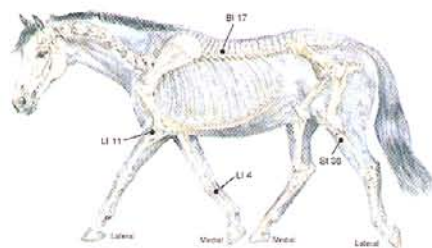
nutrients (i.e., oxygen), Protective Chi, and an ongoing process of cleansing the body so that it does not become toxic.

There are specific acupressure points that support the lung and large intestine which, in turn, improve the horse's immune system. By placing the pad of your thumb directly on the acupressure points in the accompanying equine chart, you affect the energetic balance of the horse. When the horse's immune system is strong, he will be less likely to become compromised and be able to cope with what the environment presents.

## Digestion & Stomach/Spleen Chi

The next line of defense is to support the horse's stomach and spleen for the ingesting of food substances and water.

## Immune System Strengthening



### Point Location

Bl 17	Approximately 3 inches lateral to the vertebral border of the 11th thoracic vertebra.
Li 4	Located distal and medial to the head of the medial splint bone.
Li 11	On the lateral side of the elbow.
St 36	Lateral aspect of hind leg, one finger width from the tibial crest and head of the fibula.

As any horse guardian knows, a horse's digestive system is very vulnerable to disturbance due to any number of factors. The horse's stomach and spleen Chi must function optimally to be able to deal with the many environmental hazards that can cause digestion and nutrient absorption problems.

The horse's stomach is relatively small, being only 10% of the digestive

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