

# Equine Natural Medicine Course 2010/11

Natural Medicine is a combined discipline that studies and utilises the underlying mechanisms that the body uses to regulate and maintain health. Symptoms are not to be treated as such, but used to understand which of those underlying mechanisms may be failing. Then a variety of methods including nutrition, herbs or manual therapy are used to restore health - and the symptoms disappear.

## **Module 1 – Inflammation, Healing and Repair - July 10/11 Glos, 17/18 Wales**

Many horses experience pain or tiredness as part of their dis-ease. As well as studying the basic underlying concepts of natural medicine and the tools of kinesiology (muscle testing), we will cover the mechanisms of pain production, the role of inflammatory mediators and how to promote the healthy repair of damaged tissues. We will also study the production and utilisation of energy in the body. This will have a great impact on the production and utilisation of energy in the body which in turn impacts upon the management of acute and recurrent injury, or 'wear and tear' conditions such as arthritis.

## **Module 2 – The Endocrine System and Blood Sugar - August 7/8 Glos, 21/22 Wales**

The hormonal system is one of the fundamental control mechanisms of the body, marshalling its resources to cope with the demands of everyday life. Symptoms are a signal that the normal mechanisms of the body are no longer coping. In this module we will study the web of interactions that characterise the endocrine system and useful interventions in a wide range of hormonal disorders. We also study the means of controlling the blood sugar.

## **Module 3 – Toxicity, Detoxification and Pathogens - September 11/12 Glos, 18/19 Wales**

As well as the need for getting good nutrition into the body, all waste chemicals need to be broken down and eliminated. These include both the external environmental toxins and the by-products of our own metabolisms. We will also be studying the normal mechanisms for eliminating toxicity from the body and will study specific natural interventions for pathogens (such as parasites, viruses and bacteria).

## **Module 4 – Structural Treatment - October 9/10 Glos, 16/17 Wales**

The spinal column forms more than the backbone of support. The nervous system, both conscious and unconscious, forms a web of information throughout the body. Vertebral or pelvic misalignment can impact directly on health. We will learn how to identify common lesions and safely and gently treat them. **The cranio-sacral mechanism** forms another, even more subtle, part of this mechanism. We will study this gentle and profound intervention and learn to correct most of the commonly found distortions.

## **Module 5 – The Meridian System - November 13/14 Glos, 20/21 Wales**

The meridian system is the web of energy lines that cover the body. This is the system that forms the basis of acupuncture and shiatsu techniques. We will cover the basic principles of Chinese medicine. Using kinesiology as an information-seeking tool allows simple but effective interventions into this complex and fascinating part of natural healing.

### **Module 6 – Neurotransmitters and Emotions - December 11/12 Glos, 18/19 Wales**

Neurotransmitters have been called ‘the molecules of emotion’. They are also the molecules of the brain and nerve function, memory and learning. They are the bridge between the meridian system and the biochemistry of Western science. Alterations in their function can profoundly affect many aspects of health and behaviour.

### **Module 7 – The Emotions - January 2001 8/9 Glos, 15/16 Wales**

In Ayurvedic medicine all dis-ease is considered a product of mental illness. Most chronic complaints will have a deep psychological basis. Using the tools of kinesiology we can unlock and rapidly heal these emotional wounds. Often working with a horse will reflect a psychological block that resides with the owner and these tools can be used to heal the relationship between them.

### **Module 8 – Constitutional Medicine - February 12/13 Glos, 19/20 Wales**

In concluding the course we explore the role of energy vibrating in different states and how that interacts with our own personal energies. We learn about the effect of geopathic and electromagnetic stress and how to limit their effect. We also examine vibrational means of healing such as homeopathy and colour therapy.

### **Module 9 – Blood and the Immune System - March 12/13 Glos, 19/20 Wales**

Covering more detailed aspects of how the body recognises healthy tissues and attacks pathogens; the basis of many auto-immune disorders and food sensitivities, as well as chronic infection and the control of tumours. This module also looks at constitutional types and the effect on diet and herb selection.

The course will be held at Painswick, Gloucestershire and at the Bitless Bridle Equestrian Centre near Lampeter in Ceredigion. Course participants may attend at either venue, making it easier to complete all modules even if one particular weekend is not convenient. Previous students are welcome to revise any modules they wish at half price. Students bring food to share for lunch. Other refreshments provided.

Saturday 10am – 5pm    Sunday 9am – 4pm

The course is open to anyone with either a previous qualification in a therapy or a good background in the care of horses. Students attending all modules will receive a **Certificate of Completion**. Those students then passing an examination and a Test of Clinical Competence will receive a **Diploma in Equine Kinesiology**.

#### **Cost?**

£125 per module – includes all test kits etc. Initial non-refundable deposit of £80 required to confirm booking; you will then receive advance information by email – relevant websites, recommended reading etc

**More Information** - Contact Julian on 07836 211041 [www.naturalhorsehealth.co.uk](http://www.naturalhorsehealth.co.uk) or Sheila 07799 784350 [www.bitless-equestrian.co.uk](http://www.bitless-equestrian.co.uk) for further details or to book your place