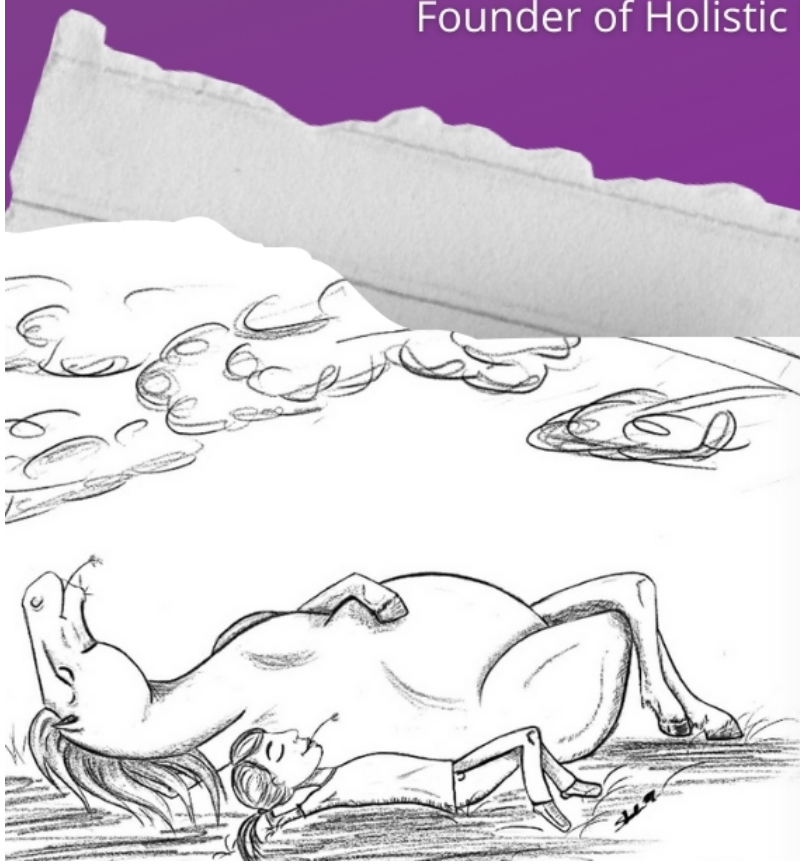




Horse 101

**Everything You Wish You
Had Known Before You Got
Your First Horse**

Written by April Love
Founder of Holistic Horseworks



HORSE 101:
EVERYTHING YOU
WISH YOU HAD
KNOWN BEFORE YOU
GOT YOUR FIRST
HORSE

*(...And Many A-Ha Moments for Experienced Horse
Owners)*

April Love

Holistic Horseworks LLC

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Horse 101:
Everything You Wish You Had Known Before You Got Your First Horse

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This book is for all the dedicated horse lovers who have felt the frustration of buying products that sounded great but didn't help their beloved horses or who've invested a fortune in horse training only to end up with a horse that wasn't any better – maybe even worse!

With a touch of humor, this little book provides insight into doing things better for your horses right from the start. Plus, it saves you money in the long run. After all, preventing an issue is way cheaper than treating one later on.

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YOUR FIRST HORSE

Chapter 1

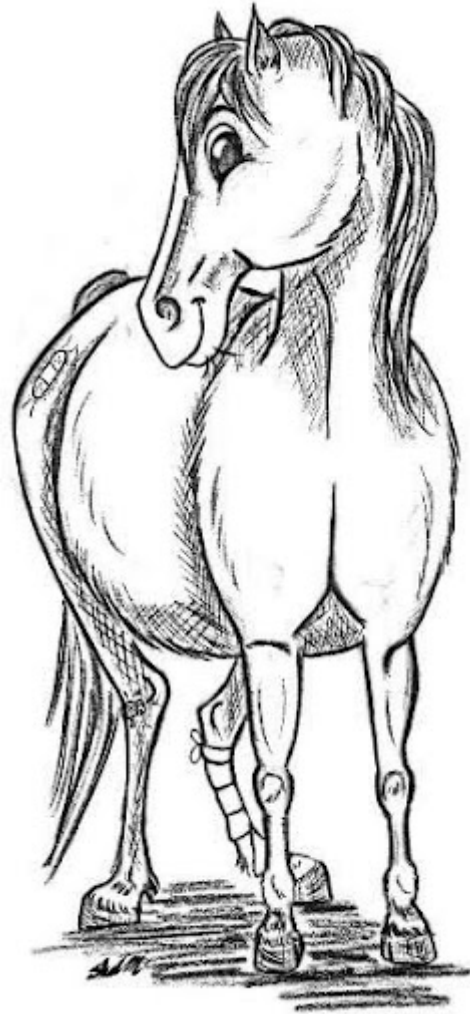


Have you ever been so mesmerized by a horse that you felt an incredible pull to make them a part of your life? Maybe it was love at first sight, and you couldn't resist those big, brown, soft eyes gazing at you adoringly. Maybe your first horse came into your life unexpectedly, or maybe you were compelled to save a four-legged friend. Whatever the case, your journey into horse ownership has begun.

Horses, with their majestic presence, don't understand the concept of being "owned." Moving to a new home can be challenging

for them— a shift in haven, a departure from herd buddies, and the need to forge new friendships can stir up emotions and upset their digestion, a common issue that arises with rehoming. Why is digestion important, you ask? Horses cannot regurgitate, so a stressed tummy can lead to colic, a potentially painful and expensive veterinary issue.

About 25 years ago, I fell in love with a beautiful 5-year-old gray Arabian mare named Jerusha before I knew a lot about taking care of horses. I spotted her at a barn where I volunteered and fell in love. I couldn't stop thinking about her.



I started riding when I was 10 and kept at it until I was 17, mostly without a saddle, just having fun. Fast forward to when I turned 30, and I found myself drawn back to horses because I felt something was missing in my life. Maybe you can relate: the kids are all grown up, and as we get older, the desire to have a horse in our lives gets stronger. They love you no matter what, never complain, and are always happy to see you, especially if you have a treat.

Jerusha made me feel complete. She'd nicker at me when I visited, knowing I always brought carrots, something her old owners didn't do. I didn't know she wasn't what people call a "broken" horse. I

didn't want a "broken" horse; I wanted a "fixed" one, or so I thought. Looking back, it still makes me laugh.

She reared up on her hind legs the first time I hopped on her back without a saddle. I thought it was fun! Ah, the enthusiasm of youth. Luckily, she already loved me, so neither of us got hurt. Horses are amazing. They give so much love to those lucky enough to be loved by them.

After I finished paying her high price tag— especially for an unbroken horse— I found Jerusha a place closer to home. Little did I know she had never been in a horse trailer or away from where she was born.

When I moved her to the new place and changed her feed, she got nervous and colicked that night. This was 25 years ago, with no smartphones or Google to help. I had to use a phone booth to call the person I bought her from and do lots of hand walking to keep her moving.



Someone suggested giving her Coca-Cola to help with her colic. I was willing to try anything. Very challenging to pour the soda into her mouth without making a mess. I probably spilled more than she swallowed, but we formed a special bond that night.

Now that I know better making a wet mash with

soaked bran or beet pulp is a good idea before and after moving horses, especially for the first few days. Toss in a teaspoon of iodized salt, preferably a natural one. Epsom salt can also help their gut adjust to new feed.

Horses should be pooping at least five to ten times a day, if not more. If there's no poop after you move them in, that's the cue to call the vet. I have a YouTube video on what to do while waiting for the vet, including some yoga moves to help the horse expel gas. Just a tip: don't stand directly behind the horse when doing these moves!

Grabbing half to a whole bale of hay from the previous owner, the kind the horse is used to, is a smart move while transitioning to a new place.

Treat them with kindness, love, and treats; they might decide they own you!

Now, let's talk about some essentials for a safe riding buddy who stays rideable longer with fewer accidents, lameness issues, saddle fitting problems, and vet bills. Interested?

Where to begin? Nose to tail? Temperament? Saddle fit? Nutrition? Hooves? The Internet is packed with advice on these topics. You could spend months checking websites, YouTube, and Facebook for guidance.



Keep in mind that everyone at the barn has their opinions. Watch out for "barn politics"—some folks get touchy about advice or if you

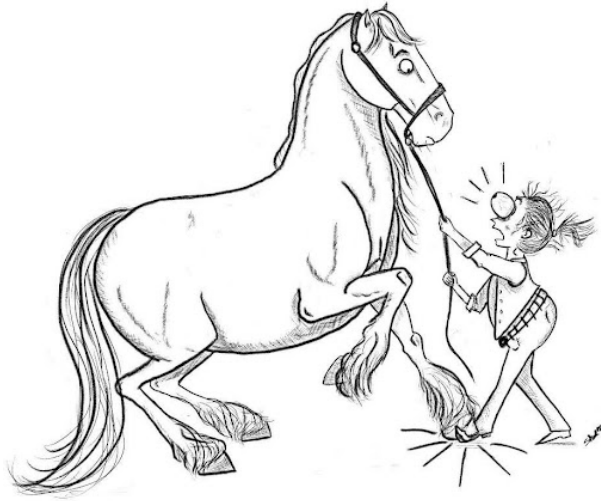
don't follow theirs. No matter how hard you try, someone might say you're doing it wrong. Trust your intuition and judgment.

Since you're here with me now, here's my quick guide to get you started...

BREEDS

Chapter 2

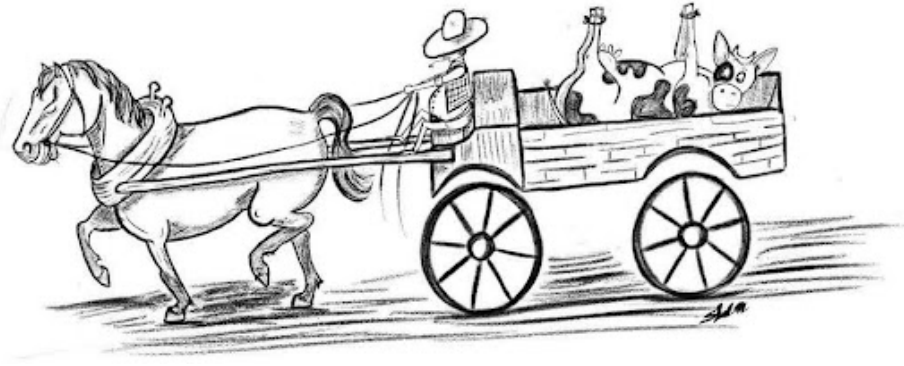
Here's a breakdown of horse breeds, but keep in mind there are exceptions and many more breeds not mentioned here.



Some horses are big and thick, known for moving slowly and being dependable. These are called "cold-blooded" or draft crossbreeds. Be cautious with your

feet around big horses to avoid accidents and always wear closed-toed shoes.

Medium-build horses like Quarter Horses, Morgans, and Welsh breeds are versatile and often used for work and family activities. For kids, Welsh Cob breeds are a good choice, known for their excellent behavior and versatility.

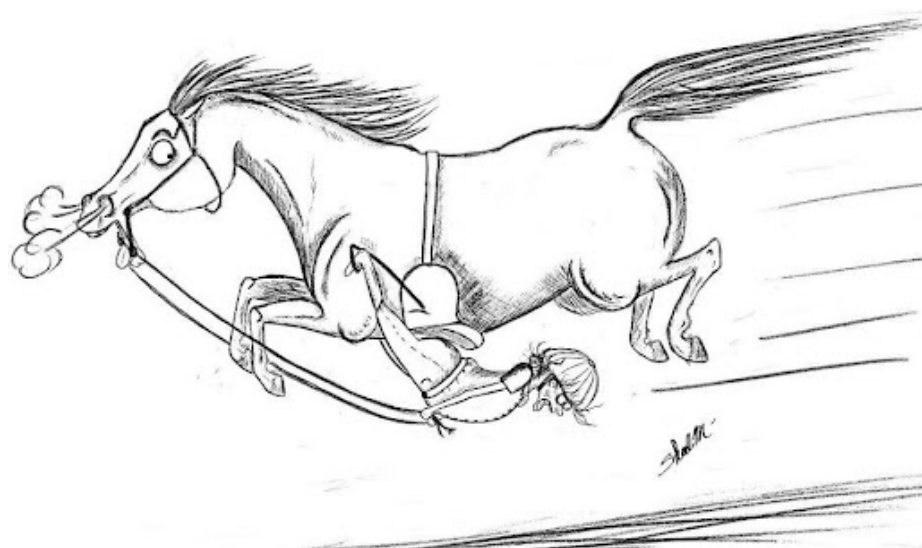


Thin-bodied horses, known as "hot-blooded," are meant for speed and covering ground, like Arabians and Thoroughbreds. They're used in racing and athletic competitions but can be unpredictable, leading to what we call an "involuntary dismount." Endurance riding on fast steeds, like my Arabian gelding, can be thrilling, but it comes with risks. Always be aware of your surroundings, as unexpected things can happen.

Then there are half-breeds like mules, a mix of a female horse and a male donkey. They have long ears and longer lifespans and generally don't need horseshoes.

Every horse is unique. There are exceptions for every breed. Regardless of the breed, consider getting an older, experienced horse, especially if you're a first-time owner. Younger horses can be unpredictable, causing unintentional falls.

I mention these falls so you're aware of the possibilities. Bouncing back from falls becomes more challenging as you age; sometimes X-rays are needed. So, choose wisely and ride safely!



THE REAL PRICE OF A CHEAP HORSE

Chapter 3



The allure of a “cheap” horse is undeniable—the price tag beckons, promising an entry into the world of equine companionship without breaking the bank. However, as with any enticing deal, there's often more beneath the surface than meets the eye. In this case, the old saying holds true; you get what you pay for.

Like a reliable car, a good horse comes with a certain price tag — typically starting at \$7,000 and increasing with additional training. Much like a used car, the price tag reflects the quality and performance of the investment.

Cheap horses often find themselves changing hands because of "behavior issues" or "training problems." However, the truth often lies deeper— these issues are really just symptoms signaling masked pain and discomfort within the horse's body. Just as we grapple with pain and compensation as we age, horses also experience good and bad days. And bad days can lead to bad behavior. As a new horse owner,

it's essential to decipher these symptoms and learn how to address them effectively for your horse's health and happiness.

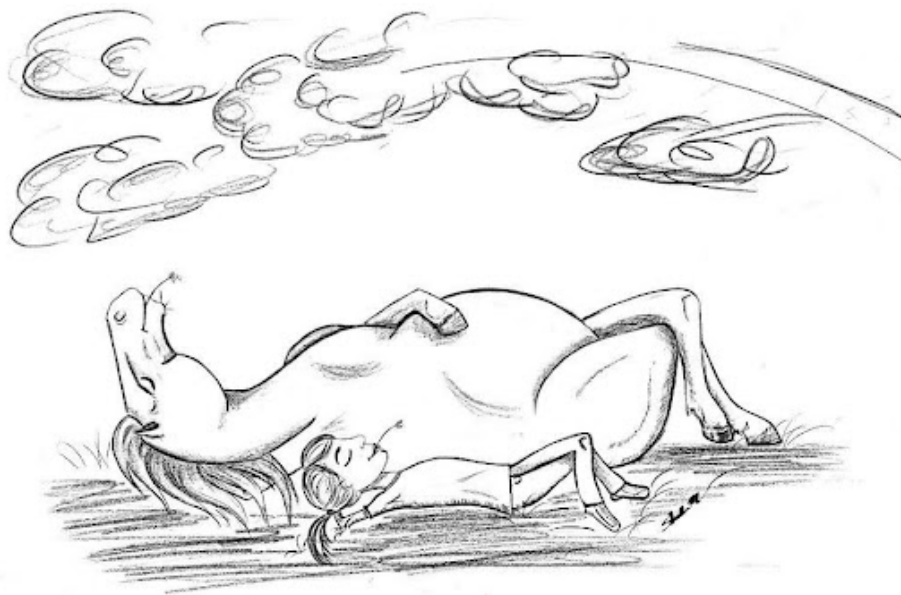
In this book, and through immersive hands-on horse bodywork clinics and online home study programs offered by Holistic Horseworks, we'll explore how to decode these signals and transition your equine partner into predominantly good days!

Imagine a horse free from constant pain and moodiness that results not just in poor performance but can also pose a risk to the rider. A horse that is a dream to ride, a willing and trusting equine partner. This vision becomes a reality when we understand their needs and implement strategies to enhance their well-being.

While the initial allure of a cheap horse might be strong, you'll soon realize the investment beyond the price tag. But by understanding and addressing the root causes of potential challenges, you can pave the way for a joyous and more affordable partnership with your beloved horse.

WHAT DO YOU WANT TO DO WITH YOUR HORSE?

Chapter 4



The amazing journey of horse ownership begins with figuring out what you want to do with your horse. Do you long for tranquil trail rides, the thrill of arena activities, the spotlight of horse shows, or simply the companionship of a loving friend?

To discover your equestrian passion, start with a few horse movies. Watch as the riders gallop through picturesque landscapes, conquer challenging jumps, or showcase their skills in arena competitions. Allow your heart to be stirred by the scenes and determine what ignites your fire.

Every horse breed possesses unique qualities that make them excel in specific sports. While some breeds are synonymous with long trail rides, others thrive in jumping fences or maneuvering around barrels and poles. That does not mean the breed you choose cannot do your desired sport. I have seen huge, eighteen-hand draft horses trotting around barrels in an arena, and although you will not win the timed awards, you can still have fun.

For parents seeking a horse for their child, I strongly recommend getting an older horse, 8 to 14 years old, with a "been-there-done-that" attitude. This choice gives the child a steadfast companion for grooming, petting, and heart-to-heart talks. Horses offer the tactile touch important for a child's emotional development, transforming into a best friend who listens without judgment and seeks affection through shared moments and carrots.

Horses are exceptional babysitters for growing children and offer an active alternative to sedentary pastimes like video games. Encourage your children to contribute to their horse's care, instilling a sense of self-worth and responsibility. As they actively engage in maintaining their horse's well-being, they not only help earn their keep but also develop a profound connection with their new four-legged friend.

For owners of all ages, horses transcend their roles as riding companions; they become trusted confidants and emotional support systems.

Many individuals, young and old, find solace in horses, someone they can share their joys, sorrows, and frustrations with. Their unconditional love and unjudging gaze create a therapeutic space



where human hearts can transform. The profound connection between humans and horses can be a powerful source of physical, emotional, mental, and spiritual healing.

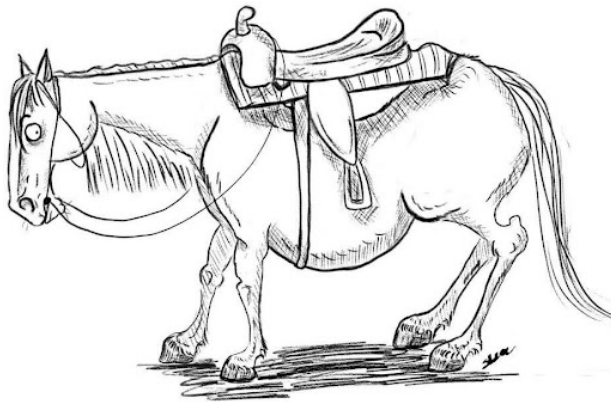
You'll soon discover that spending time with your horse is a transformative experience. The horsehair-covered clothing, the earthy

perfume of the stables, and the genuine grin on your face are all testaments to the joy of horse ownership. Hours effortlessly slip away as you find yourself toiling away at the barn. Your spouse may remind you of dinner delays or too much time spent away from home, but it's a small price to pay for the indescribable warmth in your heart after a session with your horse.



SADDLES

Chapter 5



Selecting the right saddle is like picking out the right pair of shoes— it's essential for comfort and performance! If your plans with your horse involve riding and training for more than a couple of days a week, you'll want to invest in a good saddle.

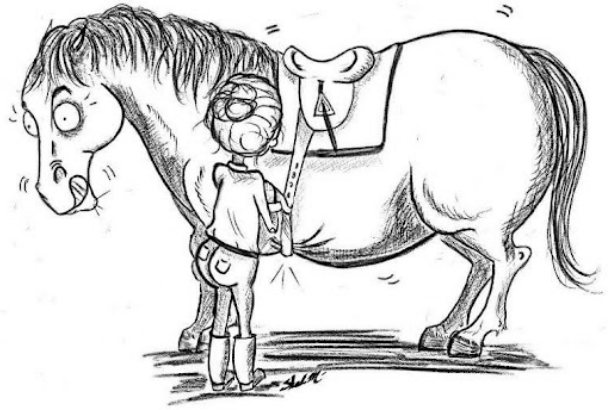
Quality saddles can be expensive, starting at around \$2500. Be careful with saddles under \$1000. Generally, cheap saddles will not fit well because they lack the ability to flex as the horse moves and turns in motion. The underside of the saddle should be firm and snug on the horse's back. You can put the saddle on the horse without a saddle pad and run your hands underneath, feeling for tight areas or areas with gaps to assess the fit.

Imagine you have to walk to town in a pair of wooden clogs every day. No matter how many insoles or layers of socks you put on your feet, they're still uncomfortable. Or, imagine carrying a backpack

with lumps pushing into your back. The same applies to a horse when finding the right fit with saddles, saddle pads, and blankets.

In my earlier years, I opted for bareback riding because finding a comfortable, budget-friendly saddle for my swayback horse was like searching for a needle in a haystack. Now, with over 45 years of riding experience, I've developed a preference for "treeless saddles," which offer more comfort and flexibility for the horse. Just be mindful of the potential for sideways slips, which can be prevented with a clippable breast collar modification.

Whether you lean towards Western style with a horn for barrel racing or prefer English style for a seat-developing challenge, there's a saddle style and brand to suit every rider.



FEEDING

Chapter 6



What are we supposed to feed these creatures? What do you feed something that weighs between 800 and 1,800 hundred pounds? And what affects how they chew?

How much are horses supposed to eat?

Is it true that horses should have access to food throughout the day? Yes! Horses are endearingly referred to as "lawnmowers" due to their continuous grazing. Typically, horses consume a certain percentage of their body weight daily, with particularly active horses requiring even more feed.

Take, for instance, my 900-pound Arabian horses. They used to go through a 125-pound bale of hay in 6 days, supplemented with additional nutrients, given their regular riding routine.

What should horses eat?

I prefer keeping horses on grasses that align with their natural diet, such as Orchard grass or Timothy hay. I steer clear of rich, green legume hay like Alfalfa, as it's too high in calcium and protein for horses. Alfalfa is better suited for adding fat to meat cows intended for butchering.



In their natural habitat, horses roam large open spaces, which not only offer fresh grass to graze but also promote digestion, hoof health, and overall well-being. However, we often provide them with chopped-up, dry grass or hay and feed them in smaller, confined areas. Allowing your horse access to outdoor grazing can profoundly benefit their

overall health.

I avoid cubed, pressed hay, having witnessed a friend face the unfortunate consequence of having to euthanize two horses due to enteroliths or "stones." The binding ingredient in these cubes, often

labeled as "ash," can lead to complications by binding other substances in the intestines.

Enteroliths are mineral build-ups around foreign objects in the horse's gut, and they can result in gassy and mysterious colic if left to grow. My friend's horses had stones larger than grapefruits, weighing over 10 pounds each!



A study by UC Davis explored the effectiveness of feeding organic apple cider vinegar to horses with enteroliths. It was found to help break down the outer hard surface of the enteroliths, facilitating their passage through the digestive tract. Monitoring a horse's fresh manure can provide insights into how well they digest their feed.

To feed or not to feed grain?

With its extra carbohydrates, grain is primarily intended for hard-working horses and should be limited on their days off. However, all horses require nutrition for work and growth, which is better

achieved through supplements. I recommend the Dynamite nutritional brand, using products like Dynamite Plus for horses that don't need the extra carbohydrates.

Today's feed lacks the nutrition and minerals provided by the rich farming soil of the past. While horses could work hard without requiring additional supplements 25 years ago, today's feeds are mostly fillers, requiring supplemental nutrition for a balanced diet. I prefer vitamins that can be eaten without grain, like Dynamite Plus.

What makes a good treat?

A piece of carrot, an apple, or natural horse treats from the feed store are excellent options. Choose small pieces, as a horse's front teeth are designed for grazing, not breaking hard objects. Always feed treats on the flat of your hand, allowing horses to use their lips, which can be surprisingly skilled.

What about older horses?

If an older horse struggles to maintain weight, the first step is to get a dental check by a professional equine dentist. The ability to chew correctly is key to digestion and weight gain. Additionally, consider liquid probiotics, particularly ones with digestive enzymes like Dynamite Dynapro, to enhance feed utilization and promote healthy gut flora.

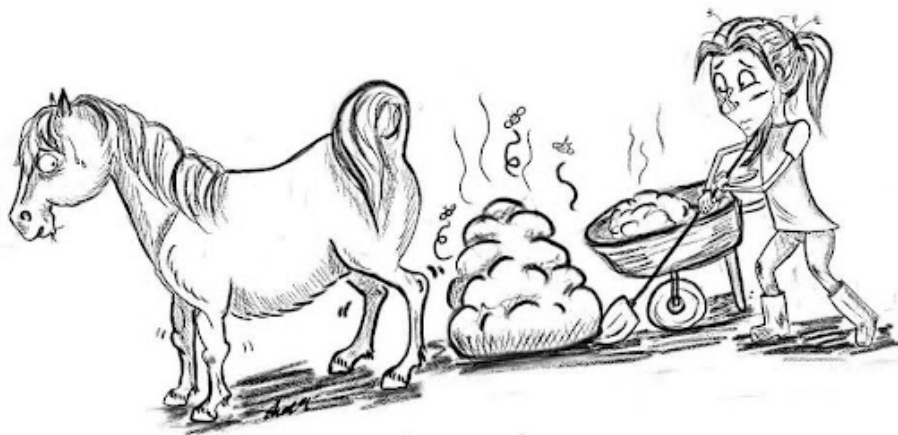
Soaked hay pellets in a wet mash can benefit older horses that tire from chewing. Timothy or Orchard grass hay pellets are preferable, with oat hay as a secondary choice, available at local feed stores in 50-pound bags.

WORMS AND PARASITES

Chapter 7

How can we safeguard horses from the detrimental effects of worms and parasites that can deplete their nutritional reserves? It's important to note that if a horse has a burnt-looking coat, that means they have a copper deficiency, which will make them more susceptible to parasites.

Detecting worm infestation and establishing an appropriate deworming routine is an important aspect of horse care. An effective way to know if a horse has worms is to get a fresh stool sample and deliver it to the local veterinary office, preferably in a Ziploc bag. The veterinarian will conduct a fecal count to determine if the horse is shedding worms and identify the specific types of worms. At the same time, they will assess for sand in the gut, so don't be surprised if this comes up when you're looking for worms.



Wondering how sand ends up in a horse's gut? It happens when a horse eats hay or grain off the ground, and it may also be present in hay flakes and pellets. To mitigate this risk, especially in sandy regions, I recommend giving your horse Psyllium once a month. Opt for pellets that are easy to incorporate into their feed.

If your horse has worms, you must get an appropriate dewormer. Some dewormers in feed stores can be toxic when syringed into the mouth, causing irritation to the mouth lining and inducing a sour stomach. They can also be harsh on the horse's system. Instead, I recommend all-natural, organic options like diatomaceous earth, provided it meets edible, human-grade standards. Another natural dewormer is oregano oil, which, when mixed with a bit of molasses, can be administered into the mouth for seven days. However, undiluted use may irritate the lip lining, so mix it with water first.

Incorporating Dynamite Excel into the horse's daily feed during the deworming process is another way I recommend helping horses with worms. I also align deworming activities with the full-moon cycle, a strategy believed to be more effective as it coincides with increased worm egg hatching. It's essential to allow the horse a few days of rest after deworming to permit its body to process the chemicals effectively. This holistic approach prioritizes the horse's well-being and ensures a comprehensive defense against worms and parasites.

TEETH

Chapter 8

Taking care of your horse includes an annual examination of their teeth to assess their ability to grind feed effectively and to detect any sharp edges that might be causing discomfort to their cheeks or tongue.

Horse teeth differ significantly from human teeth. While our adult teeth remain in place until they deteriorate or fall out, a horse's adult teeth start coming in around 3 to four years of age. These teeth emerge with "caps" that either need to fall off or be removed by an equine dentist naturally.

As horses engage in natural activities like chewing tough, dry grasses, twigs, and bark to fulfill their digestive and nutritional requirements, it also helps file down their teeth. But without these opportunities as domesticated horses, their teeth can continue growing and may become long. That's one of the reasons why it's so crucial for them to see an equine dentist.

Various factors can impact their dental health, including head trauma. Young horses, especially, may experience cranial bone compression due to head trauma while pulling back when tied to a post or fence. This can affect the alignment of their teeth, leading to issues in chewing correctly and, subsequently, digestion.

The aftermath of such events may not always be apparent to the owner, but from the horse's perspective, it felt like a physically and emotionally painful life-or-death struggle! Understanding the impacts of cranial trauma is part of the teachings offered in Holistic Horsework's clinics, home study programs, and free online resources, including YouTube videos.



Head trauma can cause horses to alter their chewing patterns, shifting from the intended sideways grinding to an up-and-down motion. Horses are natural grazers, designed to tear dry or fresh grass with their front teeth and chew it with their back teeth. Chewing up and down results in "hooks and waves" in the horse's teeth, along with sharp edges that may cause discomfort to their cheeks and tongue. Imagine having shark-like teeth and continuously catching your cheek while eating – not a pleasant experience.

Using metal bits in a horse's mouth, especially when pulled on, can exacerbate pain associated with these dental issues. Behavioral problems, such as head tossing or difficulty putting on a bridle, may indicate underlying pain from previous head injuries or dental discomfort.

Recognizing these issues as pain-related rather than training or behavioral problems will help you understand what your horse is experiencing and find an effective, long-lasting solution. Once the pain

issues are addressed, horses can return to being content, healthy, and enjoyable riding companions.

VISION

Chapter 9



The impact of head trauma on a horse goes beyond dental issues and can extend to their vision.

Identifying potential vision problems in your horse involves simple observation. Lift your horse's head slightly to kiss them on the nose and take a moment to look at their eyes. You might notice differences in their shapes or even a misalignment where the eyes point in different directions.

Now, lower the horse's head and position. Using a treat in your flat hand can help achieve this. Observe their cheekbones; you may see that one side is slightly lower than the other. Further examination may reveal differences in the nostrils as well.

These visual imbalances often stem from a past head trauma that may not be readily apparent. The common misconception that everything is fine after a severe pullback overlooks the impactful effects of cranial bone compression during such incidents.

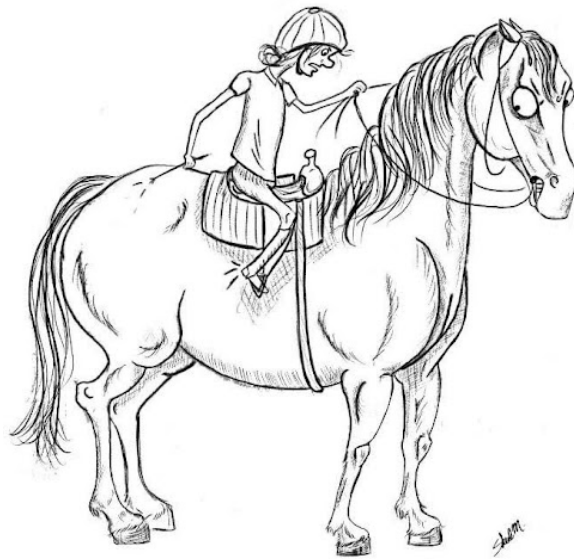
The consequences of unbalanced eyes resulting from head trauma are significant. Horses with compromised depth perception due

to cranial compression and imbalances are prone to "spooking." A spook occurs when, during an otherwise routine ride, your horse reacts suddenly to something insignificant— a rabbit on the trail, a bag in the wind, or something you might not even notice. The horse's unbalanced eyes affect their ability to perceive depth accurately, causing them to react impulsively and move faster than the rider can respond, sometimes resulting in an involuntary dismount.

Understanding these visual issues resulting from head trauma can assist you in interpreting your horse's behavior. Rather than dismissing spooking incidents as mere quirks, recognizing them as potential signs of past trauma allows for a more informed and compassionate approach to addressing the horse's needs.

TRAINING & BEHAVIORAL ISSUES

Chapter 10

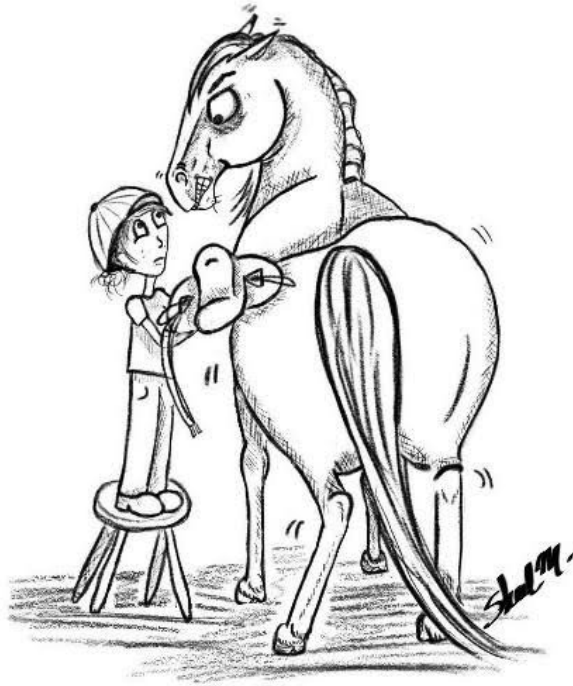


The mislabeling of horse behavior as training or behavioral issues has persisted for decades, often leading to horses being misunderstood and subjected to training methods that may intensify underlying problems. A horse showing resistance, reluctance, or discomfort during certain activities, like saddling, is frequently labeled as “needing more training” or “having a behavioral issue that requires correction.”

Regrettably, horse owners have spent significant sums sending their horses off for training, hoping to resolve behavioral problems. But, the root cause of these issues often lies in physical discomfort or

pain that goes unnoticed. Horses returning from training sometimes exhibit worsened behavior or even additional physical issues, raising questions about the effectiveness of traditional training approaches.

A prevalent myth in horse circles is the belief that lunging a horse vigorously until it complies with commands is an effective training method, irrespective of any pain it may be causing. Yet, keen observation reveals discomfort, such as pinned ears or a swishing tail, when horses are asked to perform specific movements. Recognizing these signals requires a shift in perspective, emphasizing the importance of understanding the horse's communication through body language. Observing a horse's ears and tail during training or performance provides valuable insights into their well-being.



Saddling a horse offers another opportunity for communication. If the horse displays signs of extreme agitation or discomfort during the process, such as bracing, shaking, biting at the air or the rider, clenching their jaw, or swishing their tail, it indicates an underlying issue. Adding the rider's weight to a horse already in pain can lead to

behavioral problems like bucking, walking off during mounting, biting at stirrups, refusal to canter, bolting, or reluctance to change leads.

My experience working with horses labeled as difficult or dangerous has revealed that addressing the underlying discomfort—

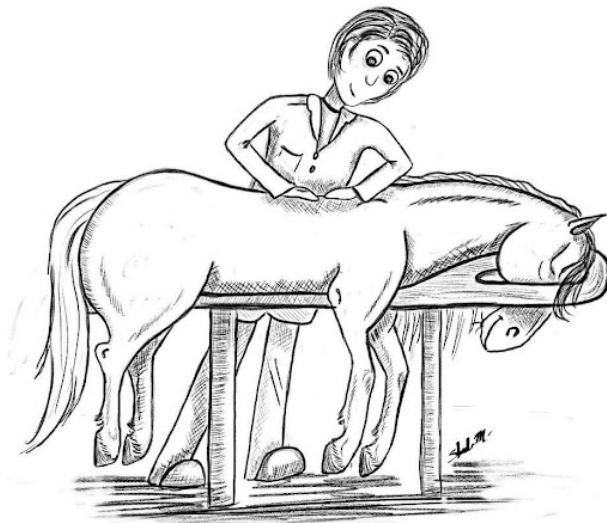
such as dental problems, hoof imbalances, cranial compression, and body alignment issues— often transforms the horse's behavior positively in a short time.

Understanding the horse's language and addressing their discomfort is not about "whispering" but about listening to what they communicate through their body language. Restoring joy, comfort, and ease in the horse's body fosters a willingness to cooperate and perform requested tasks happily.

Horse owners can empower themselves by learning how to identify and release these issues, as demonstrated in hands-on horse bodywork clinics, home study programs, and other resources on the Holistic Horseworks website. These resources provide clear explanations, making them accessible even for those with limited knowledge of equine anatomy. Those not ready to DIY their horse care can instead seek the expertise of a horse chiropractor or equine bodywork professional.

BODYWORK AND A BALANCED HORSE

Chapter 11



The field of equine bodywork includes many modalities, but the challenge lies in distinguishing between treatments that merely address symptoms and those that target the root cause of the problem.

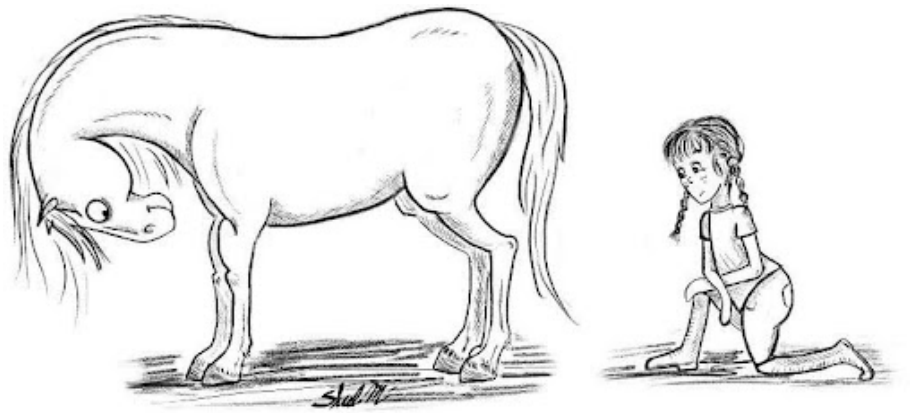
Here's a helpful analogy: If you go hiking and wear an uncomfortable pair of shoes, you will experience soreness in the feet, calves, knees, and thighs by the end of the day. Massaging the sore muscles might provide temporary relief, but without addressing the underlying issue— getting a better pair of shoes— the problem will persist.

Similarly, if a horse's hooves are out of balance and it's causing pain in their legs, joints, and hocks, massaging them may offer temporary relief, but the problem will only come back unless you find out what's causing the hooves to become unbalanced in the first place. The catch here is that the sore area might not be the origin of the issue; rather, it's where the body is compensating for something not functioning correctly.

Training practices that push a horse's body beyond its current alignment or capacity can lead to severe strain and damage. For instance, lunging a horse five days a week when they have a misaligned body can cause those misalignment issues to become worse. Reluctance to canter in a particular direction may not be a training or behavioral problem; instead, it could indicate a shoulder issue that needs attention.

One prevalent issue is a misalignment of the first rib, causing problems in the shoulder and impacting the horse's ability to canter on a specific lead. Misinformation often leads to misinterpretation, and practices aimed at strengthening the perceived "weak side" only exacerbate issues. Then, the domino effect of misalignment extends from the first rib to the withers, mid-ribs, pelvis, and down to the hooves, creating a crooked horse.

Saddling aggravates these imbalances when using a hard, symmetrical-shaped saddle on a non-symmetrical-shaped horse. Tightening the girth on such a saddle can cause pain. Assessing the horse's back from a distance or squatting behind them will reveal if there is asymmetry— one side more muscled or higher than the other, uneven shoulders, or wavy withers. Imbalances like this will not be identified in a pre-purchase exam done by an equine professional.



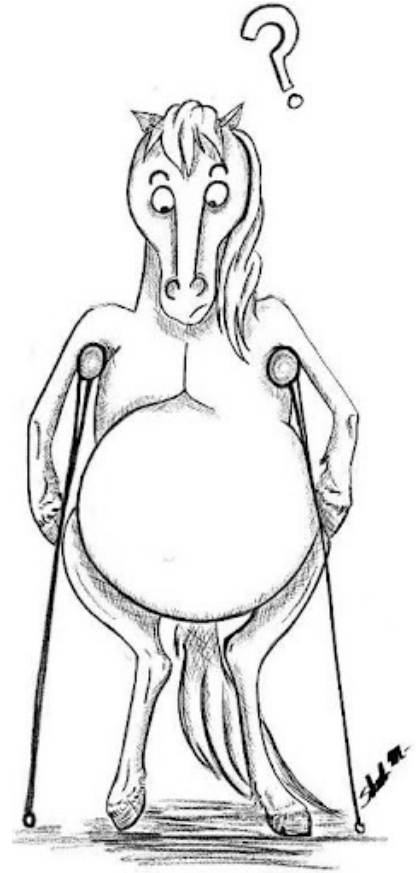
Examining the hooves will provide further insight into bodily imbalances. Asymmetrical hooves signal a body that doesn't load joints correctly, potentially leading to premature arthritis and mysterious lameness issues.



Holistic Horsecworks offers programs that empower horse owners to understand the cause of their horse's pain and address these issues themselves. Hands-on horse bodywork clinics, online home study courses, and private one-on-one sessions provide opportunities to learn and apply corrective techniques.

Most "training and behavior" issues, mysterious lameness, and unsolvable health issues in horses can be traced back to pain and

imbalance, and correcting these factors allows for a more enjoyable and sustainable partnership between horse and rider, with the potential for a rideable horse well into their 30s.



ENJOY THE RIDE

Chapter 12

Remember, your journey with your first horse is just the beginning of a lifelong bond filled with learning, love, and companionship.

Through the twists and turns of unexpected challenges and heartwarming moments, you're not just caring for a horse—you're gaining a loyal friend who'll teach you as much as you teach them.

The experiences shared here, the mishaps and victories, serve as a guidepost, a way to navigate the exciting yet often unpredictable world of horse ownership. Embrace the uniqueness of your journey, trust your instincts, seek advice, and always prioritize your horse's well-being— mind, body, and spirit.

May the connection you share with your horse deepen, the lessons learned enrich your understanding, and the involuntary dismounts be as forgiving as possible. Here's to the beautiful adventure ahead with your beloved equine partner.

Enjoy the ride!



READ THE NEXT BOOK...

Horse 102: Holistic Alternatives

In this insightful guide, we address the crucial aspects of equine health, providing practical and affordable holistic alternatives for horse owners facing the challenges of sickness or injury.

From the initial steps to follow when your horse falls ill to the subsequent measures for effective recovery, this book offers easy-to-understand suggestions that prioritize the well-being of your equine companion.

Whether you're a seasoned horse enthusiast or a new owner, discover valuable insights and holistic approaches to ensure your horse's optimal care and vitality.

Available on Amazon.



NOTES

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ADDITIONAL RESOURCES

Resources in this section can also be found at
www.holistichorseworks.com/appendix-links

1. Holistic Horseworks Website

www.holistichorseworks.com

2. Holistic Horseworks Youtube

<https://www.youtube.com/c/HolisticHorseWorksAprilLove>

3. Holistic Horseworks Talks

Hosted by founder April Love, the Holistic Horseworks Talks podcast offers valuable insight and solutions to those “little issues” that are often encountered with equine companions. With her wealth of knowledge and decades of experience in working with them, April offers a unique perspective on horse health and well-being. Through this podcast, she answers listener questions and shares real-life stories that resonate with horse owners everywhere.

Learn more: <https://holistichorseworks.com/podcast/>

4. Hands-On Horse Bodywork Clinics

Join us for a hands-on learning experience! Holistic Horseworks teaches equine bodywork clinics worldwide, including the United States, Canada, Europe the UK, Australia, New Zealand, South Africa, and Costa Rica. No previous experience is necessary. Whether you are a bodywork beginner or professional, you will come out of this class

with a new “perception of horse issues” and know how to find and fix many of the issues discussed in this book.

Learn more: <https://holistichorseworks.com/clinic-schedules/>

5. Level 1: Equine Musculoskeletal Unwinding Home Study

Equine Musculoskeletal Unwinding is all “soft work,” but it is very, very effective in correcting gait abnormalities, saddle fitting issues, and mysterious lameness. (What I mean by “soft work” is that you don’t need a lot of strength for these techniques; anyone can do this!) These soft, gentle moves manually release “stuck” areas to keep the skeleton in proper form and function so that the horse can load the body, joints, and hooves correctly.

Learn more: <https://holistichorseworks.com/level-1-equine-musculoskeletal-unwinding-home-study/>

6. Level 2: Cranio Sacral Unwinding and Advanced Applied Kinesiology

Now that the horse’s body has been unwound and rebalanced from the Level 1 work, the next step is to bring it back to proper form, function, and vitality. Level 2 goes deeper into the horse’s body to release cranial bones, inner core muscles, and Fascia so that the body can function more smoothly. Use advanced Applied Kinesiology to ask where there is pain in the body and what physical or energetic blockages need to be released so the horse can heal. We will also look at energy meridians, how they affect your horse, and what you can do about it.

Learn more: <https://holistichorseworks.com/product/level-2-equine-cranio-sacral-unwinding-and-advanced-applied-kinesiology-home-study-course-watch-instantly-2/>

7. Level 3: Equine Cranial Decompression

In Level 3: Equine Cranial Decompression we work on manually releasing the cranial bones to relieve horses from past head traumas, most often from a pulled-back when tied incident. Compression of the cranial bones leads to horses that spook or are hard to bridle, recurrent uveitis, headshaking, TMJ, heaviness or resistance on one rein, and even the ability to gain weight, assimilate nutrition, or digest properly. Since it requires precise techniques with a delicate touch, Level 3 is only taught in person and is not available as a home study course.

See the clinic schedule: <https://holistichorseworks.com/clinic-schedules/>

8. Dynamite Products

Dynamite's vision is to improve the lives of all creatures by empowering people with the truth and knowledge about health. Backed by over 80 years of experience in holistic nutritional science, we formulate, manufacture, and market nutraceuticals for all species. Dynamite offers a completely different approach to health that, if applied, will improve the lives of you and your animals.

Learn more: <https://dynamitespecialty.myvoffice.com/holistichorseworks/>

ABOUT THE AUTHOR

April Love



April Love, founder of Holistic Horseworks, has decades of experience with horses. During April's career as a competitive rider and trainer, she noticed that most horses labeled as "problem horses" were just in pain.

She began taking every course available on equine bodywork and equine care to remedy this issue. However, after investing over twenty thousand dollars, April still felt that something was missing— people were only treating the symptoms and not the root of these issues. No

one was looking at the bigger picture of the whole horse's health.

Seeing this need in the industry, April brought forth her own unique Equine Remedial Therapy program called Equine Musculoskeletal Unwinding. This program is approved by the International Institute for Complementary Therapists and taught by a global team of certified instructors. Since its inception, worldwide.

To learn more, visit www.holistichorseworks.com

PRAISE FOR AUTHOR

For April and Holistic Horseworks

"April hears horses. Her talent is not some mystical ability, but rather an acute sensitivity to details; details so small most of us miss them. Details as tiny as the flick of an ear, a wrinkling nose, a slight hesitation in the movement of a leg. These are the details of horse language and April speaks it fluently. Horses 'talk' to April because she listens to them and is capable of understanding their body language. Add to that many years of training and conditioning experience and you have the knowledge, not only to 'relieve' and 'fix' but also to consult on training programs designed to produce elite, sound, happy athletes in any discipline. She won't tell you how many jumps to ride, barrels to run, circles to do; she can show and tell you what to do for your horse between those rides which will enable them to exceed your expectations."

- DONNA SNYDER-SMITH

For Horse 101: Everything You Wish You Had Known Before You Got Your First Horse

"The book is wonderful! It is funny, which is good, and it's educational. The illustrations are perfect. It's true, I do wish I had known what I was in for before getting my FIRST horse! But now that you have them, and love them, as least, thank God, there is someone like April who will make such a huge difference in their (our) lives to get us through these rough spots. "

- CARLA BARNES

For If I Can Do It, You Can Too!: Breaking Free From Your Limitations For An Amazing, Purpose-Driven And Fulfilling Life

"Bought this book and couldn't put it down. It is a very easy read and very relatable. April shared some wonderful insights. She provides you with ways you can help yourself that anyone can do. These tools can really help you to become the person you were meant to be."

- KIM WALKER

BOOKS BY THIS AUTHOR

Horse 101: Everything You Wish You Had Known Before You Got Your First Horse

The Horse 101 E-Book will provide you with humor, insight, and many “A-ha!” moments as you discover easy, achievable solutions. I’ll talk about horse breeds, feed, behavior, saddles, digestion, vision, training, bodywork, and so much more. I’ll show you that you have what it takes to keep your horse happy, healthy, and rideable through their 30’s. By the time you’re done reading this book, you’ll be equipped with the tools, techniques, and a totally new view that will change your relationship with horses forever. You’ll wish you had found this book sooner!

Horse 102: Holistic Alternatives

What do you do when your horse gets sick or injured? What's the first thing and the second and the third? While you are waiting for your veterinarian to arrive here are some simple effective things I have done to speed recovery time and save money on costly vet bills. This is the next book in my series of sensible horse care, which we all wish we’d known a long time ago. First time horse owners; my hope is that this helps you safely and affordably care for your horses at home. Long term horse owners; this should help condense what you keep in your tack area in reference to medicines and poultices.

What I See When I See A Horse: A Book About Learning To See Beyond The Surface Of A Horse

In this transformative book, an equine industry pioneer shares decades of expertise as a rider, trainer, and bodyworker, inviting readers into the profound world of horse communication beyond words.

Discover a unique perspective that goes beyond the surface of treating symptoms. Learn to interpret the subtle language of balance, symmetry, and vitality that courses through every muscle and bone of a horse. Uncover the secrets behind non-verbal cues, deciphering the stories embedded within their bodies.

Through each chapter, gain invaluable insights into often-overlooked nuances, from the arch of a neck to the foundation of hooves. Learn how to detect hidden imbalances, offering a pathway to profound well-being for your horse.

This book offers a shift in mindset. By the end, you'll possess not just knowledge, but a new way of seeing horses—a skill in understanding their physical, emotional, and spiritual needs, becoming a true horse listener.

Join a global movement dedicated to holistic equine care. This book is your gateway to a deeper, more meaningful relationship with horses. Prepare to see beyond the surface, forever changing how you perceive and care for these beautiful, sentient creatures.

If I Can Do It, You Can Too!: Breaking Free From Your Limitations For An Amazing, Purpose-Driven And Fulfilling Life

Not living the life you want to be living? This book will show you how to upgrade to the life you want to be living. In this book, you will get all the practical steps you can follow daily in order to boost your self-consciousness.