



Natural Help 4...

Anxiety in Horses



What is Horse Anxiety?

Horses, like humans and pets tend to have a variety of [behavioral problems](#). These **behavioral issues may arise suddenly, after a traumatic experience**, or may be deeply rooted in the horse's psyche from past experiences. [Anxiety in horses](#) is a common condition that may affect every aspect of a horse's performance, as well as affecting a horse's appearance.

What Causes Horse Anxiety?

Anxiety will almost always have a root cause. The cause may be physical (caused by a physical factor – such as a snake or banging barn door) or psychological (past abuse or stress and separation anxiety). It may also be hereditary – so it is important to determine the cause of the problem. **All horses that exhibit prolonged or sudden anxiety should undergo a full check up** at the vet. Other causes of anxiety may include:

- A horse in a new environment or stressful environment
- Fear of other horses sharing stables
- Lack of a close relationship at 'ground-level'
- Lack of training
- Past abuse or traumatic experience

Remember that horses are fight or flight animals, so when they are put into stressful situations they **have a tendency to become anxious** and want to 'flee'. Some horses will be less nervous than others because of how they are able to handle stress. Also, always check for physical things that may be causing the anxiety – such as a banging barn door, fire-crackers on a neighboring field etc.

Diagnosing Horse Anxiety

Because degrees of anxiety vary, it is important to know your horse well and watch out for both physical and behavioral changes. These may include:

- Backing into the corner of the stable
- Peeling back of the lids (Widening of the eyes)
- Shaking or trembling
- Restlessness (a horse may pace back and forth)
- Rearing
- Sleep disturbances
- Loss of appetite

Related physical conditions include include:



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Constipation or upset stomach
- Colic
- Eczema or skin disturbances and hair loss

Help for Horse Anxiety

There are many medications to assist nervousness, excessive anxiousness, or [stress in horses](#). Unfortunately these medications are not without side effects, and while they may help to relax the horse in the short term, their **long-term effects are not known**.

Furthermore, sedatives and calming drugs can leave a horse's senses dulled – that can **make competitive events as well as training difficult**, as concentration and alertness is required. Speak to your vet about other alternatives.

Natural Remedies

There are many herbal and homeopathic remedies that can **help to lessen equine anxiety** while still keeping your horse alert. Homeopathic ingredients such as Chamomilla, Kali. phos and Cina have been used traditionally for centuries to treat underlying root causes of fear and promote calmness.

Homeopathic remedies get to work on a cellular level, addressing the horse's imbalances and promoting adequate levels of cell salts in the living cells needed for physical and mental health. Phosphorus and Asarum can also help to **strengthen the nervous system in the animal body** – promoting sound mental health and addressing nervous disorders.

Tips related to Horse Anxiety

- With every horse, reward is very important, but with an overly anxious horse, a rewarding “yes” to the proper response and softening of your body and hands is crucial to gaining its trust.
- Don't make the mistake of “tip toeing” around a nervous horse, rather work on gradually desensitizing a horse to the thing that he or she is anxious about.
- Increase the amount of turn-out time. This will allow your horse to expend extra nervous energy and be in its natural setting. This alone can work as a huge calming factor, as a tired horse will sleep better and be less nervous.
- Ensure adequate nutrition for your horse. Speak to your feed supplier about food that will not contribute to hyperactive behavior, anxiety or aggression. Look into supplements that have a natural calming affect on a horse.
- Introduce your horse to a toy! There are many different types of toys on the market that can redirect your horse's mind from stress to play – try to interact with your horse and the toy – even better to relive anxiety and stress for the two of you!

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most



Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets." Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4...Free Natural Health Ebooks](#)

Dr. Glenn Ferguson
M-Tech Homeopathy, Doctor of Chinese Medicine

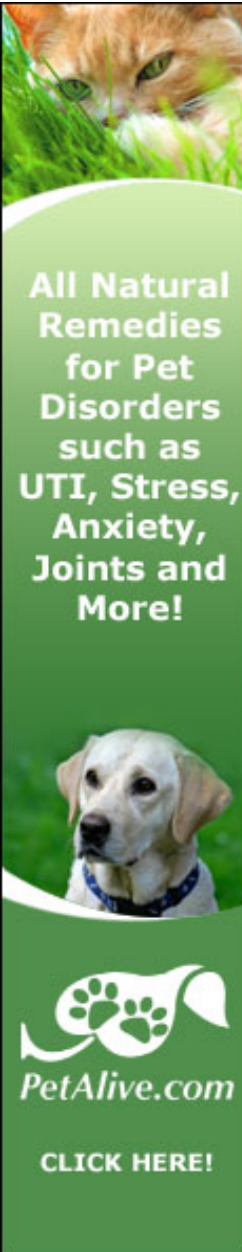
Related Natural Remedies:

Equine Horse Calm: Homeopathic remedy temporarily calms and soothes highly-strung, stressed and anxious horses


Equine Horse Calm is a 100% safe and natural FDA registered homeopathic remedy that uses ingredients known for their ability to **support calm mood and soothed temperament in horses**. Taken internally, the ingredients in Equine Horse Calm are homeopathic, addressing acute symptoms such as rapid breathing, increased heart rate and resistance - helping your horse to adjust in a natural manner without causing drowsiness or lethargy.

[Learn more about Equine Horse Calm](#)

Read the testimonials for these quality products [here!](#)



All Natural Remedies for Pet Disorders such as UTI, Stress, Anxiety, Joints and More!



PetAlive.com

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Six Good Reasons to choose PetAlive as your trusted suppliers of herbal & homeopathic remedies:

1) All PetAlive products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) PetAlive and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





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