



Natural Help 4...

Colic in Horses



What is Horse Colic?

Colic in horses is a term used to describe **abdominal pain caused by some disruption of the horse's digestive system**. This pain may range from mild discomfort to agonizing pain that may in fact be life threatening.

Strictly speaking, equine colic is a clinical symptom rather than an actual diagnosis and it is **caused by a number of underlying problems** varying from severe gastro-intestinal conditions, to eating too much food too fast. Whatever the cause; horse colic is often a medical emergency and remains the leading cause of natural deaths in horses.

Horse colic can usually be divided into 3 types, intestinal dysfunction, intestinal accidents and enteritis or ulcerations.

- *Intestinal Dysfunction* occurs when the horse's digestive tract is not functioning properly for some reason. It could mean that the horse has digestive impaction, paralysis or even excessive gas which results in colic. This type of colic is the most common among horses.
- *Intestinal Accidents* include any injuries that may have occurred to the intestine and may include intestinal tears, hernias and displacements. This type of colic is less common and often requires swift veterinary attention and emergency surgery.
- *Enteritis or Ulcerations* are often the result of infections, inflammation and gastro-intestinal diseases and is often caused by parasites and stress.

There are a number of **signs that may suggest your horse is in pain and may have colic**. The first signs of equine digestion problems noticed by horse owners will be changes in personality and behavior. Horses with colic are uneasy and may exhibit behavior problems during training. They often lose interest in food and water, and may generally come across as lethargic and depressed.

Other horse colic symptoms include:

- Rolling excessively
- Sweating
- Pawing or scrapping
- Kicking, looking at or biting their belly
- Stretching out as if to urinate
- Pacing
- Repeated "flehmen" response or grimacing

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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.

- Repeated lying down and rising
- Grinding teeth
- Sitting or lying down
- Somber mood
- Slightly increased temperature
- Decrease or total lack of appetite
- Inability to defecate
- Little or no stomach gurgling

What Causes Horse Colic?

Colic can be caused by a number of things all varying in severity. Some of the common causes include:

- Sand ingestion (Sand Colic) – Horses fed on sandy surfaces may ingest large amounts of sand over time. This sand builds up in the system and will eventually result in intestinal discomfort and colic.
- Over-feeding
- Parasite infestations
- Changes in feeding routines, or an irregular feeding routine
- Sudden changes in diet
- Moldy or rotten feed
- Ingestion of inedible materials such as sticks, stones, plastic, or wood.
- Fine grain (this sometimes packs together and causes intestinal blockage.
- Twisted intestines, which is a very serious condition that includes strangulation, incarceration and intussusception of the intestine. This often requires surgery to fix.

Diagnosing Horse Colic

If you suspect that your horse has colic, it is essential to call your horse's vet for advise on treatment. Even what seems like a **mild case of colic can quickly become serious and life-threatening**. Your vet will ask for a detailed history of your horse and will need to know when the symptoms started.

There are also a number of diagnostic tests that can help to determine the underlying cause of the colic and **help your vet determine whether treatment should be medicinal or surgical**. Diagnostic tests that you may expect include checking heart rate, rectal examination, abdominocentesis, auscultation and fecal examination.

Help for Horse Colic

[Treatment of horse colic](#) will ultimately **depend on the underlying cause**. Fortunately, most cases of colic can be treated with intestinal lubricants, pain relievers or simple procedures such as water lavage, nasogastric tubing or intravenous fluids.

Banamine is often the pain reliever of choice, and while it is very effective at relieving pain, it **may mask the pain of severe colic that requires surgery**. In some cases surgery is necessary and may involve resection of damaged



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.

intestinal tissue.

Natural Remedies

It can be incredibly stressful to see your horse in such pain and discomfort. It helps to know that natural remedies can often be used as a part or a holistic treatment plan for colic. Homeopathic ingredients such as Chamomilla are incredibly **soothing to the nervous and digestive systems and can help ease stomach pain** and discomfort.

Chamomilla is also often used to treat colic in babies and to aid in optimal digestion. Another useful ingredient is Aconitum nap which is frequently recommended to calm gastro-intestinal disturbances. Belladonna can be used to **ease stomach cramps, and spasm caused by digestive disturbance**. The ingredients Colocynth and Nux vom have been used for centuries to treat colic pains and digestive complaints.

Tips for horse colic

While some horses may simply be predisposed to getting colic, and not all cases can be prevented, there are a number of measures you can take to help reduce the chances of your horse getting colic.

- Changes in feeding or feeding routines may predispose your horse to colic. Try keep to a feeding routine and a high quality diet that is nutritious, high in roughage and low in concentrate. Also make sure that your horse has access to plenty of fresh, clean water.
- Try to feed your horse small amounts more frequently, rather than supplying one large meal. If your horse is too hungry by the time feeding comes, he may eat too quickly or eat too much which may cause colic.
- If you need to change your horse's diet, do so gradually.
- Do not feed your horse on sandy surfaces where sand may be ingested.
- Make parasite control a priority and determine their effectiveness with regular fecal examinations.
- Make sure your horse is getting sufficient daily exercise and if changes are made to exercise or training routines, make sure they are done gradually.
- Avoid the use of medications unless absolutely necessary and recommended by your vet. Many medications, especially pain relief medication can cause ulcers.
- Check hay, bedding, and pastures regularly for any potentially toxic or hazardous substances or objects that may be ingested.
- Reduce your horses stress levels. Pay special attention during transportation, show time, and heavy work loads, or while your horse adjusts to a new home as these are often times of stress for your horse.
- Longer turn-out times have been associated with reduced colic, so consider extending turn-out time if possible.
- If your horse has colic, try walking him or her to ease the discomfort. However, do not walk your horse to the point of exhaustion.
- Never administer pain drugs for colic without first consulting your vet. This may mask symptoms and make it difficult or impossible for your vet to diagnose the problem.
- Never let a horse with colic roll. If they have a twisted intestine rolling may cause serious damage. Rather try and get your horse up and walking.
- Keep in mind that a horse in pain may be dangerous and may hurt you

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

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unintentionally. Caution should therefore always be exercised around a colicking horse.

The Natural Approach

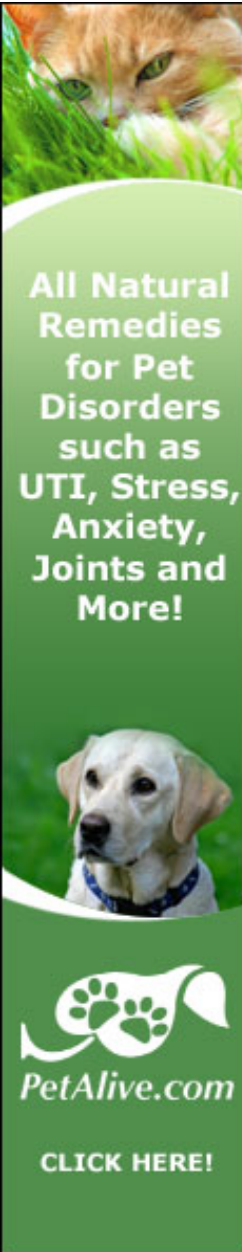
While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according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



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:

"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."

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

Related Natural Remedies:

[Equine Colic Calm](#): Homeopathic remedy temporarily relieves symptoms of acute colic in horses

Equine Colic Calm is an FDA-registered natural remedy containing *100% homeopathic ingredients* known for their ability to provide short-term **relief of symptoms of acute colic** in horses.

Taken internally, the ingredients in Equine Colic Calm address acute symptoms such as **stomach pain and gassy cramps** - helping your horse to **experience gastrointestinal calm**.

Presented in a convenient dissolvable granule form, the tiny granules are easy to administer (even to animals that will not swallow tablets) and are simply sprinkled on the back of the tongue and left to dissolve.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

[Learn more about Equine Colic Calm](#)

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

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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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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