

# HANDS ON HELP FOR YOUR HORSE!

As well as making individual and off the shelf herbal preparations for horses, the team at The Horse Herbalist also offer hands on help for horses.

## Bowen Therapy

Bowen is a holistic remedial body technique that works on the soft connective tissue (fascia) of the body. Bowen therapy can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic or organic conditions. It is gentle and relaxing and does not use manipulation. Bowen therapy is performed on the superficial and deep fascia.



The fascia, or soft tissue, is the part of the connective tissue that envelops, separates and influences every organ and tissue in the body. It has been called the 'endless web' – recent studies have shown it to be the largest and richest sensory organ in the body, having a profound effect on the body's physiology and function.

Bowen therapy helps the body's own healing resources to achieve balance and harmony. This can result in rapid and often long-lasting relief from pain and discomfort, often where other modalities and treatments have not been effective. Benefits may be seen and measured after the first session. Horses love it!

## The procedure

A Bowen treatment consists of sequences of small moves at varying pressures, each at a specific site on the body. The treatment is pleasant – therapists use light, cross-fibre manoeuvres of muscle, tendon or ligament with no forceful manipulation. Owners will often see phenomenal changes in their horse's posture, attitude and conformation in as little as one session.

Bowen is not an ongoing therapy. In most cases, the recipient can expect substantial relief after just the first session and significant resolution or recovery within three sessions. However, chronic or long-standing conditions or repeat injury may require additional treatments. Some clients have periodic Bowen therapy sessions to maintain body integrity and balance and to prevent the onset of problems.

Bowen can help with structural, psychological, physical and behavioural issues - if you're not sure if Bowen is right for your horse, give us a call to discuss.

*Your Horse's Health is Our Business!*

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## The Team

**Angela Davison** was one of Australia's first female jockeys. Working with some of the greats - T J Smith, John Drennan and Neville Begg, Angela had the chance to become involved with, and ride, some fabulous horses like Kingston Town, Mighty Kingdom, Imposing and later, the great mare Emancipation.

366 winners later Angela realised it was time to give something back to the horses. She studied Herbal Medicine, Craniosacral Therapy and Bowen (Equine Muscle Release Therapy). Now famous for her unique Hair Testing service and Herbal Remedies and Ointments, including the cheeky Willy Wash, Angela still likes to get out and among her equine clients, get her feet in the dirt and hands on some horseflesh as often as she can.

**Melissa Richardson** got her first horse when she was 12 and was a typical pony-mad teenager, attending Katherine Pony Club in Australia's Northern Territory. It was there that she discovered polocrosse and soon became a devotee of this challenging equestrian sport – she has been playing ever since! Mel is actively involved with Bangalow Polocrosse Club, both as a player and Secretary, Treasurer and Horse Welfare Officer.

Mel has a Diploma in Equine Bowen (SMART Bowen) and is the first student from Trenar TAFE to achieve her Diploma in Equine Studies. Over the last 5 years she has undergone a rigorous apprenticeship to Angela Davison at The Horse Herbalist. Prior to that Melissa worked at Ballina Race Track, completed work experience at Gai Waterhouse's Sydney stables and has both choreographed and ridden in musical night rides for local shows on the NSW North Coast. Mel loves meeting new horses and helping them to reach their full potential in whatever discipline they choose.

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