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INTRODUCTION

In writing this book we have attempted, within the limits of its small canvas, to paint a larger picture of homeopathy. This is an holistic therapy which, at its heart, accentuates the importance of the individual as a key to cure. Throughout the text we pay special attention to the beginner and every endeavour has been made to enhance an understanding of homeopathy, by explaining the principles simply and presenting treatment regimes in a pragmatic way. We have also, in this third edition, incorporated ideas and comments following the huge feedback received from readers of the first and second editions of this popular self-help book.

Our main aim has always been to empower the owner to treat their horse or pony safely and effectively. We have attempted to reduce the confusion, so often encountered by the beginner, by facilitating the selection of the initial and later remedies and suggesting potencies and dosage regimes. Please be aware that these are only guides to enable you to gain experience and may need to be tailored to your individual circumstances.

If you wish your animal to be treated by a homeopathic vet, please approach one directly or ask your own vet for a referral which they cannot reasonably refuse. The final page of this book provides the contact details of all qualified homeopathic vets.

In closing, we trust that, after your initial foray, you will be encouraged to explore this wonderful subject in more depth and hope you and your animal will benefit greatly from the contents of this book.

Mark Elliott & Tony Pinkus 2008

REMEDY SELECTION

How best to use this book

This book has been written as a guide with indications for each remedy located under the appropriate section. If you experience difficulty in choosing the correct remedy then ask yourself how acute the problem is. Plant remedies are more likely to be implicated in early inflammatory disease especially before pus formation. As heat dissipates and tissues suppurate and harden the mineral remedies come into play. Refer again to the volcano example above to remind yourself about the natural direction of cure. Be aware of time and space factors.

What time of the day or night is the complaint worse? Was the onset sudden or slow? Which side of the horse is affected? How is the horse behaving?

For any given complaint there may be a group of remedies from which to choose. The best is that which is similar to both the symptoms and the way in which your horse presents them.

Administering the Remedy

In order to act, the remedy must come into contact with a clean mucous membrane such as the mouth. The most practical form for equine treatment is the pill, 4 to 6 pills either tipped directly onto the inside of the lower lip, or inserted in an apple or carrot. An alternative to pills are tablets. Liquids are the next commonest form, applied directly to the inside of the lower lip or added to the drinking water. Tablets and pills are both dispensed in glass vials, and liquids in small dropper bottles for ease of use. Glass is used in preference to plastic which leaves an odour. All remedies should be kept in a cool dry dark place, away from strong odours; a drawer is perfect. A Horse kit containing the remedies mentioned in the book is available from Ainsworths.