



Horse stress



Indications:

Animal stress management, mental balance, injuries

Read this before use.

Your Tweaklite is a high-quality instrument for applying color light in areas determined by an expert. Before use, recharge the instrument completely using a USB charger. Charge = **red**, full = **green**.

Press the key briefly to activate the instrument, wait for the tone. The instrument is now ready for use. Too long pressing the button will activate the test colors. For manual switching off, press and hold the switch-off button for 4 seconds, wait for the tone.

Follow the instructions in the manual. The Tweaklite switches itself off after 4 minutes when it is no longer in use.

Application is intended solely for well-being and does not replace any medical treatment. If in doubt, consult your doctor.

Attention! Never look directly into the light, it can dazzle and do not use the instrument during pregnancy or epilepsy. The standard is optional.

NOTE

If the horse rejects the treatment and turns away the head, stop immediately! Wait 24 hours for another treatment.

Applications

Animal stress management, mental balance, injuries

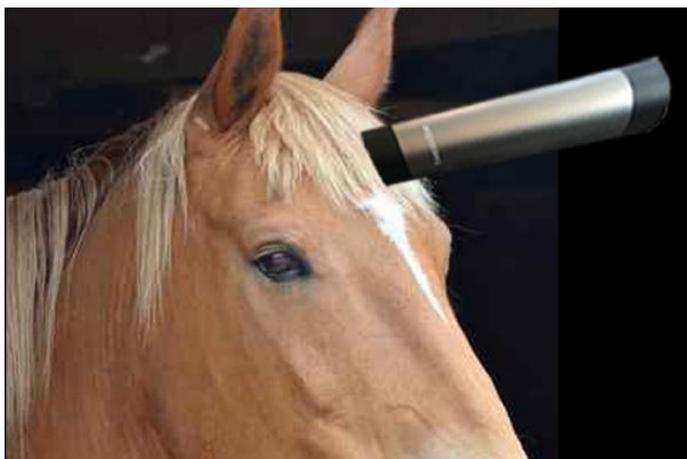
Color works on the whole body of the animal. Specific disorders can be treated with the spectral colors in this Stress Release Tweak.

If a horse feels stressed, lonely, neglected, abandoned, injured or experienced any other traumatic experience, a stronger treatment is necessary.

Content

The stress Tweak for horses is composed of components for: trauma treatment, scars, circulation and shock processing.

PCL, "Pulsed Color Light" technique gives us a treatment, which is much stronger than any solid color. This "Tweak" supports and harmonized the body on all levels: physical, mental, emotional and spiritual.



Procedure

The treatment point is on the vertical midline, in the middle of line between the eyes and the top of the head.

Put the Tweaklites front on this point and on the skin and push the button. The light should not shine in the eyes.

After the above start-up, press the button briefly and an indigo light appears. Bring the Tweaklite to the treatment point. After 3 seconds, the actual treatment, a pulsating color range begins. Treat for 3 minutes and then the light will stop with a tone. If you want to treat longer, repeat this procedure.

Notice the reaction of the horse and trust your judgement for the length of the treatment against the format of the horse. Start slowly, less is more!

Treatment can be repeated during the day as long as the horse allows!

Injuries

Can be treated locally with the same Tweak. You may treat injuries through the bandage.

Trust your judgement for the length of the treatment against the format of the horse. Start slowly, less is more!

You can be repeated during the day with several hours between treatments.

Stress in Horses

Stress is a term we all use on a daily basis but what do we really mean?

The medical definition is 'emotional or physical pressures exerted on the body that result in the body systems being over taxed'. This over taxing of body systems can lead the body to either suffer from internal changes and reduced health or encourages the body to find a 'coping method' to relieve the source of stress.

The most common causes of stress in horses are:

1. Repeated or regular fear – horses are prey animals. They have spent more than 60 million years on this planet as someone else's dinner and have evolved the simple strategy of being able to spot threats from a distance (the horse has exceptional long-distance vision) and run away from it fast only thinking about it later!
2. This has left the horse with hardwired tendencies to feel nervous about anything that might prevent good vision or the ability to run if needed. In a domestic setting thing that can cause this include:
3. Having their legs held up (why so many horses don't enjoy standing still for the farrier)
4. Confinement (such as being tied up, or shut in small spaces such as stables / horse trailers)
5. Limited vision (such as stabling / trailers / blinkers)

Other causes of repeated or regular fear which may lead to stress include harsh handling or training involving punishers, being alone (horses feel safe in a group and often feel unsafe on their own), fear of specific things that they weren't accustomed to slowly – clippers, being shod, the saddle, the rug etc. Vets and dentists are also a common cause of fear!

Frustration of goals– horses have their own species-specific agenda! They have spent millions of years evolving in a certain way i.e. to live in groups for safety, to graze for at least 12-14 hours in every 24, to groom one another for many minutes a few times daily etc. Some of these activities are so entrenched in the brain that regular prevention of these activities can become stressful: the most common one being the ability to interact with other horses.

Stress can be 'in the moment' and we call this acute stress or can be an ongoing 'I constantly worried' process called chronic stress. These two types of stress cause release of different chemicals inside the body and therefore have different effects depending on how often the horse feels like that or experiences that type of stress.

Indicators of acute stress:

1. Elevated head and neck position
2. Ears pricked tightly forward
3. Four F's (flight, fight, fiddle about, freeze)
4. Showing the white area around the eye
5. Triangular appearance to upper eyelid
6. Staring intensely
7. Poor concentration on other stimuli
8. Increased breathing and heart rates

Indicators of chronic stress:

9. Aggression / irritability
10. High frequency of submissive body language such as licking and chewing, head lowering, yawning
11. OCD's (including stereotypies such as windsucking/crib biting/ weaving/ box walking)
12. Extreme / regular fear responses
13. Poor sleep patterns / hyper vigilance
14. Poor learning capacity
15. Picky eating
16. Certain chronic health problems
17. Weight loss / weight gain

Both repeated acute stress, as well as chronic stress, can cause behavioral problems and sometimes contribute to medical disorders. Please also look to Chakra Tweaklite for animals