



HORSEWELL
EQUINE REHAB

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WE SPECIALISE IN PRODUCTS TO HELP HEAL, STRENGTHEN AND BALANCE YOUR HORSE

MAGNETIC THERAPY and Your Horse

By Heidi Richardson

The word 'magnet' is derived from the Greek language: Two words, Magnes and lithos are combined to literally mean "stone from Magnesia." Magnesia was a geographical region of Greece that had a high content of volcanic rocks. These rocks were found to stick together or instantly repel sharing the same properties as manufactured magnets today.



Left:
Magnetic Shin and Tendon Boot

Right:
Horse Rug-magnetic rings



A BIT ABOUT THE HISTORY

It has been well documented throughout history that magnets have been utilised in healing methods. In China around 2000 B.C various health problems were corrected with magnets while in India people aligned their bodies along a north-south plane (like a magnet) to alleviate pain. Cleopatra (Egypt) wore magnets on her forehead to preserve her good looks and even Aristotle wrote about the healing powers of magnets.

By the mid 1930's with the discovery of antibiotics, magnets fell out of favour with the medical world. However up until that time medical textbooks regularly included magnetic therapy as an aid to helping the treatment of selected medical disorders. Over the past ten to fifteen years magnets have enjoyed a resurgence in popularity along with the wave of other natural therapies offered around the world. Many people are now choosing to try less pharmaceutical-driven solutions for their health problems and although magnetic therapy requires ongoing study and research, initial results show great promise with thousands of people around the world already benefiting from magnetic products.

HOW DO MAGNETS WORK?

The effects that magnets may have on your body (or your horse's body) can be divided into two widely accepted theories.

The first theory involves the effect that magnetic fields have on blood supply. There

are many charged ions in your blood which naturally are either attracted or repelled by magnetic fields. This action is thought to cause widening of the blood vessels in the area where the magnet is being used which in turn 'draws' oxygenated blood into the painful area.

The second theory involves the effect that magnetic fields may have on nerves and pain-sensation. Pain-sensitive nerves all around your body act more often during bouts of pain sending an almost constant message to the brain which is perceived as pain. When exposed to magnetic fields however, the theory suggests that these pain-sensitive nerves are inhibited and thus act less frequently. This is perceived by the brain as reduced pain. As is common knowledge when you perceive less pain, you relax more and are less likely to suffer from secondary muscle cramps and tension.

MAGNETS AND YOUR HORSE

Magnetic therapy works the same for animals as it does for humans to ease the discomfort of aches and pains and increase circulation to help promote healing.

Magnets may help to promote healing in a number of conditions on the equine athlete such as; arthritis in the older horse, shin soreness, splints, tender soles, muscular tension and strained ligaments to name a few.

The magnets can be left on the horse for a few hours to a whole day depending on the strength of the magnets. These are usually in

the form of leg wraps or boots, covers, shoes or saddle pads.

The ideal strength of a magnet for use on horses varies. The lower end of the therapeutic magnetic strength range is around 500 gauss and the higher end of the range is up around 3000 gauss. This figure is per magnet and it is to be noted that it may not be the higher strength magnet that promotes the best healing but the combination of strength of magnet and the amount of magnets to create a good magnetic field around the area.

Magnetic therapy products should always state: what strength the magnets are, how many magnets are present in the product and the length of time that the product can be left on the horse.

Magnetic therapy is increasing in popularity in the equine industry and a number of trainers/owners and riders are now using the benefits of magnets as part of their conditioning or rehabilitation program for their equine athletes. And if that isn't enough to convince you of the benefits, a few famous horses that consistently use magnetic therapy are Subzero, Mummify and three time Melbourne cup winner Makybe Diva.

For more info on magnetic therapy please feel free to contact me or visit my web site:

www.horsewell.co.nz

Reference: Dickwicks web site:
www.dickwicks.com.au