

WHAT THE PROFESSIONALS SAY

"I am a veterinarian treating mostly horses; in my work I use the Equine Touch™ as a very useful tool that I would not like to do without. ET is a unique method to treat animals, it is non-invasive, and there is no danger of any side effects that may harm the animal. ET is also an ideal method for the owners to support the health of their animals."

Dr. Gernot Gaggl, Veterinary Surgeon, Austria

"Interesting is the monotherapy of some diseases such as inflammation of the lymphatic veins, sprains, combustions, some neurological and musculoskeletal problems. Together with homeopathy and acupuncture the Equine Touch™ is an important member of the alternative medicine in the horse."

MVDr. Zdenek Zert, Veterinary Surgeon, Czech Republic

"Equine Touch™ I use on its own or before acupuncture; it helps to relax an untrusting horse. I have had very good results with ET in sore backs from over-training, sciatic problems, swelling of limbs, and any muscle spasms. I can highly recommend this technique in every colic of large colon as well as para vertebral problems."

MVDr. Richard Olajec, Veterinary Surgeon, Slovakia

"I have been in the horse care and farrier business for over three decades and have been forever searching for some ultimate soft tissue bodywork that will help me when working with traumatized horses. In all my years I have never seen anything as gentle yet powerful, that works with such potential and lasts as long as the Equine Touch™. I can't wait to learn it myself."

Lyle 'Bergy' Bergeleen, Author and President of HoofTalk, Inc.

"Equine Touch™ has added a new dimension to my veterinary 'toolbox'. Sometimes I use it alone, sometimes in harmony with the other bodywork modalities I use. Equine Touch™ seems to 'unlock' the body and have it even more responsive to the other methods I employ. It has improved the quality of care for all my patients large and small."

DVM Debbra Tibbits, Veterinary Surgeon, USA

"Equine Touch™ is a tool that every horse owner should learn to use in order to help their horse stay balanced in tune and to improve it's quality of life. I have experienced excellent results using Equine Touch™ in my clinic finding it completely complementary to my normal allopathic care as well as using it in conjunction with my veterinary acupuncture and chiropractic treatments."

DVM Luann Groves, Veterinary Surgeon, USA



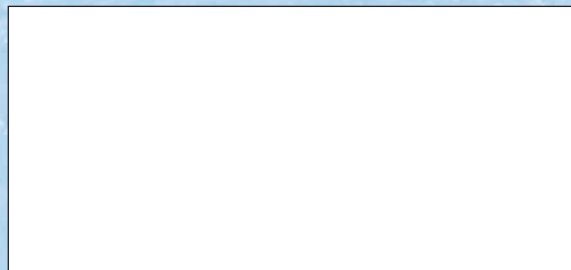
The Equine Touch™ was pioneered in 1997 in Scotland by Jock Ruddock. In 1998 he was invited by members of the Veterinary University of Czech Republic to teach his system to vets from all over Europe, and so **The Equine Touch™** as a discipline was born.

In 1999 he was joined by his wife Ivana, a veterinary surgeon, former university lecturer and researcher. Together they developed **The Equine Touch™** even farther into the respected discipline that it is today, recognized by universities, vets, equine associations, breeders, trainers, owners and equine therapists internationally.

The Equine Touch Foundation
was created to fulfil its mission statement:
"To help horses by educating humans."

Jock and Ivana assisted by certificated instructors dedicated to **The Equine Touch™** teach classes for horse lovers from Norway to New Zealand.

For further information regarding **The Equine Touch™**
visit our web site: www.theequinetouch.com
or contact:



The Equine Touch™ is not considered as a therapy for horses or as an alternative to veterinary treatment. It is defined as a discipline and the practitioner performing these gentle moves irrespective of the issue, guides the horse towards a unique state of balance wherein it can positively address its own problems at all levels.

Jock and Ivana Ruddock's



THE EQUINE TOUCH™



UNIQUE GENTLE BODYWORK



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The Equine Touch™

CASE STUDIES

DOES YOUR HORSE HAVE A PROBLEM?

"All horses have problems some of the time. Some horses have problems all of the time. All horses do not need to have problems all of the time."

Many of these problems however can be categorized within the breed or conformation of the horse and the particular work, sport or activity that we humans decide to subject them to. It is therefore logical as a general rule that horses who compete as show jumpers would exhibit different problems and undergo different stress and injury than for example those who were used for dressage, racing, eventing, therapeutic riding etc. The horse was not designed to compromise its natural gifts with the restrictions of bits, bridles, neglected teeth, badly fitted saddles and poor hoof care.

The active horse is under continual stress, emotional as well as physical due to acute injury or chronic compensatory work, when one part of the body is overloaded due to injury, pain or stiffness in other areas. Horse behavior can be greatly affected by pain and discomfort, making the horse argumentative, agitated or just acting 'unusually'.

Other than obvious injuries, a dominant influence in a performance horse being unable to work in harmony with a rider is the rider. The more the rider is out of balance the more difficult it will be for the horse to achieve its own balance. In addressing any concerns in a performance horse the physical balance of the rider must be taken into consideration.

A major problem also exists with the horse, which in humans is referred to as 'character armour' wherein the animal will store the emotional memory of its injury within the soft tissue and will not accept the fact that the injury has healed due to the constant resurfacing of that emotion and the memory of the pain associated with it.

In all these areas as well as in all musculoskeletal injuries ET has a long and unblemished record of successful address. There is no horse too old or foal too young that cannot benefit from an ET session. Likewise there is no horse that should not be safely addressed no matter what the problem.

WHAT IS THE EQUINE TOUCH?

The Equine Touch™ is a non-diagnostic, non invasive, gentle, hands-on discipline that works at a complete holistic level, in that it addresses the equine as a whole without any particular focus on any individual problematic areas of the body.

The Equine Touch™ is a discipline or technique consisting of a series of unique gentle moves performed in choreographed patterns over specific points on the body. These moves are interspersed with observation periods which affords the horse time to recognize the input and to process it.

The Equine Touch™ is a unification of Western and Eastern philosophy in approaching the horse:

Western in the sense that it is looked upon as gentle hands on bodywork which addresses the body's soft tissue — fascia and muscles, with a view to releasing restricted fascia and hypertonic muscles, improving blood and lymphatic circulation, reduction in pain and greater range of movement.

Eastern in that it is considered to be 'energy' focused, in that the moves directly relate to meridian lines and acupuncture points, thereby addressing energy blockages and encouraging and restoring the flow of the natural life force (*ki*).

Both schools of philosophy however are united in their belief that The Equine Touch™ assists the horse through relaxation and balancing at all levels to achieve the ideal state of homeostasis. It is in this balanced state of homeostasis that the horse's own natural healing system has been proven to work at its maximum potential, thereby allowing it to address both symptom and cause without preference.

The Equine Touch™ has an eclectic practitioner base of vets, chiropractors, acupuncturists, masseurs, homeopaths and trainers, all of whom bring with them their own individual knowledge and understanding as to how The Equine Touch™ works and how best to use it to address the horse.

The Equine Touch™ has been researched developed and transposed to address dogs and cats. It has also been used with great success on cows, sheep and goats as well as a variety of wild animals.

CIPISEK was the most famous horse in the Czech Republic. The National Steeplechase Champion had taken a serious fall three months earlier. Since then he had been stable bound due to severe pain and had defied all treatments. Putting him to sleep was now being considered, but as a last resort Jock was called in. Within minutes of the work being completed vets reported the pain spiral had reduced and a relaxed Cipisek was then able to leave the stalls and walk around the yard.

MAY, a Missouri Fox Trotter mare had foaled. Her owner expected some potential difficulties due to tumors discovered after she was declared 'in foal', so the whole pregnancy was guarded. May retained the placenta despite flushing by the vet, something that had occurred at the birth of her last foal and had lasted a week. On this occasion Chris Hudson performed ET 8 hours after the foaling, immediately contractions began to occur. Three hours later May passed the entire placenta and there was no sign of infection.

SURVIVOR, a white filly, lived in Zimbabwe with 10 other horses. One day a pride of lions entered the field and attacked; the only horse that managed to fight them off and be rescued was christened Survivor. Taken to a stable in town, Survivor had developed severe 'horsenality' problems and was in deep emotional trauma and extremely hard to approach. After only one ET session with Penny Crockart, Survivor changed overnight - relaxing and accepting humans around her once again.

SANCTUM is a stallion whose performance as a show jumper was less than average, his movements were stiff and uncoordinated and he was disinterested in any task given him. After three full ET sessions with Michelle Maas, Sanctum was taken to Cape Town to compete. To the owner's complete surprise he won the South Africa Volvo Gold Cup.

SKY was a retired champion cutting horse in Hawaii that had been left in a field virtually starving to death. Rescued weighing only 400 lbs., she had a total distrust of all humans and would fight against any physical contact. Ivana Ruddock, while on a clinic and noticing Sky's condition, asked if she could work on her. The change was immediate, and the following day all students were able to practice on this amazingly improved, warm and friendly animal.

