

Founder, Abscesses and Young Living Essential Oils for Horses

By Sandy Rakowitz

In October of 2003, I attended training with Gary Young in NJ. Gary is the founder of Young Living Essential Oils. Someone at home asked me what oils she could use for a horse with severe Founder. This was a particularly bad case where the coffin bone had rotated considerably. The point of the bone had rotated so far down, that the point of the bone had begun to come down through the sole of the hoof. It was extremely painful.

This horse was receiving excellent care by a team of people who were deeply committed to keeping this horse alive, to try whatever they could, as long as the horse wanted to keep going. They were looking for anything else which might help further.

While attending this training, at the end of one of the days, I went to Jeffrey Lewis, one of our Upline, who is "Gold." I know Jeffrey knows everyone, so I asked him, who else would know about treating a really serious hoof condition? He looked at me a moment, and said, Gary. He then said, "Let's Go." He ushered me over to the hub of people protectively standing around Gary. In addition to being one of the world's foremost experts with Essential Oils, Gary Young is an avid horseman.

Jeffrey walked up to Gary, and introduced me, explaining that I was looking for help with a horse. I briefly shared Druid's story. Gary stood and looked at me, shook his head, and said, why is this horse still alive?

I explained a few things about his care and the people, keeping it very brief. Gary began to walk, and then he paused for a moment. He turned to me and said,

*"Fill a boot with **Olive Oil**, just enough to cover the surface and then some. Put **Idaho Balsm Fir, Douglas Fir**," and after a very long pause he said, "and add **Juniper**. Soak the hooves for 2-3 hours at a time."*

I looked at Gary curiously. I had never heard of soaking a horse's hoof with Olive Oil and essential oils before. I could understand using the **Balsm Fir** for general uplifting, soothing pain and sore muscles, as an anti-inflammatory, and to ground the psyche. I understood the use of the **Douglas Fir** also as an anti-inflammatory, for pain relief to joints, and to help with tissue repair. But then I asked, "Why **Juniper**?" Gary looked at me, and said, "I don't know, it just feels right!" "Oh, ok," I replied back. I thanked him and we went our separate ways.

I loved this interaction for many reasons. First, it was just great to meet Gary and have a short bit of time with him. He is small in stature, not much taller than myself, but wow, his energy and presence are huge, even though he was obviously very, very tired.

I was thrilled to have gotten this information. It is definitely not something my brain would have thought of before! And it was so very different in its type of treatment, even for the oil uses!

The other aspect I loved, was that when I asked Gary, founder of this huge company, the man who had just completed a day of presenting extensive information and research about the single oils, when asked why use Juniper in particular, instead of giving me all the technical possibilities, he just said honestly and simply, " I don't know, it just FEELS right." For me personally and professionally, a person who is guided by my intuition, this was just THE BEST and most affirming response! Often this kind of statement comes out of my mouth. Often I don not know the reasons for doing something a particular way, or why I choose to use a particular oil or apply oils in an unusual and new way.

That night I called Paige, the person caring for Druid, and let her know what had transpired. These oils and a few others that I came up with to use on his body were immediately ordered.

The oils that Gary suggested to soak hooves with Olive oil in hoof boots:

1. **Idaho Balsm Fir**
2. **Douglas Fir**
3. **Juniper**

The additional oils that I suggested to use along the spine and all over the body to massage in:

1. **Frankincense**, a 'heal all oil,' a sacred and ancient oil containing much wisdom, an oil that is also excellent for depression. Frankincense is also very strengthening and fortifying. Druid was not a happy camper at that time, and needed some big help in this department.
2. **Lavender**, often called a "Universal Oil' because it is so wonderful for just about everything. It is great for muscles, is soothing, calming, and softening. And it is restorative to the heart emotionally. I felt like this would be most helpful for Druid at this time.
3. **Idaho Balsm Fir** in addition to using it in the boots with the Olive Oil Mixture for his feet to also use this down the spine and all over the body. This oil is generally uplifting, soothes pain and sore muscles, is a wonderful anti-inflammatory, and helps to ground the psyche.
4. **Peppermint** was another used to help pain, soothe the nervous system, soothe the digestive tract, and is also cooling for the heat of inflammation in his feet. It also is great when used after the application of other oils to help drive the other oils in more deeply. This could be very useful if the hooves are hot to the touch to use topically along the coronet band as well.
5. **DiGize**. This blend is often found to be helpful for toning the digestive tract. I felt that there were some serious issues with digestion that were also a

contributing factor. I have found this to be a great oil to put in the food, and or on the belly.

After using these oils, Druid turned a corner. His pain was minimized, his mood began to lift, his feet which had constantly developing really bad and painful abscesses, stopped abscessing!

Juniper was seen to be a particularly important oil. Abscesses are often difficult to stop with horses that are foundering. When Juniper was used, no other abscesses developed. When Juniper was left out of the mix in the boots, a hint of an abscess developing would be detected. As soon as the Juniper was used again, it seemed to alleviate this and disappear! I believe that Juniper is useful when also massaged into the coronet band periodically if there was any indication of an abscess brewing. Juniper also tones the kidneys and bladder, and helps to carry toxins out of the system. I have found this oil to be extremely beneficial when working with any serious or long-term condition.

Druid's feet began to improve gradually and he was more able to move around. He began the gradual comeback to health. The barefoot trimming that Paige was doing was of particular importance to this process along with very careful supervision of his food.

Many people thought Druid ought to be euthanized. He was in pain and, his feet were in a very severe stage. Founder of this severity is considered incurable, only manageable at best, and horses are usually lame and have chronic pain for life. However, this was not the case with Druid.

A year after this turning point, I went to visit Druid. I had been invited to ride him as he had gone back into work! He had been monitored carefully for diet throughout the year. He was very, very carefully trimmed and kept barefoot. Oils were used as needed. TTtouch and bodywork were implemented. He was given an incredible amount of love and attention by a team of friends. And, clearly this horse was interested in staying alive and thriving! He had important work left to do!

What I got to see and experience, was that he was sound, and loving being back in work. I went out with a group of people that magnificent spring day, 'Druid's Team,' along with some other people, to ride through the fields in Middleburg, Virginia. Normally, Druid is a totally calm, relaxed, sturdy and extremely kind and QUIET horse. I was very excited and of course thrilled to have the honor to ride this miracle horse, to go out with all these fun people and to be riding in Middleburg, which has some of the most magnificent places to ride anywhere.

We were meandering through a field, loose rein, all happy, very relaxed. We were all talking about getting another ride together in another location. I got excited at the prospect of having people come ride with me and my horses down in Nelson County.

Before I knew what was happening, Druid had lifted all four feet off the ground. Evidently sharing in the excitement, Druid let out a buck of exuberance. He landed, and I

swear, he placed himself in an instant directly underneath me to make sure I stayed seated on his lovely Conemmara back! Exuberance countered by his sensible nature. One person, who was watching, saw the split second timing of everything. She just shook her head in wonder. We all had a really good laugh at Druid. The normally ABSOLUTELY QUIET HORSE, this BEGINNER'S HORSE, who a year ago was as lame as lame could be, who was so close to death, leapt up in the air like a gazelle! His true nature came back through in an instant and became evident when he landed with such extreme care as to make sure that he did not actually unseat me! I exclaimed that we could most assuredly say, "Druid's feet were NOT bothering him! "

Druid currently loves his life of teaching children how to ride. He is one of those safe and bomb-proof horses. And, years after he foundered, he is sound. He does continue to go barefoot and wears his boots for hoof protection when being ridden. And, he has his food monitored carefully. He rarely needs his oils anymore. He is just a happy and sound camper these days!

I do want to emphasize that it took a team of people to work with Druid. This was not an easy case to work with. It was painful for Druid, and it was also deeply emotional for his person who loves him dearly. It was difficult to watch him in pain. And also an amazing thing to see his strong drive to live and that he was not interested in giving up, dying, or, staying in pain.

Several friends who were also excellent horsewoman took turns taking care of Druid. One of these women was also a barefoot trimmer who is gifted. They would talk, cry, and work with him, and brainstorm together about how to best deal with Druid. What kept them going they said to me, was that Druid never seemed ready to give up.

I was blessed to become part of Druid's journey in meeting one of the three women, Paige, when she came to trim my horses. She casually mentioned to me that she was working with this exceptional horse with severe founder. I told her about the oils and TTouch and thought it might help. She called me back a few days later, after I had arrived at the Young Living training in NJ. And the rest is history.

To review, the oils used with Druid were:

Idaho Balsm Fir, Douglas Fir, Juniper, Frankincense, Peppermint, Lavender and the blend, **DiGize**. Additional Essential Oils that I would also recommend now that were not yet available when Druid was foundering are **Palo Santo and Copaiba**. Palo Santo, a relative of Frankincense, has shown to be an incredible help for many people and animals to alleviate pain and to help with tissue repair. Copaiba is also reported to have wonderful pain relieving qualities as well as assisting digestive function.

If you are new to Young Living, please feel free to contact me to help you set up an account and help you to order these or other Young Living Essential Oils. Or, you can go to my Young Living ordering website, www.youngliving.com/oneheartsr to place an order or go to the person who referred you this article.

Set up an individual consult to create a series of tools and methods tailored to meet the needs of your horse. www.onehearthealingcenter.com/services

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Remember, taking responsibility for the health of you and your animals is your own personal decision: do your research and choose wisely. We commend you!

Happy Oiling and blessings to you and your animals!