

## Horse Medicine



On a recent trail ride to Eagle Rock in Topanga State Park I was mounted bare back on Diva - a black six year old Percheron mare. Together we encountered several hikers and bikers all who were wide eyed and open jawed upon seeing this magnificent horse.

“Wow she’s huge!” they commented. “I’ve never seen a horse this big before.”

Cameras appear out of nowhere and for a moment Diva and I feel like celebrities.

Diva is indeed stunning. The thickness of her neck, torso and legs, massive almond shaped hooves, long black mane and her deep coal liquid eyes make Diva an extraordinary spectacle.

As I ride Diva, I find myself merging with her power and strength. My soul is familiar with this union. Diva supports me taking me out of the mundane into faraway places. I am a traveler, seeker, gypsy a queen pikey! Diva puts me on top of the world.

We stop at Eagle Rock to enjoy the panoramic view. Two cyclists cannot take their eyes off Diva. I ask them if they had heard of the drug Premarin. “No” they reply. I explain how Premarin is derived from the words, PREgnant MAres urINE, from where the drug originates. Diva was a by- product of this industry, one of many foals born every year, fated to end up on a dinner plate in France, Belgium or any of the other countries that eat horse meat. Luckily for Diva she

was picked up by a rescue organization called the animal farm in California ([www.theanimalfarm.com](http://www.theanimalfarm.com)). It is from this organization that I adopted Diva.

Premarin is prescribed to menopausal women and women who have had hysterectomies. It's also given to men with prostate cancer. Premarin was the third highest selling drug in America until a survey revealed that Premarin can give women breast cancer and heart disease, (both diseases located at the heart chakra). Sales of Premarin plummeted and thousands of pregnant mares were suddenly jobless and homeless. Again most of these mares if not rescued ended up as exported horse meat. Premarin is still in use in America but like many drugs that have become unattractive to the American palette, it is now farmed out to third world countries.

Everything about this industry is absurd and inhumane. Why should horses be subjected to years and years of pregnancies, standing in small stalls most of the year. A few months after giving birth, the foals are taken away from the mothers in order for the whole cycle to begin again.

When Diva first arrived as a yearling, she had physical and emotional problems to do with being malnourished. Her mother, depressed, didn't have much to give Diva and after numerous pregnancies was well aware of the outcome.

After giving Diva a supplement of colostrum, (the first milk that comes from a mother cow), she grew to become vibrant and healthy.

Premarin does indeed take all the unattractive symptoms of menopause away, but like the pill of promised youth and beauty it comes with a heavy price and has to be taken daily for the duration of a woman's life in order to stay effective.

Why is it that we are made to believe that menopause is a disease? Is it just another way that women are disempowered? And what about the enormous revenue that woman's "problems" generate?

I was shocked to discover that the first most performed surgical procedure in America is cesarean and the second is hysterectomy. More than 600,000 women have hysterectomies annually. One in three women, by the time they are sixty years old will have had this operation, and one in two by the age of sixty five!

In a September 5, 2007 article published in Health Insurance Underwriter's magazine, Rick Schweikert reports that more than \$17 billion each year is spent on direct doctor and hospital charges for hysterectomy. Add to this the drugs, sub-surgeries and treatments sold for women who suffer from the side-effects of having a hysterectomy.

Evidently there are huge profits to be made from women.

At forty eight years old I'm beginning my transition into the phase of the crone. I'm told I will suffer from hot flushes, night sweats, mood swings, insomnia and lack of sexual drive. From research and what I've learned from my post menopausal women friends, exercise and a healthy diet help tremendously. Also there are effective products available like Young Living's Progessence cream and Dr Shultz's female balance. Both of these products contain natural plant ingredients that are not carcinogenic and do not come from the urine of pregnant mares.

On the positive side of menopause I am told this is the most powerful transition of my life, that I will become inherently wise and that my actions and decisions will not be motivated towards procreating.

Most of the clients that come to *Silver Horse Healing Ranch* are women. Why is it that women are attracted to the energy of the horse? Symbolically the horse represents power and freedom. Rediscovering our power through our relationship with the horse is one of the greatest gifts horse medicine offers. Personally, I'd rather be riding on top of a Diva than being the reason she or other horses like her end up going to slaughter.

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References; <http://hysterectomyinformation.blogspot.com/>

<http://www.hersfoundation.org/index.html>