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For more details you can go to Nan's web page at:

<http://www.experience-essential-oils.com/horse-emergencies.html>

## **Horse Emergencies with Essential Oils Reduce Horse, Horse Owner and Trainer Stress!**

Horse emergencies are always **stressful** for the horse and the owner. That is why essential oils are **perfect** for this job!

Remember, with **any** kind of emergency, injury or illness there is a **physical and emotional component**. Sometimes we almost need to address the **emotional side first** so we can stay focused on what to do rather than **panicking!** Regardless, don't forget to address that too!

Of course anytime a horse is **seriously injured**, we want to call our **vet immediately**. In the meantime, we can use some therapeutic grade essential oils to keep us all calm and start some treatment until the vet arrives.

If it is a minor injury than more than likely we can handle it on our own. But, we should know what we can handle and what we can't.

In doubt, always **call the vet** and at least ask their opinion on what to do. Most of the time they are glad to help and they may not think it warrants coming out on a call anyway, but it may deserve a peak later in the week!

### **What are the Oils you keep handy for Horse Emergencies?**

These are the oils that I use as an essential oil **Horse First Aid Kit**. Just click on the oil and it will tell you more information.

- Lavender Essential Oil
- Roman Chamomile Essential Oil
- Melrose Essential Oil
- Purification Essential Oil
- Peppermint Essential Oil
- Geranium Essential Oil
- Helichrysum Essential Oil
- PanAway Essential Oil
- Vetiver Essential Oil
- Valerian Essential Oil
- Thieves Essential Oil
- Aroma Siez Essential Oil

- Ortho Ease Massage Oil Blend
- Ortho Sport Massage Oil Blend
- Valor Essential Oil
- Peace & Calming Essential Oil
- Di-Gize Essential Oil
- ImmuPower Essential Oil
- Exodus II Essential Oil
- Clarity Essential Oil
- Brain Power Essential Oil
- Acceptance Essential Oil
- Trauma Life Essential Oil

You can have either Ortho Sport or Ortho Ease on hand. And ImmuPower or Exodus II.

I also always have Animal Scents Ointment, a natural horse ointment that contains many therapeutic grade essential oils. It is fantastic for sealing and disinfecting wounds, cuts and scrapes.

Rose Ointment is also a sealer and may be used instead of Animal Scents Ointment.

### **Here I have listed horse emergencies by category:**

- **Cuts, wounds and disinfection** – Melrose, Idaho Tansy, Purification (use in place of hydrogen peroxide or iodine), Animal Scents
- **Cuts, wounds and tissue regeneration** – Lavender, Exodus II, Melrose, Myrrh, Idaho Tansy, Roman Chamomile, Geranium, Animal Scents, Thieves (proud flesh), Purification
- **Pain** – Helichrysum, PanAway, Idaho Tansy, Ortho Ease, Ortho Sport, Peppermint, Valerian, Vetiver, Exodus II
- **Infection** – Thieves, Exodus II, ImmuPower, Melrose
- **Inflammation** – Helichrysum, Idaho Tansy, Geranium, Myrrh, PanAway, Thieves, Ortho Ease and Sport
- **Bleeding** – Helichrysum, Geranium
- **Stomach (digestive, colic, constipation, diarrhea)** – De-Gize, Peppermint
- **Ligaments or tendons** – Lavender, Peppermint, Lemongrass
- **Fractures, bone chips** – Helichrysum, PanAway
- **Muscles (torn, spasm, sore, aching)** – Aroma Siez, Ortho Sport, Ortho Ease, Valor
- **Burns** – Lavender (Second degree). First degree (outer skin only) – Lavender, Helichrysum, Melrose, Valor
- **Insect stings, spiders, etc** – Purification, Melrose, ImmuPower (adrenals/immune)
- **Immune System** – Exodus II and ImmuPower
- **Calming and Relaxing** – Trauma Life, Peace & Calming, Lavender, Vetiver, Valerian, Roman Chamomile, Clarity
- **Courage and acceptance** – Acceptance and Valor
- **Concentration and focus** – Brain Power, Clarity, Peppermint
- **Trauma and shock** – Trauma Life, Peace & Calming, Vetiver, Valerian, Lavender
- **Help coming out of tranquilizers** – Brain Power, Clarity, Peppermint

Remember we are talking horse emergencies here. There are many more oils that can fit in those categories and may help your horse on a daily basis, but these are the ones I reach for time and time again and work quickly!

Again, always choose at least one horse relaxing oil for horse emergencies and combine it with oil for courage or concentration. My top choices would be Peace & Calming with Clarity.

If I have a horse that is really upset, near hysterics I use Trauma Life, Lavender and/or Valerian to really ground the horse as soon as possible. Also check out the horse emotions section.

Most of the tree oils ground and bring emotional stability, so if you don't have what is listed above, try a tree essential oil! Tree oils are Palo Santo, Spruce, White Fir, etc.

I know it seems like there are a lot of oils here but with time you will learn **how** and **when** to use them all!

The oils are not that much different than the Natural First Aid Kit for humans or the Canine First Aid Kits so you can use it for both! Just remember, essential oils for cats requires some caution, so if you do own a cat, please make sure you read through that section.

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