

# Fungus & Bacteria

Horse guardians dread seeing any skin disorder, especially fungal and bacterial conditions like ringworm, girth itch, and rain rot. Once these skin disorders set up, it is a challenge to eliminate them from one horse, let alone the entire barn or stable.

## Flower Essences

Flower remedies specific to stress reduction help alleviate the stress contributing to a lowered immune system. Trigger the body to start healing using Rescue Remedy, [rescueremedy.com] CrisEase [equilite.com], Five Flower Formula [fesflowers.com]

## Aromatherapy & Essential Oils

*Essential Oils are best diluted in a carrier, such as aloe gel, before applying directly to the skin.*

*Suggested blends for hair loss, inflammation, soreness, and other bacterial infection-related symptoms include:*

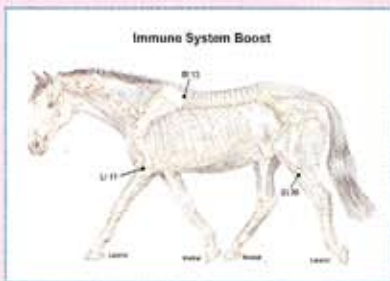
1. 10 ml aloe vera gel as a base 10 drops each of Frankincense, Myrrh, Patchouli, and yarrow.

*Blend in 5 ml of linseed oil. Add Chamomile water gradually (up to 100 ml) until there are no separations. Store out of direct light and extreme cold in a jar or bottle for up to 1 year.*



2. Use a few drops of lavender in aloe vera gel to stimulate healing. Alternate with tea tree oil ointment for the immune system, or try lemon and litsea cubeba essential oils.

From the Traditional Chinese Medicine perspective, the first line of defense for skin disorders is prevention. When fungal and bacterial skin issues do arise, they are considered "toxic damp heat." When a horse has a healthy, balanced immune system, his body can defend itself from skin disorders.



By adding a short acupressure session to a grooming regimen, horse guardians can boost the horse's immune system needed to ward off dreaded fungal or bacterial skin issues.

Specific acupressure points can support the horse's immune system and defend

the body from skin issues. By placing the tip of your thumb on the acupressure points (also called "acupoints") pictured in the chart and being sure to do this on both sides of the horse's body, you will enhance the flow of Chi, life-promoting energy, throughout his body.

Suggested acupoints are:

- Large Intestine 11 (LI 11) - Crook in the Pond, commonly used to maintain the health of the skin while also boosting the immune system.
- Stomach 36 (St 36) - Leg Three Mile, known for its ability to enhance the flow of Chi throughout the horse's body.
- Bladder 13 (Bl 13) - Lung Transporting Point, directly connected to the energy of the Lung which is responsible for the health of skin in general. Bl 13 has the added attributes of relieving itching and eliminating damp heat.

These acupoints, combined with a healthy lifestyle and a clean environment, can keep your horse's skin strong and his spirits high.

## Herbs

Herbal blends specially prepared by an herbalist should include red clover, licorice, Echinacea, fenugreek, and violet to help with blood cleansing to rid toxins and reduce skin sensitivity. If the horse's immune system is run down, or depleted by prolonged itching or distress, offer the herbs rosehip and maritime pine bark. Vervain and St. John's Wort (hypericum) strengthen the horse's nervous system.

Garlic is a great antifungal herb because it is proven to work against various microorganisms, including bacteria that resist antibiotics. Also among the antifungal herbs is ginkgo biloba because the flavonoids in it are potent free radical scavengers that eat bacteria or fungus.

Bilberry, echinacea, and milk thistle are known to produce antioxidants that are not just good for the body but also for the skin. Also, these antifungal herbs help in boosting your immune system, making you less susceptible and stronger against infections.

Goldenseal contains berberine, a powerful antifungal and antibacterial compound that is also found in Oregon grape and yellowroot. All have been used to treat yeast and other fungal infections.

Scientists have demonstrated that lemongrass has significant fungicidal activity against several common infection-causing fungi. You

can enjoy one to four cups of lemongrass tea a day. Spent tea bags can be applied to skin.

Tonics are a great addition to a horse's diet to avoid susceptibility to bacterial infection.

Nettle is high in iron, increases circulation, strengthens the blood, and improves the immune system.

Use 1-2 cups of nettle (dried or fresh) in 1 liter of water, boil, cool, and add to the horse's drinking water.

Dandelion, either a few leaves daily or also offered as a tonic tea, is a good support for the liver, as is St. Mary's thistle.



## Homeopathy

1. At onset, use 30c Aconitum napellus to fight infection.
2. Try 30c Arnica. Follow with 6c Aconitum if infection occurs.
3. If skin infection follows vaccination, use Thuja.
4. Tellurium is mentioned for use with rain rot.
5. Consider Arsenicum or Graphites for weepy sores.