



Friday Fun Facts – Number 29:2010

**Melissa Shelton DVM – Colic in Horses – Essential Oils for Natural Treatment**

Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you or your pets have a health challenge.



Nothing can strike fear in the heart of a horse owner, more than the word *Colic*. I remember staying up all night with a friend's horse, walking him, crying with the owner, waiting for the vet, struggling to keep the horse up and not rolling. It was horrible. I wish I knew then what I know now. I would have at least had something else to do, besides just waiting and watching to see if the horse made it. In this case, the horse did not.

Now, if a horse is having an episode that appears to be colic, I can confidently recommend a natural home treatment, that just may remedy the problem before the vet can even arrive to the farm.

If your horse is colicking, I still recommend calling an equine veterinarian. It is very important to rule out other causes of illness in your horse. Wasting precious time in an emergency situation, is something you should not do. Certainly passing a stomach tube, performing a rectal examination, instilling mineral oil, and doing a belly tap – still have extremely beneficial diagnostic importance. And for the cases that are not a true colic, you will need your vet to help you with a diagnosis. This became very clear to me when my own horse Indy appeared to be colicking. He was off his food, and lying down. He didn't really want to get up. He appeared to be colicking. But, his diagnosis turned out to be Ehrlichia, a tick borne disease, and without the aide of my equine veterinarian - who had seen multiple cases of this recently in our area – I may have continued to treat him for colic – neglecting the true treatment he needed to recover.

However, while you are waiting for the vet to arrive – you can try this protocol with medical grade essential oils. In general, most horse owners have found that if this does not help the horse, it is either not an intestinal colic or it is highly likely to need a surgical correction of the colic.

1. Call an Equine Veterinarian.
2. Give 20 drops of DiGize Essential Oil Blend orally. Many times you can just pull out the lip and drip it directly into the mouth. Horses accept this much better than one might think.
3. Give 20 drops of Peppermint Essential Oil orally. Watch the bottle with this one – horses LOVE Peppermint, and have been known to try to steal the bottle in their teeth.
4. Apply 20 drops of DiGize topically to the Umbilical Area.
5. Apply 20 drops of Peppermint topically to the Umbilical Area.
6. Apply 10-12 drops of RutaVaLa Essential Oil Blend topically onto the Abdomen.
7. Apply 3 drops of RutaVaLa topically onto the nose. RutaVala helps with calming and pain.
8. If the horse is still colicking in 20-30 minutes, repeat number 2 through 4.
9. If needed, repeat the RutaVaLa applications as well.
10. If after 60 minutes, your horse is still symptomatic, it is likely to require surgical correction of the colic (if it truly is a colic).

The question I get asked the most is - what if it isn't colic? Did I just harm my horse by giving these oils? Thankfully, the answer is no. You will not hurt your

horse by giving this treatment if it was not needed. That is, as long as you use truly safe, medical grade oils.

Please remember – that I only recommend the use of Young Living Essential Oils for your human family and your animal family. With this recommendation, I am certain that you will have safe and powerful oils, with consistent results. I never have to guess at the quality of the oil that you have... If they are Young Living Oils, I know that they are medical grade, and I don't even have to question it.

Feel free to contact our office for more information on how to order Young Living Essential oils, or for consultations on how to use essential oils for the health of your entire family – two legged and four legged (and on our farm, sometimes three legged!).

*“Mother Nature gave us the gift of healing. Providing our bodies with the nutrients, substances, and care required to heal, lies in our own actions.”*

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