

Welcome to my newsletter for autumn 2021!

The pandemic has made time for many of us to step back and re-think our priorities. For me, it has led to focussing on my work with horses and dogs. This is partly because I am able to carry out treatments out of doors, without any complications of PPE, but also because working with animals has always been my greatest joy. I will review the situation regarding treatments for people in spring 2022.

I hope you will find a little bit of fun, and little bit of knowledge here. Do please email me, or phone, if you are interested in more details of anything you read here.



## FIVES!

Is your dog 7 years old or more? It is not too early to prepare.

### 5 tips for elderly dogs

- a consistent amount of daily exercise is the best way to maintain fitness
- standing to eat from a bowl causes strain – divide meals between bowls and space out to encourage movement
- teach old dogs new tricks for mental stimulation!
- understand that fading eyesight and hearing can make familiar things seem strange
- avoid dependency on routine – mix it up!

If you would like my factsheet about how to get more value out of your daily walk please email [susan@susanryrie.co.uk](mailto:susan@susanryrie.co.uk)

Tight, tense muscles can be uncomfortable, and can lead to more serious pain and injury

### 5 signs of muscle tension in your horse

- uneven wear of teeth
- uneven wear of hoof/shoe
- not standing square with 'a foot at each corner'
- difference between left and right when ridden
- quality of muscle feels different between left and right

Muscle tension can also be good.

If you would like a copy of my infograms which give a simple explanation of how muscle tension creates posture and movement please email [susan@susanryrie.co.uk](mailto:susan@susanryrie.co.uk)



Games give a great way to have fun at the same time as training your dog

### 5 favourite training games

- Middle
- Kibblywinks
- Reward Anything (!)
- Funder
- Magic Hand

If you want ideas for games, Google for Absolute Dogs free ebooks; or phone me on 07775 808 314



My two elderly gents enjoyed our experiments with zoopharmacognosy this spring.

By offering a selection of natural products such as dried herbs, and essential oils, and giving freedom of choice, you can (to some extent) reproduce the natural self-medication that animals might practice in the wild.



### 5 favourite herbs my boys chose:

Rosehips, Hawthorn Flower and Leaf, Chamomile Flower, Dandelion Leaf, Echinacea

### 5 favourite essential oils they enjoyed:

Angelica, Jasmine, Linden Blossom, Violet Leaf, Hops

All came from [nautralequine.co.uk](http://nautralequine.co.uk)



## QUIZ TIME!

It's your turn at the game of 5 now. I have prizes available for the first 5 entries with correct responses that land in my email box [susan@susanryrie.co.uk](mailto:susan@susanryrie.co.uk)

- 1) What is the name of the geometric figure with 5 sides?
- 2) Name 5 culinary herbs
- 3) Name the colours of the 5 Olympic Rings
- 4) What do the 5 Olympic Rings symbolise?
- 5) Name 5 different breeds of dog
- 6) Name 5 different colours of horse
- 7) Name the 5 breeds that won Crufts Best In Show in the years 2001 - 2005
- 8) 5 grey horses have won Badminton Horse Trials; name each horse, rider and the year they won
- 9) What is the name given to a group of 5 musicians?
- 10) Name the 5 events of a pentathlon competition
- 11) Give the names of any 5 muscles in the horse
- 12) Give the names of any 5 muscles in the dog

### 5 PRIZES AVAILABLE (OF COURSE!):

1 Equine Bowen session free of charge, 1 Canine Emmett session free of charge, 1 Aquamax shavings fork, 1 Equine Herbs Self Selection Pack from [nautralequine.co.uk](http://nautralequine.co.uk), 1 Absolute Dogs 'Triple-F' training DVD

### Did you know?

An earthworm has 5 hearts. Most sea urchins and starfish have 5 sections. 5 is the most common number of petals in a flower. The sacrum bone in the lower back of a horse or a human consists of 5 vertebrae fused together; in a dog there are only 3!