



*Reiki. Horses. Essential Oils.*

REIKI FROM THE FARM™

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[www.reikifromthefarm.com](http://www.reikifromthefarm.com)

**D**owsing is an ancient art. But anyone can do it. Just remain respectful. We are tapping into Source energy when we dowse. I always thank Source and my client after a dowsing session.

Before beginning to dowse, ask the following 3 questions:

1. May I? ie: Do I have permission?
2. Can I? ie: Am I ready and able?
3. Should I? ie: Is it appropriate?

Getting the question clear: The answer in dowsing is only as good as the question. Don't be ambiguous. Don't use double negatives. Never dowse for or about anyone else without their explicit permission.

Dowser's Prayer:

Please center me and make me a clear channel for the highest Source of wisdom. Protect me from all negative influences as I do this work. I ask for responses that are for the highest good of everyone involved. Please continue to raise my consciousness and that of anyone I work with.

## Horse Supplement List

Dowse each item on this list, if you get a yes then mark it down. Feel free to dowse any other items that come to mind. For best results, first ask for permission to dowse on behalf of your horse. Next, ask "do you \*horse\* need ..."

**Apple Cider Vinegar** - Lowers Ph Balances in the hind gut, aids digestion, anti inflammatory

**Biotin** - metabolism stabilizer, hair/hoofs, balances blood sugar, thyroid, heart, and muscle tissue

**Black Oil Sunflower Seeds** – Unsalted, In shell or out, can also use oil. High potassium and low sodium, with zinc, iron, vitamin D, calcium, Copper, manganese, and phosphorus levels.

**Black Pepper** - Stimulant, joint swelling, carrier for other herbs like turmeric

**Cayenne** - Heart health

**Chamomile** – tea brewed and poured into feed, can also be fed loose in the feed. Sedative, carminative, anti-inflammatory, relaxant, vasodilatory, analgesic, antispasmodic

**Cinnamon** - stabilizes blood sugar, anti-inflammatory, natural sweetener

**Coconut Oil** - Antifungal, builds muscle proteins, helps coat and hair, healthy fat

**Collagen** - Aids in bone, joint, and muscles

**Dandelion** – tea brewed and poured into feed, can also be fed loose in the feed. Diuretic, anti-rheumatic, hepatic. A natural electrolyte, vitamins A, B, C, and D. Dandelion is a good blood cleanser making it an ideal herb for rheumatism.

**Echinacea** - Tea brewed and poured into feed, can also be fed loose in the feed. Antiviral, antibacterial, immuno-stimulant, vulnerary, anti-inflammatory

**Fenugreek** - anti-inflammatory, antitumor, carminative, demulcent, , emollient, expectorant, febrifuge, galactagogue, hypoglycaemic

**Flax** – Ground Seeds or Oil. Omega-3, Healthy Coat/Hooves

**Garlic** – Fresh. Antibiotic, antimicrobial, anthelmintic, expectorant, antiseptic, anthelmintic, expectorant, diaphoretic, hypotensive, anti-diabetic

**Ginger** - Fresh or ground. Digestion, coughs/colds, nasal congestion, reduces inflammation.

**Glucosamine**- healthy joints and easing arthritic conditions. Important role in the production, maintenance, and repair of cartilage. It also helps form ligaments, tendons.

**Hyaluronic Acid** - healthy joints, skin

**Kelp (Seaweed)** - vitamins A, B1, B2, C, D, zinc, iodine, magnesium, iron, potassium, copper, and calcium. Aids hoof growth.

**LinPro** – Multi-Mineral, Multi-Vitamin

**Licorice** – tea brewed and poured into feed, can also be fed loose in the feed. Expectorant, demulcent, anti-inflammatory, laxative, antitussive, antibacterial, antiviral

**Magnesium** - Nerve and Muscle function

**Milk Thistle** - Liver Function

**Mint Leaves** – Fresh/Dried Leaves. Digestion, Anti-Inflammatory

**MSM (Methylsulfonylmethane)** - Cartilage, muscle and connective tissue repair

**Oregano** – Fresh/Dried Leaves. Immune and respiratory support

**Parsley** - Fresh/Dried Leaves. Vitamin C, diuretic, carminative, expectorant, digestive

**ProBiotic** - Digestion, Stomach Bacteria

**Pumpkin Seeds** – Raw/Unsalted. phytosterols, antioxidant, protein, de-worms

**Redmond Daily Gold** - Digestion, Ulcers

**Rosemary** - Neurological protection, prevents joint degeneration, helps aid in cancer recovery and prevention.

**Sage** – Fresh/Dried Leaves. Antimicrobial, antiseptic, antispasmodic, astringent, carminative, Use for mouth ulcers. Effective for digestive function and will settle upset stomachs , reduce bloating and increase digestive function.

**(Sea) Salt** - Helps prevent dehydration, provides electrolytes, balances sodium levels. Pink salts were being marketed as a miracle salt for horses, recent studies show that it is extremely high in Iron and can cause imbalances.

**Selenium** - mineral compound. Horses on the Eastern Seaboard are deficient in Selenium, since the soil does not produce enough.

**Thiamine** - Helps the nervous system

**Thyme** - Respiratory, gas/bloating, digestion

**Turmeric**- stiffness and pain, maintaining good digestion and alleviating skin conditions

**Vitamin E** - antioxidant, immune support

**Zinc** - Cartilage growth, hoof support

**\*\*Before feeding your horses anything new, consult with your veterinarian.\*\***