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Volume 9 Issue 5

Spotlight on The Equine Touch

Equine Touch for Lymphatic Drainage *By Jock Ruddock*



Ivana Ruddock MVDR performing part of the Lymphatic Drainage Technique

The Equine Touch (ET) employs a set of drainage moves, known as the Lymphatic Drainage Technique, that are extremely important for horses, especially those who are stall bound. The lymphatic system, unlike the venous system, does not have a heart to pump the lymph around the body, but depends upon movement of the body and limbs to move the sludge to its drains, or exit points. The lymph system can be looked upon much like the drainage system in your home. If it gets blocked somewhere you get out a plunger and you work away setting up vibration after vibration trying to clear the pipes. Sometimes you succeed, other times you don't. The reason then could be that there is a serious blockage at a major drain, juncture, or exit point. The answer then is to clear that blockage first and, if required, use the plunger. So it is with ET drainage work. The normal Body Balance, combined with throat procedures, has been proven over the years to have a positive effect by encouraging the flow of lymph, and evidence of this can often be visually seen on the horse within minutes of an address. However some horses cannot pass stagnated lymph due to the fact that drains are blocked. Experience over the years has shown us where these drains are, and how to unblock them. The unblocking of these drains combined with the Lymphatic Drainage Technique has become an integral part of ET work. 😊😊

About the author:

Jock Ruddock pioneered The Equine Touch, and with his veterinarian wife, Ivana Ruddock, has turned the Equine Touch into a discipline that is now recognized and applauded by all who see or use it, including veterinarians throughout Europe. The Equine Touch, a rebalancing, retraining, and some would say healing modality for the horse, is the first non-diagnostic, non-invasive, energy and connective soft-tissue discipline in the world to be awarded national accreditation status in the United Kingdom. Visit www.theequinetouch.com.