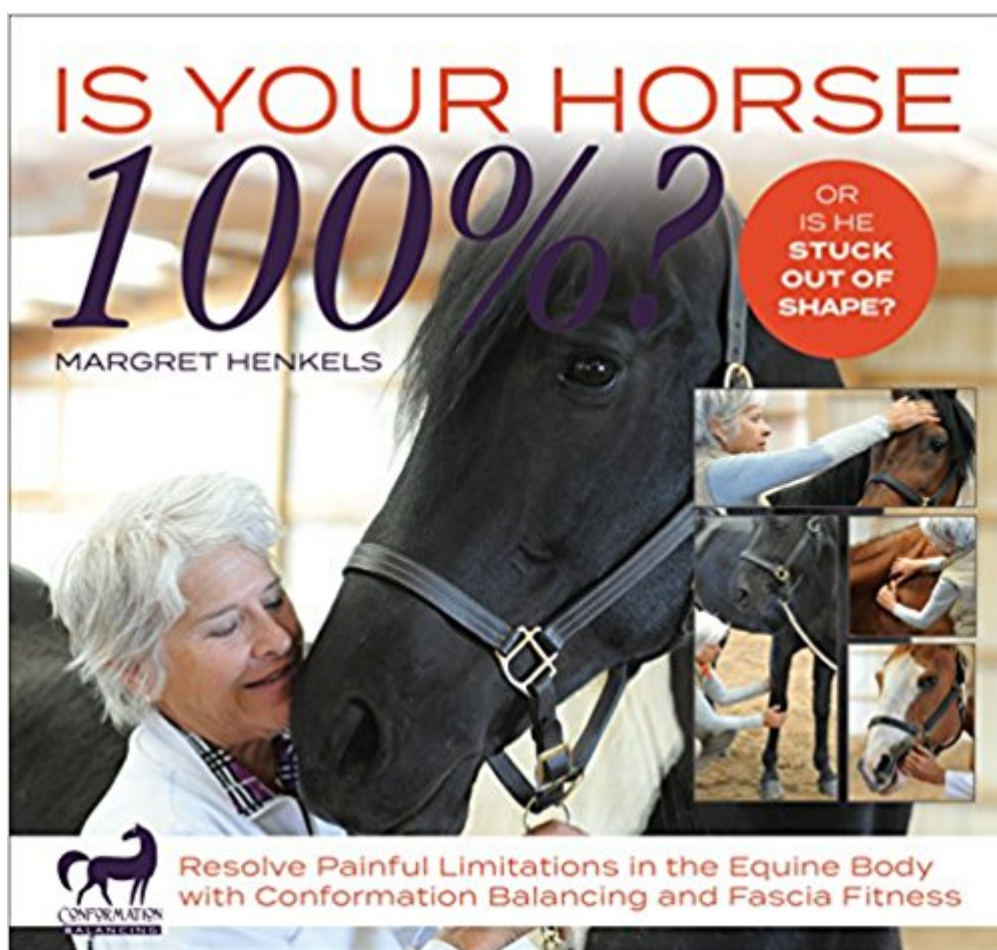


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# Is Your Horse 100%?: Resolve Painful Limitations In The Equine Body With Conformation Balancing And Fascia Fitness



## Synopsis

100 percent ability is in your hands! Conformation Balancing is deceptively simple. With patient, conscientious placement of your hands on specific areas of the horse's body, you can bring about profound change in his physical and mental well-being. The secret? The internet-like web of fascia beneath the skin. Fascia is the connective tissue that holds everything together • it wraps around, attaches, and stabilizes muscles and internal organs, communicating with all parts while providing structure and organization. But here's the thing: Fascia is also a reservoir for emotional trauma and tension. This means that when you help a horse find physical release in a stuck area of strain or stiffness, you invite psychological healing as well.

## Book Information

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## Customer Reviews

• This is a book that goes beyond the anatomical importance of the connective tissue system in horses • It addresses the holistic need of the horse to be understood and respected. It gives insight into the way fascial tension affects the behavior and performance of horses and how relief for the fascial system provides horses with much more than alleviation of pain. This book should be in the library of all horse owners. • Madalyn Ward, DVM Like people, horses can suffer injuries or minor day-to-day irritations that lead to the knotting of muscles and other tissue as a protective response. Like people, they may compensate for tight muscles by moving in ways that misalign the body and decrease strength and endurance. Equine bodywork expert and author Margaret Henkel's book *Is Your Horse 100%?* describes how to properly apply pressure at the correct

place on a horse that will lengthen and soften connective tissue, or fascia, in the animal and allow for more efficient and comfortable movement. Using Henkels's tried and tested technique to resolve painful limitations in the equine body with conformation balancing and fascia fitness, your horse will be happier and more relaxed. *Is Your Horse 100%?* is a fascinating, educational read and the design of the book makes it easy for horse lovers to follow along with Henkels's instruction for working with your animal. The spiral-bound, hard-cover binding lies open flat allowing for horse owners to use both hands on their animal. Complete with color photos and detailed drawings, *Is Your Horse 100%?* is a necessity for horse owners and trainers alike. *Cowgirl Magazine* itself

acupressure points aren't on some horse owners' daily radar, then neither, perhaps, are fascial restrictions. The principles of myofascial release are that fascia—the web of connective tissue beneath your horse's skin, as well as your own—can become tight and restricted, leading to pain or stiffness. Physical trauma or emotional tension can also manifest as fascial restrictions, the theory goes. Some human chronic-pain sufferers find relief through visits to a myofascial-release practitioner, and equine bodyworker Margret Henkels brings the principles to horse owners in her book, *Is Your Horse 100%?*. Henkels calls her method Conformation Balancing, and like acupressure it's a noninvasive technique of helping the horse's body restore its own equilibrium. If you've ever experienced myofascial release, you know it's not massage in the traditional sense but rather a method of bodywork—sometimes gentle, sometimes with a stronger touch—that can explore areas of pain and stiffness and help the body find release. Clear color photos show how Henkels works her magic. USDF Connection

The elusive properties of fascia allow it to slip through the cracks of science, but it is now a health and fitness frontier. Myofascial work is one of the myriad holistic ways to progress body health and fitness, along with massage, chiropractic, meridian work, acupuncture, and acupressure. Retired Racehorse Project

In her book *Is Your Horse 100%?*, equine bodywork professional Margret Henkels explains in the simplest terms how various placements of your hands on your horse's body can change how he looks and feels, all by altering the fascia. [HorseNetwork.com](http://HorseNetwork.com)

Following a Bachelor's degree in journalism, Margret Henkels was a reporter and sales associate in the newsprint industry, while her visual skills were honed in the art business in Santa Fe, New Mexico. A deep passion for horses, good health, and learning to find her own 100 percent fitness drew Henkels into equine bodywork. She is certified in Matrix Energetics, a Quantum Energy work developed by Dr. Richard Bartlett, and Equine Natural Movement (Heller Work for horses) with Joseph Freeman. Her method of Conformation Balancing was developed through years of work with

horses experiencing elusive athletic limits. An avid rider, Henkels includes a rider's perspective in her bodywork techniques. Her riding experiences have taken her to Ireland with the Willie Leahy Connemara and Coast tours, and at home she explores dressage and trail rides and has foxhunted. Henkels continually researches conformation in relation to her unique approach in order to offer new tools for looking at the horse's appearance to find athletic imbalances.

I used this method and notice that saddle fitting become easier. I do not see hair rubbing towards the neck anymore. Myofascia is a valuable technique and is now cherished by scientist. There is an international congress of fascia research. A french scientist put a camera in a woman's body to watch the fascia movement. I believe you can watch it in Youtube. Thank. Now, I will continue to work on my gelding's kissing spines before I get on him again.

No practical information, constant repetition just shown with a different horse. Good pictures, all fluff, nothing that you can use on your own horse.

really interesting book. Gave me some pointers on areas of my own dressage horse that probably need to be addressed. Any horse owner can benefit from the techniques and it is very well illustrated with plenty of photos.

As someone who has taken a recent interest in fascia and how it affects my own body, I was really excited to see that someone has focused on fascia work for equines. This book was very well written and informative, and I have started incorporating some of the techniques into the body work I do on my own horse. This is a great read for anyone who is interested in learning more about body work for horses.

The book contains tons of beautiful pictures of horses, but they don't do much to demonstrate what is described in the text. The text is good as far as it goes, but doesn't give enough details to be useful. For example, Figure 6.9 shows release of a gelding scar by showing, from several feet away, the author reaching under a horse. We can't see her hand or the underside of the horse. The techniques are similar to some others I have used, so it wasn't hard for me to fill in some of the missing information. Without my background, I doubt that I could have gotten much of any value from the book.

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