

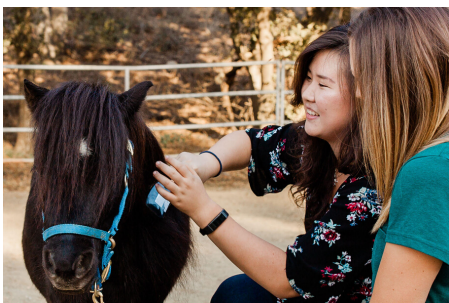
The Hitch 'N Post

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BIG RED'S BOUNTY

Big Red's saying goodbye to the Treat Jar of 2019, but with the new year there's a whole new series of surprises in store. Introducing **Big Red's Bounty**, a monthly GIVEAWAY. Stop by the store and enter your name to win something new each month. Starting this January, Big Red's giving away a **Best Friend Bareback Pad!**



For more information, visit:
risecanyonranch.org

NEIGH-BORHOOD NEWS

The power of Equine-Assisted Psychotherapy

NEWS

Customer Dr. Theresa DuBois has discovered a unique way to enrich her patients' therapeutic experience by adding a judgment-free, connection-inducing, outdoor learning-based advantage: **Equine-Assisted Psychotherapy.**

Horses are strong yet sensitive and are the ultimate conduit for processing challenging emotions. Their nature allows them to respond and reflect back what we feel – encouraging a deeper look into our own capacity to create change in our lives.

With the healing power of horses, Dr. DuBois and husband Dale have brought to life **Rise Canyon Ranch**, a California non-profit 501(c)(3) that provides Equine-Assisted Psychotherapy (EAP). Their team of horses, Therapists, and Equine Specialists have seen amazing results from utilizing the unique emotional connections of horses to engage adults, children and families in their process of healing, self-discovery and enrichment.

ASK AN EQUINE BODYWORKER

Sue Graf was a Professional Horseman for 25 years and has been doing bodywork on horses since 2008. She serves Orange, San Diego, and parts of Riverside Counties. Regarding when a horse might need a massage, she says, "All horses (and humans) need massages because of the lifestyles we lead, but **this time of year, there are two big reasons to have your horse worked on, both related to weather.** First, horses in SoCal generally live in small spaces. When weather doesn't permit horses to get out and exercise or play the way they normally do, their muscles get tight and stiff. My job is to help those muscles stay hydrated, stretched, and flexible, so they can get back to work more easily once the weather clears."

Sue Graf, making horses happy for more than a decade



This leads into the other reason Sue sees a lot of horses this time of year: slipping. "Horses slip due to mud, wet surfaces, and being wild because they haven't gotten out. When muscles are tight and stiff, they don't bounce back when a horse slips – they get strained, they get irritated, and sometimes they can tear. While I can't fix a torn muscle, I can support the muscles around it, and work to keep scar tissue to a minimum. I think **prevention is key**, so bodywork to keep horses flexible and muscle tissue hydrated is always a great idea."

Keahorses.com - 949.290.1420 - keahorses@yahoo.com

Where in OPA are we?



Last month's answer: Rockin R Ranch Barnyard



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