

Improving your Horse-Power and Performance

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Abstract: Tracking the effects of using Light, Sound and Radio Frequency on different equine maladies.

Introduction

Imagine having a device that is easy to use, portable, practical, adaptable and effective. This technology can give your horse the competitive edge by reducing healing time from injury or illness, decrease the anxiousness associated with transportation and general fractiousness, increase overall energy and vitality, and reduce costly veterinary bills. Enter the PERL (Photon Emission Resonant Light.) This idea behind this technology is not new, in fact it has been around for over 70 years, but its use in the equine community is still relatively unexplored.

What is a resonant light device?

It is a non-contact device that uses a radio frequency carrier wave to deliver information of specific frequencies of light and sound deep within the body. It uses a phenomenon known as harmonics in its operation to trigger the resonant characteristics of the target tissue, cells or microorganism. The frequencies are transmitted through a plasma tube antenna. Because no contact with the plasma tube is necessary with this device, one merely has to be within the active field emitted from the tube in order to achieve effects. Currently this active field extends beyond 10 meters making treatment of larger groups of animals very easy. This method of stimulating changes is affectionately known as “PERLing”.

Method and Materials

This 90-day study was design to replicate the typical conditions and time restraints observed in an average stable. Three horses of varying ages, breed and health concerns were chosen to show the effectiveness and versatility of this system. No special treatment for the horses, their stall configuration or dietary changes were made. The only external change to their usual environment was the use of the PERL device and the closing of stall gate during treatment to keep them in close proximity to the device. A two hour protocol was implemented five days / week with a two day rest period. The same 5 banks of pre-programmed frequencies were used on all the horses, and run through a multi-signaling kit to shorten the run time for efficiency and convenience to the owner. The banks included frequencies for osteo-arthritis, stress and anxiety, general health, meditation and healing and regeneration.

The only exception to this was Horse (c): suffering from acute laminitis. She also received complementary therapy in the form of Reiki and homeopathic remedies during her recovery period. It must be noted that the impressive change in this horses condition occurred in just four weeks of running the PERL device. Due to time restraints of the owner and the incredible improvement seen in the horse's acute condition, the owner discontinued the treatment before the end of ninety - day study period.

Background on the Test Horses:

Horse (A): 19 year old thoroughbred gelding named Bean, owned and loved for last 16 years. Originally trained at the racetrack in Vancouver, he has always been a very high-strung difficult horse. A cribber and weaver since day one, he was impossible to handle by the vet or farrier unless drugged. Many forms of natural horsemanship were practiced giving some improvement, but still was considered to be un-rideable by many trainers. At 19 years old he is much more relaxed and trusting, but still suffers from anxiety, and pronounced weaving and cribbing. He has worn a variety of cribbing collars over his life with limited success. This has been a long-term behavior for this horse and we were uncertain whether “PERLing” could demonstrate changes to such an established behavioral pattern.

Horse (B): A 21 year old Arabian mare named Cozy with progressing lameness in the right hock that is currently in the late stages of fusing. In her day she was a talented games horse (barrel-racer, cattle-penning, gymkhana). Although a very calm and loving horse, she is progressively losing quality of life and vitality from the increasing stiffness and soreness. Her range of movement in her hind-quarters has gradually decreased over the years with her advancing age. Again, this is a great test animal for the P.E.R.L. due to her advanced age and the chronicity of her condition.

Horse (C): A 24 year old ½ Arab / Welsh pony mare named Fifi. She suffered few health concerns until 5 years ago following a failed pregnancy. On the onset of this study she was an over-weight, insulin resistant mare, inactive with digestive issues and *acute laminitis*. The veterinarian had suggested euthanasia due to severity of the condition. Neither, the owner or the pony, was ready to give up. Prior to joining the PERL study, Fifi was prescribed *Banamine*, *Atravet*, and *Butorophanol* for her condition by the vet. The drugs were making her constipated and adding to her gastric upset, so she was weaned off and substituted with Reiki and homeopathic medicine. These additional therapies were continued along with the “PERLing”. She had been down in her stall for several weeks in a grim state before the PERL was introduced.

Observations

The following highlights important observations noted on horse (A) over the 90-day study period:

Horse (A): BEAN

DAY 1

- Calmed significantly after first exposure to the PERL, still needed to wear cribbing collar.
- Walked out of stall after treatment, usually he bolts.

Day 4

- Remaining calm for the entire session with rare weaving. Still wearing collar.

Day 6 - 7

- Stools became loose. This is typical of detoxification reactions seen in human studies.

Day 8 - 9

- Stools loose. Worms were clearly visible in the stool.

Day 10

- Stools normal with no more evidence of worms.
- Horse quiet and still but still wears cribbing collar.

Day 11 - 44

- Calm and quiet. Unusual behavior for this horse. Weaving is rare now and very occasional cribbing noted only during feeding time.

Day 45

- Removed cribbing collar prior to feeding. Fed him grain (combo cob and flatted oats). A couple of times while he was eating he appeared to start to crib, but stopped almost immediately. He finished his grain and again cribbed about 4 or 5 times before wandering away to graze. I left off the collar while I went to work. I returned at 5:40 and examined the stalls, fences and his front teeth. No evidence of him having cribbed during the day. I left off the collar for the night.

Day 46

- I examined the stalls, fences, and his teeth in the morning. Again, no evidence of cribbing. I left off the collar to observe while the horse ate (normally the time he starts cribbing). He did not crib. I left off the collar for the time being.

Day 47 - 55

- Collar off. Grain fed. No cribbing observed. Looked at fences, stalls and teeth. No evidence of cribbing.

Day 56

- The farrier came to re-set Beans shoes. He observed that the horse had grown more "foot" in the last two months than he had in the previous year. As Bean was not uncomfortable bare-foot, we decided to leave the shoes off for a few days.

Day 59

- Cribbed after eating some grain. After he was let out of the stall, he cribbed on a fence post twice. Re-examination of fences, barn and his teeth showed no evidence that he was consistently cribbing. I left the collar off. Horse still appears comfortable without shoes.

Day 63

- Horse very upset tonight. Neighbors said dogs had been chasing and snapping at horses in pasture today. Cribbing and weaving noted.
- Weaving stopped when device turned on but cribbing is evident again today. Collar put back on for 1 week.

Day 64 - 69

- Decided to leave it for a week and try to remove it then. Otherwise he was calm and quiet.

Day 70

- Left off the collar for the day. Checked the fences, barn, and horses teeth. No weaving. Did not appear to be cribbing.

Day 71 - 90

- Cribbing collar not worn.
- Appears calm and quiet. No cribbing observed. Looked at fences, stalls and teeth. No evidence of cribbing. His demeanor appears much less anxious from 90 days ago.

The following highlights important observations noted on horse (B) over the 90 day study period:

Horse (B): COZY

Day 1 - 7

- Very little noticeable change noted during first week.
- Mare faced away from the device for the entire session.
- Mare shifted from one side of the stall to the other and did not approach the device. This is somewhat odd as the mare is extremely friendly and, as I was observing from the area of the device, she would normally have approached me. I am not sure if the shifting from one side of the stall to the other was to avoid the device or get a better angle. Since her osteo-arthritis is in the hocks, it may be of some significance that she kept her butt-end to the device.

Day 8 - 9

- Mare very eager to come into the barn. She appeared to back up toward the machine and actually pawed her hay toward the center of the stall and kept her back-end nearest the doorway where the device was sitting.

Day 10

- Change noted in behavior... bouncy bright and canter into barn, Chipper and more comfortable.
- Seemed to return to prior soreness and stiffness after device not run for 2 days

Day 21

- Bucking and kicking out...have not seen this behavior in 2 years. Bright and full of herself.
- Mare great this evening. As soon as the frequencies were finished, she turned toward the device.
- Seemed to return to prior soreness and stiffness after device not run for 2 days

Day 40

- No evidence of lameness. Acting like a youngster.
- Appears comfortable even on days device is not run.

Day 44

- Mare was enjoying the sun today, rolling and jumping and bucking. She appears to feel a lot better than she has in years.

Day 52

- Farrier came to trim feet. He said that the horse was noticeably more comfortable.
- He was able to pick up her feet without her leaning on him.
- She had a greater range of motion and did not appear to be sore in her joints or hocks.
- Because of this, I asked him to shoe the mare. She hasn't had shoes on for two years.

Day 59

- Device was not run for 4 days due to personal illness. Mare still seems to be sound. No lameness noted.

Day 60

- Mare seems comfortable with her new shoes. No lameness or soreness noted.
- She was trotting around snapping her knees and really extending her hinds.

Day 63

- In the afternoon, some dogs had apparently come into the pasture. This mare seemed stressed, which is not usual for her. She was sweaty and appears to be favoring her front. Examination showed that she had injured herself at the fetlock joint. Appears to be an external injury and quite superficial, however, she may have overdone the racing around

Day 64-74

- Mare was sore today, both front and hind legs. Some swelling noted on the right-front.
- Mare was sore again today. Soaks injured right-front in Epsom salts.
- Mare appears a little better today. Still sore and not back to her previous good health.
- Mare appears great today. Still off, but full of beans. Hopefully back on the road.

Day 75

- Mare is great today in spite of the rain. She doesn't appear to be sore at all and was really extending when she trotted in.

Day 76 -90

- Mare acts again sound. No signs of soreness. Fully extending her trot.
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The following highlights important observations on horse (C) over a 28 - day period: The following observations are taken from a written report from the owner. She unfortunately did not offer a time line for the noted changes.

Horse (C): FIFI

Day 1 – 28

- Noticed immediate response as Fifi appears much more relaxed and in less pain.
 - Mare appeared to really like the machine as she would align her body to it and stand as close to it as she could.
 - Fifi responded quickly, she appeared less stressed and had a softer look in her eye. By the end of the session she was lying down resting and breathing more normally.
 - Improvements seen each time the PERL was used. Brighter, more relaxed, less pain.
 - Fifi able to stand and move about more easily. She shows interest in going out to the pasture. Heat in her hoof greatly reduced.
 - Farrier reported improvement in the condition and growth of hooves.
 - Fifi now moves about easily. Her body stance shows little evidence of her being in discomfort. Treatment ceased due to time restraints and the tremendous improvements.
 - “It was nice to have access to something that could help her without side-effects, something that give such immediate results.” “ I never doubted I made the right decision to let her keep fighting her illness”. “I am grateful for the use of this device.”
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Observations from the Farrier (by interview of Jim Taylor)

Horse (A): Bean

- Did not require any sedation to work on feet. Noted a much calmer horse.
- Observable changes to both quality and quantity of new hoof growth.
- This horse, common to thoroughbreds, is plater-footed, has a low pain tolerance and a strong pain memory. In the last 10 years of working with this horse, he has always needed to wear shoes. During the course of this study, he lost a shoe and it was only noticed during a routine farrier visit. This is very unusual for this horse, as his pain sensitivity has never allowed him to be shoeless before. At the end of the study, Bean was much more relaxed, easier to work with and comfortable without shoes.

Horse (B): Cozy

- Worked with this horse since 1996. Over the years she has become increasingly difficult to shoe due to her progressing stiffness and loss of flexibility. She developed a foundering issue a few years ago, and has not worn shoes since due to her reduced movement and poor condition of hoof.
- Saw this horse about fifty days into the PERL study for routine work. She was looser in general, appeared to be in less pain, noted significant improvement in her range of movement. She moved and acted like she was 10 – years younger.
- She was much more comfortable and easy to work on as she was not leaning her weight on me. She was light and loose on her feet. Her temperament was good and she appeared in good spirit.
- Her hooves showed clear evidence of a new band of healthy growth. Previous to this, her hoof was shelly, of a rotten texture and very slow growing. Now, not only is the amount of new growth difficult to explain, but, it is also of a firm and supple healthy texture.
- Shod for the first time in a few years and appears comfortable.

Observations from the Veterinarian

Horse (C): FIFI: Vet = Dr. Bruce Renooy

Dec 2007

- Fifi is a 24-year old pony with a year and a half history of laminitis. She has excessive fat deposits on her body consistent with insulin resistance. She had aborted a fetus prior to developing sign of laminitis. She is currently lame at the walk on the left forelimb. On the left proximal $\frac{1}{2}$ of the dorsal hoof wall is growing straight while the distal half is flared. There is marked separation of the lamina on the solar surface of the foot and there is moderate sensitivity around the toe. On the right front there is also mild separation of the lamina, and mild hoof tester sensitivity.
- The radiograph showed the solar surface of the left front coffin bone is 15 degrees to the ground surface (normal = 4 degrees). The angle of rotation measures 7 degrees in the proximal half and 25 degrees in the distal half of the foot. There is an 11-degree rotation on the right front foot. Shoeing and pads recommended as to transfer the weight onto the walls and frog while taking it off the sole where she is sensitive by hoof-testers.

Jan 2008

- Mare had significant set back. Shoeing and pads made her more uncomfortable and were removed, and medications tapered down. Significant rotation on both fronts on radiograph. Mare had other episodes of laminitis in the past, but this is her most severe.
- Mare stands up supporting her head with the half wall. Extremely reluctant to walk, no feces in the stall.
- Significant bone remodeling of the tip is present on the front left. The sole depth on both fronts is minimal. A small gas pocket was also seen at the tip of P3 in the front left.
- Mare sweating heavily on the left side of her body. HR = 66. Increased digital pulses were also present in the left front. Warmth detected on coronets.
- Mare has stopped eating, is reluctant to move.
- The mare is in significant pain at this point. Consult with owner was performed and she was showed the films. A poor prognosis for recovery. Euthanasia was discussed.

Conclusions:

Horse (A): Bean: During the 90 day study, the following changes were observed in this horse:

- The weaving habit appears to have been significantly reduced and only seems to be evident when the horse has been extremely upset and not as a matter of habit as previously.
- The cribbing habit appears to have been significantly reduced and only seems to be evident when the horse has been extremely upset and not as a matter of habit as previously.
- Several days into the study this horse appeared to have expelled worms that would normally have worming paste administered.
- This cribbing collar is now used intermittently, usually for a short period of time after the horse has been extremely upset. This is significant as the collar in one form or another has been used this horses entire life to limit the damage to his stall and fences.
- This horse appears to have made some significant improvements as far was the condition of his feet are concerned. As mentioned before, this horse has had shoes on since 1991. Currently, this horse has grown more hoof and will require a trim. He has never required a trim prior to this - just re-setting his shoes.

Horse (B): Cozy: During the 90 day study, the following changes were observed in this horse:

- Significant changes in her overall soundness and gait.

- Significant changes in her range of motion.
- Increased vitality as observed from her movements and playfulness.
- Reduction pain level as noted by her solid stance and lack of nostril flaring.
- Was able to be shod. Has not been able to wear shoes in two years.
- Improvement to the quantity and quality of hoof growth.

Horse (C): FiFi: During the limited 28 days, the following changes were observed in this horse.

- Immediate response to PERL device. Observed to be much more relaxed and in less pain. She appeared less stressed and had a softer look in her eye.
- Significant reduction pain level as noted by her posture, improvement in movement, lack of nostril flaring, and return of appetite. She was able to rest and breathe easier.
- Improvement to the quantity and quality of hoof growth.
- Significant improvement to the inflammation in a relatively short period of time, without the drug side effects. Great improvement in quality of life for this pony.
- Appeared to have greatly accelerated the natural healing process.
- Owner ecstatic over changes in Fifi's condition. Euthanasia avoided.

Discussion

This initial 90-day study concluded with some very promising and a few unexpected changes to each of the three horses. Admittedly, this preliminary research requires further studies with a greater variety of equine breeds and maladies, but early results correspond well with the data observed and recorded over a ten-year period from greater than 2000 human volunteers.

Many of these changes are not quantifiable but are easily observable through behavioral changes and improved range and ease of joint mobility.

These initial results are very encouraging, and demonstrate positive changes in a relatively short period of time. Both acute and chronic inflammatory disorders as well as established behavioral patterns appear modifiable using this technology.

It is of continued interest to observe how long these positive changes remain after concluding the PERL sessions. Typically, after desired gains are reached it is recommended to use the device on a maintenance program of two days /week. These horses will be monitored over a 60-day period, to observe how long their changes remain after ceasing their exposure to the resonant light device. In human trials, the benefits from "PERLing" become more solidified the longer and more consistently it is used.

After 30 days: with No PERL

Gelding Bean: this high-spirited horse continues to crib and weave only sporadically. He seems to crib for only short periods mainly when he is fed. He wears the collar on rare occasions now when he becomes highly agitated otherwise his nature is significantly improved. This was an unexpected surprise to the owner who has dealt with this problem all the horse's life. As a side note, the owner observed that this horse usually suffers from spring allergies usually around mid March. This year his eyes did not show his typical reaction until the end of April, two weeks after stopping his PERL treatments.

Mare: Cozy: The affects from "PERLing" appeared to begin reversing with this 21 year old mare after 14 days off the device. She began showing signs of pain and increased stiffness as indicated by her gait, stance, range of motion, and flaring nostrils. She continued to digress over the next several weeks until all previous gains were no longer observable. This was not unexpected in such an old horse with structural changes in her joint so well established. It will be of interest to re-implement Cozy on the previous PERL protocol and have her continue with the treatment for a longer period of time. Even though the X-Rays failed to demonstrate progressive changes, the apparent ability of the technology to reduce pain, and increase the vitality and quality of life of this horse is worth noting. The owner of this horse began using homeopathic Arnica again after 3 weeks off the device, to bring more comfort to her rear hock. She looks forward to putting Cozy back on the PERL protocol and has asked to do so before the 60 day period is up.

Pony: Fifi: (Quote from Owner) "Fifi is continuing to improve. Her damaged hooves need time to grow out, and in the meantime are sensitive and need protection but she has been given the chance to heal and has gotten through the acute stage of her pain management thanks to the help from Resonant Light therapy. She looks like a different (happy) horse now and we have high hopes for a full recovery."