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## **Suggested Herbal Support for Horses with Exercise Induced Pulmonary Hemorrhage (EIPH)**

### **What is EIPH (Exercise Induced Pulmonary Hemorrhage)?**

EIPH is a condition in which blood enters the small air passages in the lungs during heavy exertion. This “bleeding from the lungs” can decrease lung function. EIPH can affect horses in all race and riding disciplines. It can also affect companion horses that work hard. EIPH is very common. Recent studies show that as much or more than 90% of racehorses experience EIPH while racing. Some cases are more severe than others, with visible bleeding and visible distress. Others are not noticeable at all unless “scoped” by a veterinarian.

### **What Causes EIPH in horses?**

Despite research by top veterinary experts, the cause and what to do about it remains uncertain. Some potential reasons include improper shoeing or shod feet hit the ground harder than barefoot horses. This can cause greater impact or restricts the digital arteries in the hoof, contracted bulbs in the hoof, genetics, running above talent, or stress.

The newest research done in the UK states that some horses have a higher impact when running or exercising, that causes a ripple in the chest cavity, resulting in pulmonary hemorrhage. Another very controversial possible cause is shoeing. It is suggested that the impact of a horse hitting the ground at high speeds causes much greater stress on the internal organs, joints and bones resulting in pulmonary hemorrhage. Parts of Australia, the UK, and the state of Kentucky now allow “barefoot racing” on the track and in endurance races.

Other possible causes of EIPH include:

- Genetics or a pre-disposition to EIPH
- Running in races that are too fast for their ability
- A turf horse running on dirt
- A dirt horse running on turf. (The turf/dirt issue is probably ties into shoeing and impact as well as ability and terrain).
- Overuse of “track drugs” causing nutrient deficiency and damage to internal organs, toxic build-up and inflammation. This can cause the body to regenerate unhealthy weakened and inflamed cells. Couple this with an unhealthy lifestyle of nonorganic processed feeds and limited access to green grass and D3 from sunlight and there is an increased risk of a problem. The liver is often very involved in the toxic conditions of lung health, complicated by storage of track drugs and other poisons
- Bleeding from the lungs may cause scar tissue, infections and mucous buildup, which can increase the risk of increased bleeding each time the horse runs.



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## What is the Recommended Holistic Approach to EIPH?

Herbs of the World stand by the “Natural Horse” concept. We support responsible, informed barefoot competitive horse events. We also encourage a more natural life style providing the least processed clean, natural feed with good fresh non-chlorinated water for the horses that do compete. We highly recommend feeding your equine athlete herbs. Apply holistic healing methods such as chiropractic manipulation, acupuncture, massage, professional barefoot trimming, and essential oils as needed. Utilize good veterinarian practices with holistic or open minded vets. The combined methods are the most effective way to holistically manage a competitive horse.

We recommend you consult your personal vet or a holistic vet before changing or supplementing your horses’ diet, especially for the competitive horses. Adding herbs to your horses’ diet is the natural way to maintain good health, prevent potential illness and injury, and get your horse to the top competitively.

## How Can the Bleeder Program Help?

In 1996, after 30 years of experience and research, Herbs of the World developed a very effective, safe and plant based herbal program for competitive horses with EIPH. These herbal blends are made with herbs traditionally known to support the respiratory and circulatory systems along with every organ and system in the body. The herbs used have been trusted by herbalists for many generations.

The following race proven blends for EIPH can be used separately, but the horse will have better support used as a complete [Bleeder program](#). You can still scope your horse, if you feel it is necessary; however it is an invasive practice.

### [Herbs of the World Complete Bleeder Program](#)

**[EQ93 Bloodless Victory™](#)**: A daily herbal tonic used as a preventative to reduce bleeding, strengthen and tone the respiratory system, internal organs, and to cleanse and nurture the blood of the Equine Athlete. This blend supports removing toxins to improve over all vitality and reduce stress.

- Suggested Use:
  - Heavy Work or Training: Begin with 3 TBS twice a day, for 30 to 90 days and then continue 3 TBS per day, 6 days a week for maintenance.
  - Pre Event: 4 TBS twice daily the day before, day of and day after event



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**EQ91 Chinese Bleeder Liquid™:** Powerful plant based liquid that quickly enters the blood stream to reduce bleeding and strengthen the horse's respiratory system.

- Suggested Use: 45 cc 2 times daily 2- 4 days before heavy work and day of heavy work. For best results use with Bloodless Victory or complete Bleeder Program

**EQ92 Run For Your Life™:** An effective blend of traditional North American and Chinese herbs to promote more efficient oxygen exchange between the lungs and the blood. It also supports clearing fluid and mucous from the lungs allowing the horse to recover more quickly after racing. The liquid goes right into the blood stream and builds the blood. It acts like a natural bronchial dilator without adverse side effects.

**This formula does not test in racing or showing.**

- Suggested Use:
  - For chronic lung health issues: 3 TBS two times daily, for thirty days, then reduce to 3 TBS once a day, 6 days a week,
  - For horses in heavy training or competing: Use as a pre race 3 TBS two times daily, two days before racing, day of, and day after.

**EQ94 Korean Stop Bleeding™:** Pre Event formula to assist the body to withstand the pounding it takes when running or racing.

- Suggested Use: 3 Heaping TBS, twice a day 2 days before and on heavy work or race day.

Feeding herbs to the equine athlete makes complete sense, and is really the most humane. It is and the best way to get your horse to the top competitively, whether they are a bleeder or not. There are herbs for every type of horse, from no problems, just maintenance, to the most serious injury or diseases.

### [Herbs of the World Complete Bleeder Program](#)

#### **Who Uses the Bleeder Program?**

**Trainers and owners** in North America, Arab Emirates, Europe and Australia, successfully use **Herbs of the World Bleeder Program** in conjunction with vet prescribed meds, with no adverse side effects to the horse. They found that horses are in better condition at the end of the race and recover quicker than usual. **They "race stronger and last longer".**

Top Level Equine Athletes that running in the Triple Crown, Dubai, FEI Show Jumping, NBRHA, Standard Bred and Thoroughbred Race Horses, Barrel Racing, and Pole Bending Endurance Riding successfully use our Bleeder Program

#### **Ask the Herbalist**

If you have any questions or concerns, contact Loryhl Davis at 208-756-1641.