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Simple Acupressure Techniques Anyone Can Use

ACUPRESSURE FOR HORSES

Hands-On Techniques to Solve Performance Problems and Ease Pain and Discomfort

DR. INA GÖSMEIER

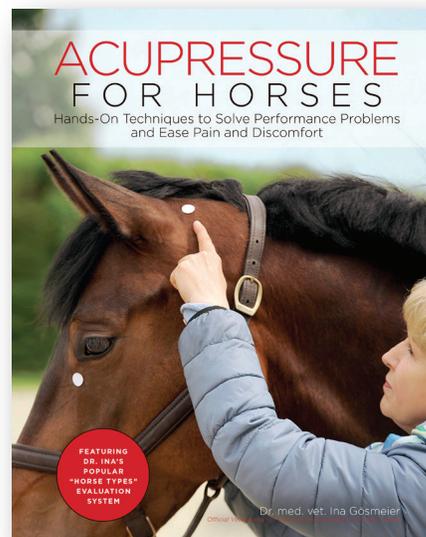
Trafalgar Square Books is pleased to announce the release of *Acupressure for Horses* by Dr. Ina Gösmeier.

Anyone can learn how to use simple acupressure techniques to help his or her horse. In this highly illustrated book, German team veterinarian Dr. Ina Gösmeier provides step-by-step explanations and instructions that enable readers to:

- Learn to identify your horse's individual "body constitution type," which determines choices of acupressure treatment
- Understand the 12 main channels of energy in your horse's body
- Gain the ability to choose the correct points to treat specific issues
- Relieve mild sources of pain and discomfort in your horse's body
- Influence his mental health and stability
- Choose appropriate treatment from a comprehensive list of common problems

In addition, the book features Dr. Ina's popular "Horse Types" evaluation system.

DR. INA GÖSMEIER studied veterinary medicine at the University of Giessen in Germany, after which she obtained specialized certification in acupuncture, undertaking additional studies in Chinese herbology at universities in China and Switzerland. Since 2002, she has been responsible for the horses on the German national teams at championship events and in international competition, where her job



is to maintain the health, well-being, and performance of the horses, using naturopathic methods.

"I have come to know and value Dr Ina Gösmeier...she possesses the very rare gift of being able to consolidate the diverse and complicated facts of medical cases into explanations that the layperson can easily follow."

—INGRID KLIMKE, OLYMPIC EQUESTRIAN

160 pp • 7 x 8 ½ • 158 color photographs • 978 1 57076 787 6 • \$24.95 hc spiral

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