



# SPIRIT CANYON HERBALS

## Product of the Month

January's Product of the Month is [X-Ponent](#), our immunity and detox formula for dogs and horses.

[Sign-up](#) to our mailing list and receive \$10 and free shipping towards X-Ponent, good through January 31.

## Tack Room Talk

Happy New Year!

It's the time of year when many of us set new goals and reflect on the last year. I can happily say that this year my business has grown and my waistline hasn't! Win-Win! This year, however, I am hoping to spend more time on my young horse so I am going to set some new goals for her in 2019.

Health and wellness for my horses and dogs always rates near the top of my list of goals. One method for achieving that is ensuring that they have a healthy immune system to ward off pathogens and stress-related disease. So, our January product of the month is X-Ponent. We made this formula to work as a detox as well as an immunity booster, and I have found it helpful to use X-Ponent with each change of seasons. I use the same strategy to keep myself healthy too.



To keep your horse's health goals on track, consider entering all of your yearly health tasks into your calendar or your phone now so you won't miss any important dates. Before you know it, the arena and the trails will be calling our names. Once I get busy with spring and summer events, I drop off on my planning and goals. So take the time now to record when you should make an appointment with your equine dentist and your vet for an annual health check, plus schedule in your routine farrier visits, and don't forget to include X-Ponent to detox and boost your animal's (horses and dogs) systems in January, April, July, and October.

Wishing you all good health, safe rides, and fast times in 2019!

Rae Lynn

## Immunity and Detox

A quick glance at magazine covers this time of year will reveal a variety of suggestions for detox and immunity boosting strategies, which makes sense if you overindulged in too many holiday treats and beverages. I know that lately I am not feeling nearly as motivated to get up early to go to the gym, and by mid-afternoon I feel like I need a nap. This is also the time of year that you will see your Facebook feed filled with friends complaining of a variety of ailments ranging from sore throats to vomiting and body aches.

We know that we need to remove toxins to avoid feeling sluggish, bloated, and ill, but what do you do for your equine athlete? Like us, our horses continue to age and are exposed to stress, environmental toxins, and poor diet.

We are all protected from invading pathogens by a complex immune system. I recently read a great description of this system by Ian Tizard, who compared it to a totalitarian state. It actually reminded me of how our blue heeler Allie handles visitors. Most days, she can be compared to a functioning immune system with our property representing a healthy body. She continually patrols the perimeter for invaders. She considers deer, turkey, UPS drivers, and butterflies as pathogens (also known as antigens). After raising an alarm with an ear-piercing bark, she quickly expels them from the system. Allie tolerates the cat, but if she deviates from her usual spot on the porch and runs through the yard, the cat may get run up a tree and kicked out of the system. Allie greets us with excitement as we represent food and love, which is like a healthy immune system that permits free access of nutrition and oxygen. A few years ago, however, we came home to discover firefighters in our yard cleaning up after a wildfire. Allie was barking at them with her hackles up, and my husband asked if she had been bothering them. Their reply, "No. She was laying on the porch and didn't move until you drove up the driveway." In this case, I could carry this analogy out a little further to say the smoke and toxins weakened our immune system (Allie) and she let pathogens in without a fight.

According to Tizard, a healthy immune system includes four components: a method for trapping and processing antigens; a system for reacting to a specific antigen; cells to produce antibodies or to participate in a cell-mediated immune response; and cells to keep a memory of the event to react to the antigen in future encounters.

Certain herbs have historically been used to remove pathogens, to restore the normal function of an affected organ, and to improve overall immunity. These types of herbs can be divided into categories that include:

\*The Anti's (antimicrobials, antiseptic, anti-protozoal, anti-fungal). These herbs fight harmful bacteria, fungus and protozoa. Our Antipodian tincture contains many of these types of herbs.

\*Alteratives, depuratives, and detoxes. Rather than directly targeting specific pathogens like the first category, these herbs support and restore the function of an affected organ such as the kidneys or liver. These herbs also help to remove toxins and improve overall immunity. Examples include Dandelion, Burdock, Garlic, Thyme, Cleavers, Licorice, Oregon Grape Root, and Echinacea.

\*Adaptogens. These herbs help the body adapt to stress and exert a normalizing effect on bodily processes. Examples include Licorice, Siberian Ginseng, and Sarsaparilla.

\*Immune enhancers, immune stimulants, and immune modulators. These herbs boost the immune system. They can also modify an immune response or stimulate increased activity within the system. Examples include Echinacea, Astragalus, and Pau d'arco.

On a seasonal basis I use X-Ponent, which contains Echinacea, Oregon Grape Root, Astragalus, and Licorice. I use this blend for approximately 10 days in January, April, July, and October, and when I have had a horse exposed to a lot of stress and travel. In the case of stress, I may use the blend for a longer period of time. Signs that a horse could benefit from a detox and immunity boost may include poor hair coat, lethargy, behavioral changes, frequent illness, and inflammation and pain.

There have also been times when my horse has required antibiotics. Following a course of antibiotic treatment, I use our K2 formula for kidney and immune support to detox and help get their system back in order. This blend contains Dandelion Root, Astragalus Root, Marshmallow Root, Parsley, Ginger Root and Licorice Root.

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### **Our Risk-Free Guarantee!**

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We believe in our mission, and we believe in our products. All of our blends come with a 100% risk-free guarantee: if you are not completely satisfied we will refund your money, and we will work with you and your animal to create a custom solution to your problem. Contact us for more information on any of our products or to inquire about custom blends.

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## Herbs Featured in X-Ponent

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**Echinacea** (*Echinacea spp.*) - bitter, pungent, cool; alterative, carminative, stimulant, vulnerary; lungs, stomach, liver.

Stimulates the body's immune system against all infectious and inflammatory conditions, counteracts pus, and stimulates digestion. Strengthens the immune system against pathogenic infection by stimulating phagocytosis, T-cell formation, and by inhibiting the hyaluronidase enzyme secreted by bacteria to effect the breakdown of cell walls and the formation of pus.



**Oregon Grape Root** (*Mahonia repens*) - cold, bitter; alterative, hepatic, laxative; liver, stomach, colon.

Treatment for all chronic degenerative diseases, especially cancer and arthritis. Also good for chronic skin problems caused by blood toxicity. Used as a blood purifier. One of the mildest and best liver tonics known.

**Astragalus** (*Astragalus mongolicus*) - sweet, slightly warm; chi tonic, diuretic, anhydrotic; spleen, lung.

Strengthens digestion, raises metabolism, strengthens the immune system, and promotes the healing of wounds and injuries. It treats chronic weakness of the lungs with shortness of breath, collapse of energy, prolapse of internal organs, spontaneous sweating, chronic lesions, and deficiency edema. Very effective in cases of nephritis that do not respond to diuretics.



**Licorice Root** (*Glycyrrhiza glabra*) - sweet, neutral; chi tonic, expectorant, demulcent, aperient, mild sedative; spleen, lung (all 12 meridians).

Strengthens digestion, treats stomach and duodenal ulcers, and improves energy. Is good for dryness of the lungs, coughs and colds. Clears heat, detoxifies poisons, relieves abdominal pains and spasms, and counteracts sore throat. Is used as a harmonizing and flavoring agent in many herbal formulas.