

EQUITONIC 9

Infratonic Sound for Horses

Another Success Story - Why Every Horse Owner Needs One

When Jennifer Roberts, owner of the Penn Cove Horsemanship Center in Washington, relocated a mare to a new stable, the mare was highly agitated, retreating to the back of the stall and kicking the wall repeatedly. Jennifer collected her Equitonic 9 and tied it outside the stall on the “Deep Calm” setting. The mare settled down immediately, not kicking even one more time. In Colorado, Alicia Evans, a longtime animal trainer, uses the Equitonic 9 on horses that have bronchitis, laminitis, colic, pain, injuries, arthritis, nervousness, and many other health conditions. “It produces a noticeable shift—in the energy field of the horse, in calmness, and in overall health,” she comments. Meanwhile, during the grueling training season, savvy trainers treat thoroughbred race horses headed to prestigious races like the Kentucky Derby with the Equitonic 9, noting that it accelerates the recovery time from rigorous workouts, physical stress, and even injuries.

Patented by mechanical engineer and scientist Richard Lee, Equitonic sound-wave healing devices have been used for three decades to reduce inflammation and pain, treat injuries, accelerate post-surgery healing, and promote a sense of relaxation, peace, and well-being in horses... and, for the record, in humans, too.

But What Is the Equitonic 9?

The Equitonic 9 is a hand-held, rechargeable, battery-operated device that uses alpha-range sound waves to simultaneously relax the body, reduce cellular trauma, and stimulate the production of hyaluronic acid (HA). Sound waves (below the range of human hearing) are emitted from the device, called the transducer, in an unpredictable pattern. This irregular pattern is the key to the efficacy of the healing sound vibrations because the body cannot adapt to it. The formal name for working with this unpredictable (or chaotic) sound wave pattern is “stochastic resonance therapy.” Introducing stochastic resonance signals into the body awakens cellular and genetic structures, increasing the energy in the system and reorganizing it into a higher, simpler state where healing is not only possible but likely.

The Equitonic 9 device has three settings: Restful, Acute (for pain), and Pre-Race, each of which offers inflamed or traumatized cells a different healing strategy. Users feel a subtle vibration, which is sometimes described as a gentle pulse. The Equitonic 9 can be placed directly on the body or it can be used in the body’s bio/magnetic energy field up to ten feet away from the body.

How It Works:

In order to understand how the Equitonic 9 works, let's talk cells. Cells that have been traumatized by injury, surgery, repetitive practices, stress, overwork, and/or many other conditions are not, biologically and energetically speaking, in the best position to heal. Healing takes place, optimally, when the cells are relaxed, not traumatized. As the Equitonic 9 emits sound waves in the alpha range—the range most often associated with the calming effects of meditation and relaxation—and the cells in the affected area receive these waves, they drop their highly reactive programming and healing begins. The sound waves break the habitual pattern of stress, allowing the cells to regroup and realign themselves within healthier parameters. Because the sound signal is not predictable, the cell remains in a sort of “open state” where it can begin to rebuild itself—creating stronger cell membranes, increasing the production of healing fluids, and ceasing to send alarm signals to the rest of the body. Pain is reduced, inflammation is reduced, and relief arrives.

But Is There Proof?

In 2001, inventor Richard Lee collaborated with veterinarian Ronald J. Riegel in a series of scientifically controlled studies focused on understanding and quantifying the healing effects of the Equitonic device. Using groups of ten genetically similar, standard-bred racehorses (all eating the same diet and participating in the same daily workout schedule), research protocols were devised to study the effects of one twenty-minute Equitonic session on the inflamed hocks of the horses. Infrared thermographic imaging soon determined that the hocks treated with the Equitonic dropped three degrees Celsius or more after just one session and stayed down for hours. Repeated treatments, over a period of weeks, showed progressively more effective reduction in inflammation, indicating that Equitonic therapy is cumulative, with two or more treatments providing substantially deeper and longer-lasting relief than a single treatment. In a second, even more rigorous field trial, blood analysis of all ten horses in the treated group revealed that Equitonic therapy brought about a significant drop in levels of both AST (Aspartate Amino Transferase) and CPK (Creatine Phosphokinase)—both of which are prime indicators of inflammation in muscle tissue. Additionally, the treated horses showed significant improvement in the rate of recovery after races, attitude, and performance, shaving 1.65 seconds off their time over six weeks—enough to make the difference between first and last place in many close races.

Interested in identifying the biochemical mechanism by which the different measurables could be explained, Lee and Riegel expanded their research into the study of hyaluronic acid (HA), a key ingredient in muscle and joint health which veterinarians had been injecting into “dry” hocks of horses for many years to reduce inflammation and promote healing. Together, Lee and Riegel developed a protocol to measure HA concentration in the horses' hocks after Equitonic therapy. Five weeks later, they had the results: hocks treated with the Equitonic had 33% more HA than untreated hocks.

Meanwhile, the untreated control group showed a marked decline in HA. Even better news: the quantity of synovial fluid in the treated horses had increased dramatically, resulting in a fully lubricated joint, and inflammation had all but disappeared in all the treated horses.

The results of the studies confirmed what Equitonic users already knew: Using the device on horses relieved pain and inflammation and accelerated recovery 100% of the time. The second conclusion, that the Equitonic dramatically increased HA, a super important building block of the body, helps explain why this sound wave healing device actually works. (A detailed description of these scientific studies can be found in Richard Lee's book, Opening to Abundance, or via the Sound Vitality website, **SoundVitality.com**.)

So, How Do I Use It?

For humans, instructions on the use of the Equitonic are simple and straightforward: put it where it hurts. Protocols for over 100 medical and emotional conditions, typically contributed by satisfied consumers, are available on the Sound Vitality website.

Horses, on the other hand, are unable to describe their aches and pains, but long-time "horse people" and trainers Jennifer Roberts and Alicia Evans nevertheless agree that the Equitonic is "a great tool." Jennifer advises horse handlers to turn on the device and stand far away from the horse, moving steadily closer and observing the horse carefully for signs of distress or discomfort. She points out that horses "lick their lips, chew like they have food in their mouth, sneeze, shake their heads, pass gas—they give a lot of clues about what hurts." These clues inform her of where to aim the transducer. She never places it directly on the animal, finding that it works best, for her, from a slight distance.

Alicia follows a more intuitive approach: "Every horse is different," she says. "I just listen to them." For those less confident about their intuition, she adds, "Just follow the protocols. People have great success using them." Treatment protocols often focus on acupuncture points, timed sessions, and repetition. More detailed instruction can be obtained through the Sound Vitality web site.

A recap: in careful, scientifically-controlled studies, the Equitonic has proven itself effective in reducing inflammation, accelerating recovery, and promoting health and well-being. Help for horses who suffer from discomfort and pain, which perhaps previously felt out of reach, is actually at our fingertips in the form of a handheld transducer and its healing, cutting-edge, sound wave technology. Relief is minutes away with the Equitonic 9.

~Written by our Sound Vitality friend, Julie Mars

