

SEPT. 15, 2006

HOME & LIFE

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Real life 'horse whisperer' heals the sick — animals

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ENCINITAS — Many horse owners know Encinitas resident Heike Joy Kramer as the “horse guru.” Kramer — who specializes in alleviating allergies in animals without the use of drugs — is not a doctor or a veterinarian; she is an energetic healer who uses an alternative approach to treatment.

“I have a holistic approach. The main tool I use is Kinesiology, which uses muscle testing as a body feedback method. I cannot only identify energetic causes of diseases, problems and issues, but also the most effective way to rebalance the body system and to re-establish the body's self-healing ability,” said Kramer.

In general, traditional allergy treatment involves a two-pronged approach — minimizing exposure to the allergen and using medications and supplements to minimize the symptoms. More than 50 million Americans suffer from allergies according to a recent study by the American Academy of Allergy, Asthma and Immunology. The academy also found that allergies are the sixth-leading cause of chronic disease in the United States, costing the healthcare system \$18 billion annually. No comparable studies are available for animals.



Heike Joy Kramer works with one of her many horse clients to alleviate allergies through holistic, energetic healing methods.

PHOTOGRAPH BY WEHTAHNAH TUCKER

Kramer began using these same methods while working with humans in her naturopathic practice in Germany. However, she found that the system adapted to work with animals produced more effective results.

“The total result is better in animals, more stable because humans tend to fall back more easily into their old patterns. Animals aren't susceptible to the placebo effect of methods. Therefore, the proof is more apparent,” said Kramer.

One afternoon in early August, Kramer traveled to one of the stables in Rancho Santa Fe for a session with two horses. A warm blood and a Tennessee Walker greeted her as though they were saying hello to an old friend. They had some catching up to do.

Kramer began working with the stablemates to reduce the gelding's severe allergic reactions to Bermuda hay, flies, mites and other common elements in the life of a horse. He coughed and sneezed. His skin was raw from the constant itching that failed to relieve the agitation. His behavior was indicative of a horse in constant pain.

“People tend to think they cannot overcome allergies, but animals do not

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have this perception," said Kramer. Because animals do not have this preconceived notion, their systems are more

responsive to her methods according to Kramer.

For nearly a year, the Tennessee Walker has been allergy free. "Allergies affect your emotional stability," said Kramer. During rides, the

horse no longer attempts to buck his owner and the biting flies seem more of an annoyance than a life-threatening dilemma. "I believe animals have emotions and certain behaviors are attributed to certain imbalances at the physical level."

"I see my work as a detoxification of what has accumulated in the body and confused the system." This confusion is the immune system's overreaction to a substance that the body perceives to be dangerous. "The more I can de-clutter the system, the better the self-healing process will begin to work."

Another client — a thoroughbred gelding — suffered

from hives over his entire body. After months of enduring cortisone shots to treat the painful symptoms, the horse's owner sought an alternative remedy. Turning to Kramer for help was her last resort.

After the first session, in which Kramer assessed the horse's allergies, she began identifying the root causes for the allergic reactions and formulated a personalized treatment plan. The difference was immediately noticeable. Four sessions later, the horse's skin was healthy and his coat resembled a smooth, glossy brown blanket.

Kramer said believes that getting to the root of the problem instead of merely treating

the symptoms of the allergy is the key to her success. "We accumulate harmful things from nutrition, our environment, medications over a period of time. Just treating the symptoms is a Band-Aid approach."

Her unique approach is steadily gaining popularity. "People are searching for holistic approaches with lasting results." She added that she works closely with the animals' other health care providers to ensure the best treatment plan. "I do not encourage my clients not to take their animal to the vet."

It is early in the morning and Kramer is preparing to wage a fierce war on the allergies affecting a new client, a small dog whose owner has given up all hope that her pet will live a normal life.

Her weapons in this fight — pen, paper and an open mind — are easily obtainable. After about an hour of consulting with the animal, so is the remedy.

"I don't have returning clients because they don't need to," said a smiling Kramer.

At the rate her phone rings with new clients, perhaps it is beneficial not only to the animal, but to her that she is able to alleviate allergies in four to six sessions.

In an effort to reach a larger community of animals, Kramer will begin instructing holistic oriented practitioners to use her technique this month.

Through her non-invasive methods, Kramer has developed a loyal following of animal owners and animals. She returns to the stables, to the smell of alfalfa hay and buzzing flies.

As the horses gather around her, Kramer is firm in her sense of purpose. "These animals do not have to suffer from allergies. There is hope."