



**NATURAL SOLUTIONS**  
for  
**Out of Whack,  
Whacked Out,  
or Plain Wacky  
Humans, Horses, and Critters**



**Brought to you by the Cowgirl RN, Brenda Edmondson**



... a 50 something Christian mom, nurse, barrel racer, natural horse enthusiast and MLM entrepreneur.

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## Is the World Out of Whack or Just Plain Wacky?



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Does it seem to you that the world is a little out of whack lately? Maybe you've experienced more than your fair share of road rage or maybe your coworkers seem crankier than usual.

Maybe you yourself are a little out of whack ... you feel tired all the time, you are burned out doing work you have always loved, or maybe you are just plain depressed, repressed, or regressed. You know, out of whack.

If so, you are not alone. The rest of the world is out of whack, too, or just plain wacky!

### *Get this:*

- At least 1/3 of Americans feel they are living with extreme stress, and almost 1/2 the population feels their stress level has increased over the last 5 years. The worst causes of stress are money and work (or lack thereof)!
- Over 18 million people in the U.S. are clinically depressed, and the number of Americans taking antidepressants has doubled in 10 years. Even some preschoolers (2%) are depressed!
- Road rage is on the rise, and is responsible for about 1/3 of all collisions, and 2/3 of all automobile fatalities.
- Consumers spend about **\$80 billion** per year on prescription drugs, energy drinks, coffee, and sleep aids.

**Wow** ... if you feel out of whack, you are part of the "in" crowd now! And it's no wonder. This past year, 2009, has been one wacky year. Here are just a few examples of things that have been driving people 'round the bend:

- Across the nation, about 6,600 family homes are foreclosed on each day. Most of those foreclosures could have been prevented with just \$500 more per month in income.
- Over 460,000 Americans per week file for unemployment for the first time.
- Even though unemployment benefits have been extended through February 2010, not everyone benefits, and February is just around the corner.

### **On the Lighter Side of Wacky ...**

OK, before you start to cry, let's lighten things up a bit! Here some smaller wacky events that might even make you smile:

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- Florida Governor Crist made a recording for an uninsured child help line, only he transposed two digits so that callers were directed to a line where “horny girls” were available to chat for \$2.99/minute.
- A woman called 911 three times after being told at McDonald’s that the fast food joint was out of Chicken McNuggets. Emergency!
- Two men were arrested after fighting over \$3 in gas money. They were on their way home from a strip club, and their weapons of choice involved a fish tank and a beer bottle!
- A man was charged with driving under the influence when he ran his riding lawnmower into the side of a school bus.

**Laughing yet?** Yup, people are acting crazy, and it has been a roller-coaster up-and-down all around wacky and whacked out kind of year.



Photo credit, end of page

### **Don’t Hit the Panic Button Just Yet!**

Luckily all is not lost. The world may be way wacky, but YOU don’t have to be. This ebook shows you how, with four case histories, life stories if you will, straight from a cowgirl’s heart.

In this ebook, I outline how 3 horses, 2 humans, and 1 Chihuahua, all wacky or out-of-whack for any number of reasons, have recovered some semblance of sanity.

The best news? It didn’t require a visit to the shrink, medication, or the venting of frustrations through road rage (can’t you just see a Chihuahua driving a riding lawnmower into the side of house so he can “feel better”?). It required some time, patience, perseverance, and some natural remedies cooked up at the kitchen table.

So read on, you wacky and whacked out folks. If you are human, have horses, or have a dog, then these case studies are for you! If your medical insurance won’t pay for a shrink, then the inexpensive remedies discussed in these case studies are for you.

If your body is a temple that you won’t pollute with drugs, then the natural solutions used in these case studies are for you. And even if you are into shrinks, drugs, and road rage, you still might get a kick out of this!

***So, in line with the old cowboy adage:  
“Always ride the horse in the direction it’s going” ... read on and enjoy!***

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## Walker

### The Whacked Out Horse in a Pretty Package

**Name:** Walker

**Species:** Horse (Quarter Horse)

**Age:** 5

**Sex:** Gelding

**Issues:** Hole in his brain (causing uncontrollable bolting) and “hothouse flower” body type (swelled and abscessed at the least provocation)

**Solution:** 2 capsules of Eleviv and “horse goo” daily (get the recipe at the end of this ebook)

#### Walker’s Story



When I went to look at Walker, he wasn’t much to look at. But when I think back on it, I had stars in my eyes, and I was blinded by all the glitter and pretty packaging.

At the time, I had been taking some reining lessons and I was ready to have my own reining-bred horse.

Enter Walker. He had been in training for 90 days and he could do wonders. He could slide and spin, and had the smoothest lope going. And even in the dead of winter, they groomed him so slick that all I could see was the packaging. Plus, he had the sweetest look in his eye. I thought,

“He’s perfect!” and took him home.

That’s when I found out what was under that pretty package: a whacked out body and a wacky brain.

#### The Whacked Out Body

As with most reining horses, Walker had massive sliders for back shoes, and regular shoes on the front. Being an advocate of barefoot horses, I immediately had his front shoes pulled but was told to leave the sliders on. Apparently, reining horses stop “trying” to slide if they go even a short period without sliders. So I kept the sliders on.

Being that I brought him home in the dead of winter, all Walker did was slip and slide on the snow and ice. He had to keep his butt tucked underneath all the time to keep from sliding, and always seemed “rocked back” because his front feet were sore. He later developed a massive abscess in his front hoof that would not burst. Boots helped a bit, but not much.

Bodywork revealed that his withers were stuck, his shoulders were always tight, and his haunches were under constant tension. He also had ulcers, stomach adhesions, and an overactive immune system. If he got even a small cut, his whole body would swell up.

*Yikes!*

### **My Health Care Regimen for Walker's Whacked Out Body**

As with all my horses, I immediately started Walker on homemade nutritional "goo," which includes XanGo mangosteen juice, blue-green algae, enzymes, and probiotics (see the end of this ebook for the exact recipe for the "horse goo").

I also did network chiropractic, massage, acupressure, and Bowen-type bodywork on Walker regularly to try to ease the many sore spots on his body. Unfortunately, the bodywork and nutrition combined was too much for Walker's already weakened immune system to handle.



During the summer, about 5 months after he came home with me, Walker dropped about 100 pounds (see his ribs?) and went lame.

According to my veterinarian, his body could not handle all the toxins released by the bodywork and antioxidant-rich nutrition.

I backed off of both and beefed up his diet, especially his hay, and he gained weight, but very slowly.

Wow, what a whacked-out body. But that wasn't so bad when compared to his wacky brain!

### **Walker's Wacky Brain**

In addition to reining, I decided to introduce Walker to the joys of roping. I have never roped before, so I got some help from Mary and Dusty at Stirrup Cup Farm (<http://www.stirrupcupfarm.com>). They were great and showed me a few moves. Then we all decided that a roping clinic would be a great thing for everyone. They even produced an ebook on how to prepare our horses for the clinic.

Being an overachieving zen cowgirl, I immediately dove in, starting with the groundwork exercises. These involved "sacking out" your horse with the lariat, swinging it in various directions, and finally tossing the loop out in front of your horse and dragging it back. Walker was a little nervous about some of these, especially the one where I swung the rope over his head standing to his left, but being a horse who wants to please, he held it together.

When we started the exercises from the saddle, though, all hell broke loose. Walker tolerated the exercises on the right side of the body, but when I moved the rope to his left

side, he took off like a bat out of hell. As we approached a set of 5 foot tall horse panels at Mach-One, I started to worry a teeny-weeny bit. Luckily, Walker's reining training kicked in and he executed a perfect 10 foot sliding stop. Unfortunately, he also took all the hide of his back legs, from hocks to ankles. Ouch!

The good news is that Walker had been on the nutritional "horse goo" for quite a while at this point, so he didn't swell up like a balloon. Nor did his legs get infected. We were able to keep moving forward in our training!

We stopped by Mary and Dusty's for a little help and, while he did better he still freaked out once. As he watched Walker go screaming around the arena, Dusty, old cowboy that he is, said, "Boy he's fast. He'll break out of the box fast if you can just get a hold of him!" Yeah, right!

### Why Walker's Brain Was So Wacky



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I couldn't believe that Walker was behaving so badly, given that he is normally such a calm horse who likes to please.

I called the reining trainer to find out more about Walker's history.

It turns out that Walker was left out in pasture from the day he was born until the day his owner dropped him off at the trainer's, at age three-and-a-half.

Walker wasn't even halter-broke. His owner somehow got him in the trailer, then backed the trailer right up to the pen at the trainer's to unload him.

The trainer couldn't catch Walker, so he just roped the horse every time he needed to be caught. Unfortunately for Walker, each time he was roped something bad happened: he was castrated, shod, vaccinated, and halter-broke. Then he was thrown into a 90-day training program so intense that he was able to do all those pretty moves by the time I looked at him. He went from being a "wild child" to a spinning and sliding machine in 90 days. Wow. That would whack out anyone's brain.

After all, how could Walker help but associate a lariat with having his privates whacked off, getting shoes slapped on, and having a bunch of injections? I began to understand Walker's instinctive fear of the rope.

My veterinarian told me that because of his early trauma, he probably operated most of the time from his sympathetic, or "fight or flight," nervous system. Horses operating from their sympathetic nervous system don't think well and panic easily. Walker's naturally

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easy-going temperament was the only thing that saved him. To be healthy and balanced, horses really need to operate from their parasympathetic nervous system, the one that is associated with rest, rejuvenation, healing, and the ability to process information rather than panicking

### **Brain Pills for Walker's Wacky Brain**

The vet suggested I start Walker on XanGo's Eleviv, a new herbal supplement on the market that was specifically designed for whacked out humans. She said there was no reason it shouldn't work on wacky horses as well. Walker hated the Eleviv, but I gate him 2 capsules a day anyway. I just added it to his "goo" and syringed the whole mess into his mouth. The addition of Eleviv was the only change in his program.

I worked him daily with the rope, and I could see that there was a lot more "thinking" going on in Walker's brain. He blinked a lot, licked and chewed often, and snorted during our sessions. Although he really wanted to run off a few times, he kept his feet glued to ground and tried to reason things out. He never ran off once. I also tied him to a high line and roped a sawhorse a few times to show him that I would never rope *him*. I explained to him, in my own fashion, that he and I together would rope *steers*. He finally got it.

Two weeks later, we visited Mary and Dusty again to show off our progress. This time, Walker was calm and collected. We were able to rope the RoboSteer at a standstill, and drag the rope at a walk. No out-of-control bolting in sight. Dusty could not believe the progress we had made in such a short time, and noted that Walker had become a "thinking horse" rather than a "reactive horse."

### **Walker Today: Not Pretty But Way Less Wacky**



When I look at Walker today, I know that I had stars in my eyes when I bought him. He will never win a single beauty pageant because he's built for speed, not for "pretty."

He's just a brown, plain gelding. The Walker that exists today was always there, under all the pretty packaging, and under all the brain and body problems. I just had to peel him like an onion to find the real him.

Today, he gets full-strength "horse goo" and 2 capsules of Eleviv daily. He is fat, happy, and bossy. Best of all, he is strong and healthy. His immune and digestive issues have been cleared with the "horse goo," and his brain is back online thanks to the Eleviv.

I know that not all nutrition works the same for every horse, but Walker's case shows me that when a horse has been traumatized, he can get stuck in his sympathetic nervous

system, which makes him an unhealthy, unhappy horse. The Eleviv can definitely shift those kinds of stuck horses back into the normal, balanced, parasympathetic nervous system, where learning and a love of life can occur.

And the “horse goo” provides a “cover all basis” kind of nutritional support that horses can seemingly use where and when they need it. For Walker, the “horse goo” and the Eleviv make a pretty fantastic combo that has allowed him to blossom from a whacked-out hothouse flower to the lovable and talented roper-to-be I now have.

### **Ordering Information for Products Mentioned in this Ebook**

#### ***XanGo Products***

- Order Eleviv online at [http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)
- Order mangosteen juice online at [http://brendake.mymangosteen.com/brendake/product/juice\\_xango.asp](http://brendake.mymangosteen.com/brendake/product/juice_xango.asp)
- Order by phone by calling XanGo at 877-469-2646. Tell them your sponsor ID# is 4629063 (Brenda Edmondson)

#### ***Simplexity Products***

(like Essentials with blue-green algae, acidophilus, bifidus, and enzymes)

- Order online at <http://www.gocowgirlrn.com/order-simplexity/>
- Order by phone by calling Simplexity at 800-800-1300. Tell then your sponsor ID# is 1134973 (Brenda Edmondson)
- Get the recipe for “horse goo” at the end of this ebook

## Reyacita Hay Allergy or Wacky Nervous System?

**Name:** Reyacita

**Species:** Horse (Mustang)

**Age:** 5

**Sex:** Mare

**Issues:** COPD, commonly called heaves, when fed hay or feeling nervous

**Solution:** Eleviv when COPD symptoms are acute, and “horse goo” daily (get the recipe at the end of this ebook)

### **COPD: An Ugly Picture**

If you have ever seen a horse suffering from symptoms of COPD, also called heaves, then you know that the picture is far from pretty. The horse can't breathe properly, respiration is high, nostrils are flared, and then there's the heave line along their ribs, a sure sign of respiratory distress.

Although this used to be a health care condition that affected mostly older horses, today it has become common in younger performance horses or horses under stress. While it has always been assumed that COPD or horse heaves is caused by an allergy to hay, dust, mold, or other allergens, I recently discovered that this condition can also be simply a sign of nervous stress.

### **Reyacita's COPD Symptoms**



Reyacita is a five-year-old mustang mare I adopted a year ago. She had a rattle in her chest when I brought her home, and the rattle always sounded louder when she was under stress (such as when I started her under saddle).

A few months after she came home, the rattle in her chest developed into a full-blown case of heaves, or COPD. She had difficulty breathing, and coughed deeply and constantly. She was clearly suffering.

Since this happened in late winter, I could not put her on pasture. Instead, I took her off hay and began feeding her soaked beet pulp and a senior pelleted feed. I also offered her soaked grass hay cubes.

I supplemented this diet with my regulation “horse goo” (XanGo mangosteen juice, blue-green algae, enzymes, and probiotics – get the recipe at the end of this ebook) to help heal her lungs. Within two weeks, the coughing had stopped but the rattle in her chest always reappeared when Reyacita was stressed. A prime example is when I rode her

through our small town for the first time. Although she showed no other signs of stress, when we reached an intersection that had traffic, she put her head down and rattled with each breath. As soon as we turned around and headed for home, the rattle disappeared.

### **The Veterinarian's Diagnosis**

When I consulted my veterinarian, Dr. Madalyn Ward (<http://www.holistichorsekeeping.com>), about Reyacita's case, she told me that I was on the right track with the mare's diet and supplements. She asked me to find out Reyacita's horse personality type by taking the online test at <http://www.horseharmonytest.com>. Reyacita turned out to be a Metal personality type, whose typical physical weakness is the lungs, so her bout with COPD or heaves was not surprising.

### **Recent Changes for Reyacita**



Once spring arrived I was able to turn Reyacita out on pasture, although I continued to syringe the “horse goo” into her mouth daily.

Her health improved to such a point that the rattle in her chest disappeared, even when she was under stress. Everything went well until she started eating hay again this fall.

I wanted to try feeding her hay again to see whether she had truly conquered her COPD or whether she was truly allergic to hay. For the first 4-5 days, she ate the hay and showed no signs of coughing. Then one day I began training all the horses for cowboy mounted shooting. This involved firing a small revolver at a pretty good distance (about 500 yards) from the horses so they could become accustomed to the noise.

None of the horses showed much alarm, they just all moved to the far end of the pasture. However, Reyacita immediately developed a cough. The noise from the revolver stressed her enough that her physical weakness, her lungs, immediately showed the effects.

### **COPD Symptoms: Allergy or Stress?**

When I discussed her situation with my veterinarian, she pointed out that when Reyacita heard the sound of the pistol, she probably immediately flipped from the parasympathetic nervous system (the one we use in normal life conditions) to the sympathetic nervous system (used when horses are in fight-or-flight mode). Once the sympathetic nervous system kicked in, Reyacita's immune system became compromised and she started to have heaves again.

Not convinced that Reyacita's COPD symptoms were due to a hay allergy, Dr. Ward suggested I supplement the mare with Eleviv, an herbal product that supports the adrenal system and helps restore the parasympathetic nervous system. I fed Reyacita 2 capsules of Eleviv the first day but gave her no hay. The Eleviv calmed the COPD symptoms within a few minutes, and she improved more during the course of the day. On the second day, I fed her 2 more capsules of Eleviv and offered her a few flakes of hay. Reyacita was

able to eat the hay without any COPD symptoms. The third day was the same. This indicates that Reyacita's COPD is the result of nervous stress rather than a hay allergy. While many horses with COPD or heaves are assumed to have hay or dust allergies, this may or may not be the case. As with Reyacita, these horses may simply be under too much stress, and their weakest physical link may be their lungs, hence the COPD.

It would not surprise me to discover that many performance horses operate primarily from their sympathetic (fight-or-flight) nervous system, which depresses the immune system and prevents healing. Bringing these horses back around to the parasympathetic nervous system, as I did by giving Reyacita the adrenal-supporting Eleviv, may allow these horses to not only heal but also to feel a great deal more comfortable.

### **Reyacita's Regimen Today**



These days Reyacita eats hay with the other mares in her herd with no problem. She gets her daily "horse goo" but not the Eleviv. If she becomes stressed and starts to cough, I immediately give her 2 capsules of Eleviv, which stops her COPD symptoms quickly.

I also give her 2 capsules of Eleviv if I am going to introduce her to a new training technique or a new environment, such as hauling her to a friend's arena. This preventative step keeps Reyacita in her natural parasympathetic nervous system, in which she does not experience COPD symptoms. In addition, the Eleviv helps Reyacita, whose personality type tends to be rigid, accept new experiences and be open to learning.

### **Ordering Information for Products Mentioned in this Ebook**

#### ***XanGo Products***

- Order Eleviv online at [http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)
- Order mangosteen juice online at [http://brendake.mymangosteen.com/brendake/product/juice\\_xango.asp](http://brendake.mymangosteen.com/brendake/product/juice_xango.asp)
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#### ***Simplicity Products***

(like Essentials with blue-green algae, acidophilus, bifidus, and enzymes)

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- Get the recipe for "horse goo" at the end of this ebook

## Milagro

### Chihuahua Blues: Shiver Me Timbers I Can't Stop Shaking

**Name:** Milagro

**Species:** Dog (Chihuahua)

**Age:** 2

**Sex:** Neutered Boy

**Issues:** Doginson's: shakes as if he has Parkinson's but he is a dog

**Solution:** 1 capsule of Eleviv every 3-4 days



#### The Rescue Story

When my hubby and I adopted Milagro, a skinny Chihuahua off the mean streets of Denver, he had about zero percent body fat, so he shook all the time.

He was literally a walking skeleton, with ribs, pelvic bones, and sternum poking through his skin. Given his skinny state, we felt his shivering was, if not normal, at least to be expected. So we dressed him in multiple coats while we fattened him up.

A year later, Milagro has gained an entire pound in body weight, no longer has a single bone protruding, and actually has body fat ... he also still shakes (as do many little dogs).

#### Why Chihuahuas Shake and Shiver



The short layman's answer to the question of why Chihuahuas shiver and shake is that they are flighty little dogs with highly charged nervous systems. Any Chihuahua owner knows that these little dogs will often shiver even when the temperature is toasty warm or they are well-dressed. It's a nervous reaction. It is also really hard to watch.

I couldn't stand watching it so I asked my hubby, who is also a Doctor of Chinese Medicine, why Milagro shook and what we could do about it. His response was the Milagro, like most small dogs, have overactive adrenal glands (lots of Yang energy) without enough Yin energy to support and "hold" all that adrenal activity.

This imbalance of overactive Yang and not enough Yin usually expresses itself in nervous behaviors like shivering, obsessive licking and chewing of paws, nervous peeing, or digging. If you have ever had a little nervous dog, then you know what I'm talking about.

### **How We Helped Milagro with His Doginson's**

Since Eleviv is an herbal product that supports the kidney yin as well as the adrenal system, my husband suggested I try giving one capsule to Milagro during one of his more severe shivering episodes one night.

Exhausted from watching this episode of Doginson's, I was more than happy to shove the tiny green Eleviv capsule down Milagro's throat. If you have a Chihuahua, then you know that this is easier than it sounds; Chihuahuas are more akin to land sharks than dogs!

The results were pretty interesting. Within half an hour, Milagro stopped shivering and went to sleep. He slept through the night. He also did not suffer another episode of severe shivering for the next two days. On the third night, he again started shivering. I again gave him one capsule of Eleviv. The same results occurred.

### **Milagro Today: Happy and Free of Doginson's**



These days, to keep Milagro's shivering under control, we give him one capsule of Eleviv every three to four days.

With this regimen, Milagro has also become calmer and less prone to hyperactivity, especially around other dogs, which tells me that his adrenal system is being supported. That's a picture of him with his big sis, Tequila!

Whew! That's good news because otherwise he would be a candidate for adrenal fatigue ... and who wants to add that to the long list of potential Chihuahua health issues? Not me! It's one Eleviv down the hatch twice a week, and we're good to go!

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[http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)

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## My Story

### A Wired but Tired Wacky Workaholic Seeks Help

**Name:** Stephanie

**Species:** Human

**Age:** late 30s

**Sex:** Cowgirl

**Issues:** Workaholism, dark circles under the eyes, tired but wired, totally cranky all the time

**Solution:** 2-4 capsules of Eleviv plus 1 ounce of “horse goo” daily (yes, I drink “goo,” too!)

#### Wacky Workaholism Only Works for So Long



A wacky workaholic ... that's me. I get up at 3:00 a.m. and work my internet marketing business because it's a quiet time of the morning: the phone isn't ringing and emails aren't zinging in left, right, and center. It works for me and has for years.

But a while back I was getting a little *too* wacky. I had dark circles under my eyes, I couldn't sleep well yet was always tired (ever hear of “tired but wired?”), and I craved potato chips. Oh yes, I was always cranky. It was like head-banging, only in an office instead of in a mosh pit!

Turns out I was suffering from adrenal fatigue. Not surprising ... I've been a workaholic in overdrive for about 20 years and my body was starting to scream for help.

#### Adrenal Fatigue Symptoms

So adrenal fatigue is big news these days: 80% of people in the U.S. have adrenal fatigue. Adrenal fatigue symptoms include:

- mild depression
- low energy and the inability to get “caught up” on sleep
- allergies and food sensitivities
- muscle fatigue
- poor sex drive
- inability to handle stress
- dark circles under the eyes that won't go away
- cravings for sweet or salty foods

Do any of these sound familiar? It does to a lot of workaday people who have to “get up and go” whether they feel like it or not. I’ve certainly had many of these symptoms, as have my friends, so I decided to do a little research about the “Yin and Yang” of adrenal fatigue. In other words, I interviewed my acupuncturist to get the skinny on this condition from the Chinese Medicine point of view.

### **The Yin and Yang of Adrenal Fatigue in Layman’s Terms**



So after wading through a ton of Chinese Medicine words which flew right over my head, I finally got the layman’s explanation about adrenal fatigue. Ready? Here goes.

In order for us to be healthy and feel good, our Yin and Yang energies need to be balanced. Yang energy is radiative, and is the energy that allows us to “get up and go.”

We are using Yang energy when we are active during the day, whether we are working at the office, exercising at the gym, or thinking our way through a sticky math problem. When we expend too much Yang energy, we get burnout, which happens to a lot of people.

Here’s where Yin energy comes in. Yin energy is supposed to balance the outgoing Yang energy, to “embrace and anchor the Yang,” as my acupuncturist put it. Roughly translated, Yin energy is internal and keeps our energies contained. The Yin is what prevents us from expending too much Yang, and what keeps us from burnout. The Yin is responsible for telling us when we need to rest, and for allowing us have restful down time. Yin energy is the quiet little voice that says, “A nap would feel great right about now.”

### **What Happens When Yin and Yang Energies Are Out of Balance**

If our Yin and Yang energies were balanced, we would be active during much of the day, but rest when we were close to over-expending our Yang energy. Plus, we would be able to shut down and rest at night, instead of feeling too wired to sleep.

Unfortunately, that kind of balance doesn’t really fit our modern lives. Most of us live with too little sleep, too few nutrients and micronutrients, and way too much stimulation. Our schedules dictate that we have to “get up and go,” even though our Yin energy is telling us that we are not fully rested and our fuel tank is running on empty. Instead of listening to the Yin message to rest, we override that message by using artificial stimulants. We use caffeine, nicotine, and sugar to push our bodies beyond its limits. This is called stress.

Here’s where the adrenal glands kick in. The adrenal glands are responsible for our stress response. They also regulate over 50 hormones (including cortisol, adrenaline, testosterone, epinephrine, and estrogen, to name just a few). When we stress our bodies by using artificial stimulants, the adrenals respond by kicking the body into overdrive. In overdrive, which is the same as the “fight or flight” response, we are running on sheer

Yang energy, energy that we don't really have in reserve. And then at night, we are so wired we can't go to sleep so we take sleep medications to shut our systems down. This artificial shutdown is just as harmful to our body's natural rhythms as drinking coffee all day long. In short, we are operating from our sympathetic nervous system.

### **The Yin Deficiency**

After a while our bodies start paying the price, and we start getting some or all of the symptoms of adrenal fatigue ... all because we refuse to listen to the quiet small voice that is our Yin telling us to rest. After a longer period of time, our bodies no longer have the ability to balance Yin and Yang energies. We've reached a new internal "set point" that is too Yang and not enough Yin.

In Chinese Medicine, this is called a Yin deficiency. Most Americans are running around with a Yin deficiency, expending energy they don't have, thinking they'll catch up later. Sound familiar? The bad news is that unless you correct the Yin deficiency, you may or may not ever catch up. Worse, the energy you are expending today is being borrowed from the end of your life ... you are literally using up your life force from tomorrow so you can keep running today. Yikes!

### **What to Do About a Yin Deficiency**



When I heard this little tidbit about the life-shortening effects of a Yin deficiency, I immediately wanted to know what to do about it. The Chinese Medicine answer is simple: rebalance.

***How do you rebalance? You have to do three things:***

#### ***1. Restore the Yin and Support Adrenals***

Herbal support can help restore the Yin and support the adrenal system on a daily basis. I have been using XanGo's Eleviv, the effects of which I noticed immediately (read on for a full description of the effects). Eleviv offers most users noticeable effects within about a week or two. Other herbs that support the adrenals include licorice root, bupleurum, wild yam, Siberian Ginseng, and sarsaparilla.

#### ***2. Listen to Your Yin***

Slow down and smell the roses, really. Rest more, enjoy life more, laugh more. These are literally prescriptions that both Eastern and Western physicians are giving to their patients with adrenal fatigue. At the end of the day, your lifestyle choices can have a strong effect on your overall Yin and Yang balance.

#### ***3. Regulate your schedule as much as you can.***

The more you can get your body on a regular schedule, the less you will need to call on your adrenal system to go into "overdrive" to accommodate unexpected emergencies. Try to get up and go to sleep at the same time each day. Leave work at the same time each day if possible. A regular routine keeps us from overworking the adrenal system.

## **I'm Still a Wacky Workaholic ... But Saner**



Yes, I still get up at 3:00 a.m. because I am very productive at time of the day. But, I rest a lot more than I used to.

I take 2-4 capsules of Eleviv everyday, faithfully, and I have discovered that I literally can't push myself beyond my limits anymore ... I can no longer override Yin messages from my body. Like the horses in this ebook, I have been operating from my "fight or flight" sympathetic nervous system. Eleviv is helping me shift back into the

more restful and healing parasympathetic nervous system.

The Eleviv *makes* me slow down. I'll feel tired and literally have to lay down for a nap. The good news is that the naps are restful but short, maybe 30-45 minutes long. I wake up refreshed and ready to go. The dark circles under my eyes are slowly fading, though still noticeable. Finally, these days I don't feel as cranky. When things go out of whack, I tend to just shrug and walk away. Irritability isn't this unavoidable thing anymore. It's an option I choose much less often these days.

Eleviv isn't a cure all by any means, but it does really help curb my workaholic tendencies in a gentle and healthy way. Now I don't have to worry that, in a fit of rage, I might drive my riding lawnmower into a school bus or have to call 911 because McDonald's is out of McNuggets. Know what I mean?

The "zen" part of my zen cowgirl archetype is starting to reemerge, thank goodness! So it's happier trails for me.

### **Ordering Information for Products Mentioned in this Ebook**

#### ***XanGo Products***

- Order Eleviv online at [http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)
- Order mangosteen juice online at [http://brendake.mymangosteen.com/brendake/product/juice\\_xango.asp](http://brendake.mymangosteen.com/brendake/product/juice_xango.asp)
- Order by phone by calling XanGo at 877-469-2646. Tell them your sponsor ID# is 4629063 (Brenda Edmondson)

#### ***Simplexity Products***

(like Essentials with blue-green algae, acidophilus, bifidus, and enzymes)

- Order online at <http://www.gocowgirlrn.com/order-simplexity/>
- Order by phone by calling Simplexity at 800-800-1300. Tell then your sponsor ID# is 1134973 (Brenda Edmondson)
- Get the recipe for "horse goo" at the end of this ebook

## At the End of the Trail ...



Photo credit, end of page

Sanity, health, a happy outlook on life ... at the end of the trail, or day, ultimately these are options that we must choose for ourselves and our furry friends, wacky world or not.

Having said that, these choices are also easier to make when we get the support we need, whether it's emotional support from our horses or physical support from nutritional supplements like Eleviv and XanGo mangosteen juice.

A smoker often has a better chance of quitting smoking with the help of a "quit smoking hotline" or nicotine patches.

I have a better chance of not heading straight into burnout with support from Eleviv because I am literally *forced* to rest. With nutritional support from XanGo juice and Eleviv, Walker is more likely to "think" about his roping work rather than bolting.

My intention with this ebook isn't to make any sweeping claims about these products, and I can't legally do that anyway. My goal is simply to show you, through these case histories, how specific kinds of nutritional support can help us on the journey from being way wacky to being somewhat sane.

At the end of the day, what this zen cowgirl knows is this: if the stuff in this ebook strikes a chord with you, you'll decide to give the Eleviv and "horse goo" a try. If not, nothing's been lost but a little bit of time and a few electrons of virtual space. Hopefully you at least got a good giggle somewhere along the way.

So thanks for hanging in there with me, cowgirls and cowboys. Life's a wild rumpus these days, and I'm glad to have been able to share some stories from my little cosmic trip through this lifetime with you.



Photo credit, end of page

### Talk to Me ... Give Me a Holler!

If you've got questions about anything in this ebook, how to order the XanGo products, or how you might be able to put a dent in your horse feed bill with a XanGo business, here's all my contact info.

If I don't get right back to you, I'm just riding my horse through town to the post office because I can.

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Photo credit: <http://www.flickr.com/photos/mikebaird/2259769882>

Photo credit: <http://www.flickr.com/photos/graemenewcomb/241626278>

It's my own version of the Pony Express. I'll get back to you, though, when I've unsaddled my horses and rubbed him down.

**So don't be shy, give me a holler. Otherwise, see y'all down the trail somewhere.**

Blog: <http://www.gocowgirlrn.com/>

Email: [brendake49@gmail.com](mailto:brendake49@gmail.com)

Twitter: [gocowgirlrn](#)

Phone: 210-355-5944

### **Ordering Information for Products Mentioned in this Ebook**

#### ***XanGo Products***

- Order Eleviv online at

[http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)

- Order mangosteen juice online at

[http://brendake.mymangosteen.com/brendake/product/juice\\_xango.asp](http://brendake.mymangosteen.com/brendake/product/juice_xango.asp)

- Order by phone by calling XanGo at 877-469-2646. Tell them your sponsor ID# is 4629063 (Brenda Edmondson)

#### ***Simplexity Products***

(like Essentials with blue-green algae, acidophilus, bifidus, and enzymes)

- Order online at <http://www.gocowgirlrn.com/order-simplexity/>

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- Get the recipe for "horse goo" at the end of this ebook

## “Horse Goo” Recipe



There's nothing this zen cowgirl likes better than mixing up home remedies at the kitchen table, especially when it comes to my horses. At the same time, though, I'm a busy gal and my holistic horse health care is usually centered on nutrition that "covers all the bases."

This is especially true if I'm going to be out of town and need someone else to do my chores for me. I find my neighbors get less and less willing to do my horse chores if I make it too difficult for them. Hence, I've created a nutritional "horse goo" that works for just about any horse.

### Horse Health Care = Good Nutrition

One of the "shortcuts" I've found for keeping my variety of horses healthy (and I have a bunch) is to mix up a nutritional "goo" at the kitchen table. This goo is made of whole food supplements that have proven to build horse health while remaining inexpensive. I calculate that it costs about \$30-\$40 per month to feed, per horse ... not bad when you consider the benefits, which I'll define in a moment.

But first, what is this strange goo ... or is it a strange brew? I have to warn you that this goo does not look appetizing (see the picture?) but smells great, and the horses love the taste. I mix:

- 1 bottle XanGo mangosteen juice (750 ml)
- 7 packets Simplicity Essentials (each packet has 1 each acidophilus, bifidus, alpha sun enzyme, omega sun enzyme, and 2 enzymes)

### Where to Order the Ingredients for “Horse Goo”

#### *XanGo Products*

- Order Eleviv online at [http://brendake.mymangosteen.com/brendake/product/Eleviv\\_product.asp](http://brendake.mymangosteen.com/brendake/product/Eleviv_product.asp)
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### **To Mix the Goo:**

1. Mix the capsules from the 7 packets of Essentials with enough spring water to cover all the capsules (do not use chlorinated water as this will kill the nutrition in the capsules). I put it all in a large mason jar to make the next steps easier.
2. Allow the capsules to melt. When melted, shake the mixture thoroughly.
3. Add 1 bottle of XanGo mangosteen juice, and mix thoroughly.
4. Store in the refrigerator. Shake before feeding. Add 15-30 ml of this mixture to your horse's feed, or syringe into the mouth. Give extra at horse shows, when trailering your horse, or when your horse is working hard.

### **The Horse Health Benefits of This "Strange Brew" Goo**

As strange as this goo ends up looking (kind of brown and soupy), the horses love it and the results are quite impressive. Over the years, I have found that this nutritional mixture to have the following effects:

- provides antioxidant protection when a horse is working hard (because of the algae and mangosteen, both of which are antioxidants)
- builds healthy gut bacteria (thanks to the acidophilus and bifidus) and decreases the incidence of colic
- improves digestion for horses that are "hard keepers" (thanks to the enzymes, acidophilus, and bifidus)
- supports healthy skin, along with promoting mane, tail, and hoof growth (since the probiotics promote biotin production)
- reduces the reaction to fly bites and other skin irritations
- increases stamina and daily energy during heavy work (thanks to the algae)

I adjust my horses' diets accordingly during the different seasons and depending on working conditions, but this "goo" forms the base of my horses' holistic nutritional program.

I feel the cost is inexpensive compared to the cost of dealing with illness, colic, inflammation, and low energy. The best testimonial for this goo, though, is the fact that my horses are progressively healthier, happier, and more competitive than when I brought them home.

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