

MIST METHOD SM

By Jennifer Roberts

**Magnetic
Infrasonic
Stretching
Technique**

The MIST Method is a technique that I created to remedy many different horse ailments. It is a comprehensive method that helps with stress, muscle and joint inflammation, soft tissue injury, and pain.

How I got started:

I have been a horse trainer for over 15 years. Over the last 5 years I have really started studying horses (not training methods but horses) and have begun to rely more on alternative treatments for my horse problems.

Following some research I began to believe that many of our horses' issues were a result of bad feet. As a result, I got my certification as a barefoot trimmer. I originally started with the Strasser method but had little success so I quickly switched to Pete Ramey's method. I worked on several horses with foot problems. After 2 years or longer with slight or no improvement I was frustrated and needed more answers.

Along with barefoot trimming, I had used an equine chiropractor and a message therapist for my horse. I had good results with these methods every time but it just didn't seem like enough.

One day a client of mine inspired me to look into other causes of horse problems and offered to share with me some things that she had learned. Several sessions later, with her sharing ideas and working with my horse, I found myself on a new path of exploration.

And now:

Taking what I already knew worked and adding additional elements I have created a method that I believe is revolutionary; the MIST Method. This technique combines traditional and alternative approaches. Portions of my method have been described as "Physical Therapy" for horses.

I have had the opportunity to work on many horses with various problems. I have worked with horses displaying neurotic behaviors like cribbing and spooking. I have dealt with horses that can't get their correct lead, are cinchy when saddled, or can't collect up. The list goes on . . . All of these horses have had significant improvement. Every client of mine has been completely satisfied.