



Medicine Horse Program

The Story of Essence and Natural Health International.

How one company rescued a Premarin Foal, helps teenage girls and could improve the health of millions of women around the world.

By Karolyn A. Gazella, Board of Directors, Medicine Horse Program

Premarin is a multi-billion dollar hormone replacement drug made from the urine of pregnant mares. Even though recent research clearly demonstrates that Premarin can increase a woman's chance of getting breast cancer, it remains the fourth most frequently prescribed drug in the world.

While the tens of thousands of pregnant mares endure abusive conditions, the destiny of the newborn foal can be even more horrific. The foals born to the Premarin industry are merely incidental byproducts. According to HorseAid (www.premarin.org), 9 out of 10 fillies (female foals) born to Premarin mares are sent off to slaughter.



Thanks to Natural Health International, the adorable little filly they named Essence has been saved from such a horrible fate. Today, Essence is one of five rescued foals living at the Medicine Horse Program, a nonprofit equine facility that helps high-risk youth. Essence is part of the nationally-recognized *HopeFoal Project* where the foals are matched with depressed, anxious, and troubled teens. Along with trained therapists and experienced horse handlers, the foals help the teens realize that life is worth fighting for. In the process, both teen and foal are healed.

There is a lot of symbolism within Essence's name and appearance. She is a medicine hat paint because the color around her ears makes it seem as though she is wearing a hat. In Native American culture the medicine hat paint is revered as a special spiritual animal. Essence already seems very intuitive and is becoming a very special horse and healer, giving back to society as she mends her own wounds.

However what Natural Health International is doing for women and women's health around the world doesn't stop there, and doctors, women and mares alike are taking a lot of notice. Natural Health International has recently completed and published five years of clinical research on the first herbal product - Femmenessence™ - to significantly improve a woman's own hormone levels as well as improve bone and most importantly heart health. With heart disease, mental health and bone density women's biggest concerns as they enter and pass menopause, Femmenessence™ could finally offer a safe herbal alternative to hormone replacement therapy (HRT) that works.

We want to thank Natural Health International who not only purchased Essence for the Medicine Horse Program but paid for her transport to Colorado, her veterinary care and they also continue to pay for her monthly care and feeding. If it wasn't for their generosity, Medicine Horse would not have been able to rescue Essence. We thank Natural Health International for their continued support of our efforts!

If you'd like to follow the progress of Essence, visit www.medicinehorse.org. Monthly updates are posted online or to see more about Natural Health International go to www.naturalhi.com