

June 11, 2008

To All Big Bike 2008 Team Riders,

Thanks to all of you that participated in the Big Bike 2008 Ride. Back in the fall of 2007 with my primary focus of study being cardiovascular and heart disease, I found myself visiting the Canadian Heart & Stroke Foundation office in Surrey. It is here that the seed was planted to either coordinate or participate as a team member for the Big Bike 2008 Ride. How did I become so intrigued to learn about heart disease, particularly for women? I have two strong convictions I believe that have led me down this path and they are having discovered the heart within myself to work with horses therapeutically for the past 10 years, helping them recover from injury and sickness and also learning about the premarin industry; estrogen derived from the pregnant mares urine for HRT (Hormone Replacement Therapy). In 2002, a ten year study was shut down after only five years when it was proven that HRT, based on this estrogen derived from the pregnant mare, not only increased the risk of heart disease for women taking this drug but also had other negative side affects which ultimately would enhance a women's chance of developing other diseases such as breast cancer. Since 2002, 70% of the premarin industry has shut down leaving Canada the only country globally (that I know of) producing this drug. What was also witnessed after 2002 was a mass slaughter of horses; all the pmu mares no longer needed to serve the pharmaceutical industry and their byproduct babies, all their foals born. As a horse lover I could not sit quietly after learning this and I find today still, many do not know that some HRT's are still using this form of estrogen, derived from the pregnant mare.

Much has taken place since my plans to participate in the Big Bike Ride. On Feb 4, 2008, the Canadian Heart & Stroke Foundation launched the Heart Truth program for women bringing to light heart disease being recognized as the #1 killer of both men and women across Canada and North America. At Ease Natural Scents has evolved, a 100% natural botanical personal care product line for both horse and rider and we also have had a new addition join our family, Angel, who herself was a byproduct of the pharmaceutical industry, destined for a slaughterhouse death in the fall of 2007.

I believe the future Big Bike Fundraiser's will become known as one of the most needed fundraisers out there. Thanks again to all of you for participating and for those of you from the Sheraton that had to coordinate to get the time away to be here, yet another special thanks. It is my hope that a strong message of good health and happiness for all will have been gained by participating in this Heart Truth Event!

Sincerely,

Yvonne Allen

