

# WAR

**FIVE** years after leaving the Army, Hugh Forsyth walked into his office, sat at his desk - and began popping painkillers "like sweets".

Trapped in a numbing depression, frustrated by civilian life and unable to shake memories of dead bodies and burning flesh, Hugh simply knew he couldn't carry on.

He said: "I didn't feel anything. There were no tears. I was completely cold."

Hugh, 40, from Thornock, Essex, was decorated by a colleague and refused to be promoted.

But it was another three years before he was diagnosed with Post-Traumatic Stress Disorder (PTSD).

In 2004, he was diagnosed with PTSD.

Now, determined to make the most of his life with wife Tina, 41, and three-year-old son Callum, Hugh is putting his faith in a horse and some four-legged friends.

The horse is one by Sun Tzu who believes the secret of his success War Horse can help our horses away from the battlefield.

She runs charity Doves To Live in East London. "Sun Tzu's story is full of spirit and strength, people like Hugh have their souls healed by spending time with her horses."

Sun, 45, said: "Horses are unique in the way they connect with humans. When you reach a bond with them, it reaches deep into your soul."

She lives at the farm with her partner Brian and discovered equine therapy when studying psychology. Five paid to get into a course - who got the course a field leadership skills - find that a work with an horse people like Hugh. Just stage and all Royal Marine job when it's releasing a single all The life, with his best friend, War Horse. (also known as Doves To Live).

In Hugh's second session, Sun taught

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sun to connect with a white horse called Ki Li ("fire in the sky").

At first, Ki Li ignored him. But, when Hugh insisted that he get the horse's attention, it would not leave his side. Hugh's face of fear melted with worry, became serene.

He joined up at 16, completing two years in barracks and one in Bosnia. He was discharged in 2007 after having his back.

"Two days later, the first time he was able to walk, he was in pain."

Hugh revealed: "I could smell burning flesh. But at the time I just thought, 'This is what I survived for'."

Three days, when you look at your own pain, that's when you break down. The human side hits you when you return."

Hugh finally sought help from military organisation's combat stress in 2008.

He was referred to Sun's programme by a support worker.

And, five sessions in, he has already seen a huge change.

Hugh said: "This therapy, connecting with these horses gets you in a totally relaxed state. It's like rewiring your brain."

"It stops you worrying about the future or thinking about the past."

■ All The Magic is out tomorrow, with just 20 going to Doves To Live.

The movie video can be viewed at [jimmywhistack.com](http://jimmywhistack.com) and downloaded from iTunes.

# HORSE

"The therapy puts you in a totally relaxed state. It's just like rewiring your brain"



**MAGICAL**  
Hugh gives Ki Li a kiss and, above, Sun Tzu with the horse



**NEW FRIENDS** Hugh Forsyth gets to know Ki Li

