



Nutrition

Just trimming correctly is not enough

Horses, like all other living beings, are a reflection of what they eat, drink and breathe. The world now is a very different place than it was just a few decades ago.



Current scientific research that fails to recognize the impact of the over 70,000 different chemical pollutants that now bombard all living things cannot adequately understand and address the many chronic health conditions that are becoming more and more common today.

As Bruce Lipton, noted cell biologist, says flatly, "It's the environment, stupid!"

All bodies are composed of cells, and, at the most basic level, in order to be healthy and ensure proper metabolism, those cells need two things: proper nutrition and freedom from damage (toxins.) Therefore, support for basal metabolism with proper amounts and quality of protein, fueling enzyme systems with proper minerals in the form that the body can access and use, and providing natural help for existing inflammation is important.

The result is a body that is better able to heal itself.

Removing the offenders that are the driving factors to abnormal body chemistry and normalizing correct biochemistry allow the body to normalize, too.

The ultimate goal is to restore normal health so the horse does not have to "live on drugs" and can function as a horse is supposed to, including some grazing. This can and does happen when you address the cause of the ill-health manifestations, and don't just chase the symptoms with pharmaceuticals. It's also possible to eliminate extra work, like soaking feed and hay, so you can spend more time enjoying your horse.

Detoxify

There are many detox programs on the market today. Choose something that is organic and based on whole foods. Check carefully who is manufacturing that program and ask for a track record.

Assess your horse and his environment

Objectively evaluate your horse. Do a condition score, take initial photographs, a video, write an accurate assessment, etc.

Re-do these evaluations regularly, especially if the horse isn't in 'great' shape. That way, you'll have a reference to look back on, and it's a step many owners regret having omitted.



Educate yourself on the environmental conditions where you live.

Check out www.scorecard.org for an in-depth pollution report.

Have your water tested, especially for nitrates and nitrites. If your water tests positive for these, it means contamination from sewage or fertilizer runoff. Also test for bacteria, heavy metals, pH and hardness.

If you live in the US, have your horse tested by submitting a hair sample to Claudia Garner (hhdressage.com) or Audrey Bryant (soundhorsesolutions@olypen.com). For more information, please go to <http://www.hoofcareunltyd.com/msas.htm>



Heavy metals in soil, hay, or feed supplements interfere with nutrient minerals and dramatically alter mineral needs.

Clean up your water.

Clean water is the crux of successful rehabilitation.

City water generally is soft, more acidic. City water should be filtered with a carbon filter.

Well water is generally hard, more alkaline from calcium carbonate in the water. Frequently well water contains high levels of iron which is inflammatory. Well water should be filtered first with a sediment filter followed by a carbon filter. To address the calcium and iron, a water softener should be installed, using potassium salt instead of regular sodium salt, followed by a carbon filter that can be backwashed.

If a softener cannot be located, portable units that attach to hoses can be purchased.

Replace green, brown, black, etc. garden hoses with white hoses that are approved for drinking water.

These are available at RV and boating stores, many hardware stores and Internet listings.

These white hoses come in two weights, and the heavier one is not subject to kinking like the lightweight one is.

Eliminate chemicals used around the farm, such as Roundup®, chemical fly sprays, chemical fertilizers, herbicides, pesticides, etc.

Use non-toxic substitutes, such as vinegar for weed control, baited flytraps, organic fertilizers, etc.

Instead of using shampoo, bathe your horse just with clean water.

Eliminate common commercial feeds, supplements, colored salt licks and blocks which are made with feed grade contaminated minerals.

Use loose human grade Himalayan or Celtic salt.

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Customize the nutritional program for individual needs

If you feel you have to feed anything beside clean pasture, hay, and a mineral supplement, consider Chia seeds, fresh vegetables and fruits, as well as other seeds, herbs and nuts. Fresh green dandelions help with detoxification of the kidneys, milk thistle seeds or powder in conjunction with red beets help with liver detox and Yarrow tea supports the detoxification process. Adding beneficial microorganisms to the horse's feed or even to a separate water source will help the digestive system. It also helps to keep the worm load down as parasites do not like healthy digestive systems. For more information on microorganisms: [Newsletter November 2009](#)



Try to obtain organic hay or at least hay that has not been chemically treated with chemical fertilizer, herbicides and pesticides.

Enhance the program with complementary alternative therapies.

To help in "picking up many of the dominoes that have fallen" in the course of the disease process, a variety of complementary, supportive medical care, such as dental work, acupuncture, massage, chiropractic, Reiki, bodywork and regular sheath and udder cleaning and certainly good hoof care are recommended.

You have to pick up every domino you can, not concentrating solely on the chemistry. All of these modalities make everything else work better, towards the end goal of restoration of your horse to good health.



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