



Vegetables

Horses were not designed to consume manufactured products, any more than we are.

They are herbivores; this word has its origin in Latin and means plant eating.

Horses are designed by nature to eat vegetation.

This is easily provided. There are specific fruits and vegetables, which contain DHEA hormone, Digestive Enzymes, Electrolytes, Vitamins, and Minerals. There are also specific enzymes found in certain fresh raw foods, which assist with joint support/repair, cell reproduction, metabolic support, skeletal support, brain function, digestive enzymes, protein and biotin. This is just a very small summary.

Raw foods contain enzymes which enable the food to break down on it's own so the body does not have to work at digestion, the body just needs to distribute the nutrients. This principle alone may prevent a multitude of digestive upsets.

The ever-changing variety of fresh whole foods and the correct blend of herbs will provide the optimum levels of health and performance beyond what has been seen thus far.

Each horse is a unique individual: therefore his needs are also unique. A specifically tailored program needs to be designed to achieve the maximum health benefits.

Variety is so important. One cannot expect to be or remain healthy while consuming the same exact food every day. The combinations of fresh raw foods and herbs is the answer to "what do we feed our horses.?" It is so simple and right in front of us.

Here is a short list of vegetables you may feed your horse:

Yams (actually sweet potatoes)

Carrots

Apples

Bananas

Fresh greens

Almonds/mixed nuts/sunflower seeds

Seasonal fruit

Melons

Squash

Avocados



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When starting your horse on a vegetable diet and taking him off all other feeds, you may want to keep in mind that he will start to detox. He may initially lose some weight (that is unhealthy, toxic weight), he may even have some patches of dull skin or develop rainrot. This is all part of the detox process. How much vegetables you feed your horse largely depends on the amount of pasture you have to supplement with, the size of the horse and his work load. Experiment, you can't go wrong.



As for obtaining these vegetables: There are vegetable wholesalers whom you can get an account with and order your veggies through them, or you certainly can grow them yourself.

And please remember: Organic is always preferable to conventionally grown, unless you know the grower does not use herbicides, pesticides or chemical fertilizer. Many farms actually grow their produce in an organic way, but have not obtained the label. Ask them directly.

