



Your Guide to a Healthy Horse



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YOUR GUIDE TO A HEALTHY HORSE - NATURALLY

Traditional horse keeping ways and why they don't work...

There are 3 critical areas in today's horse care that can create chronic degenerative problems, fertility disasters, lowered life expectancy - by as much as half and ineffective immune systems. These three areas are;

1. Over-Vaccinations
2. Feeding Commercial/Low Nutrient Diets
3. Using toxic drugs such as steroids and antibiotics to heal chronic conditions such as allergies, skin problems, kidney and liver dysfunction, heart problems etc.

Why our current model can't work and doesn't work...

You purchase a horse and you want to give it the best start possible. So you go to your local feed store and buy some pelleted or sweet feed promising to be balanced and complete. You may even take it a step further and read the labels to try and pick a brand that seems to be most nutritionally balanced for the age and work load of your horse.

High in vitamins and minerals and veterinarian recommended. Looks good and you feel good about your purchase. You may also add a mineral/salt block and a few horse treats. You get some plastic feed tubs and water buckets and you're all set. Next is the appointment with the vet to get his vaccines done and to see if he needs any other additional medication/check-ups.

All looks good so he gets a series of vaccinations and all seems well. Months or even years may pass by and your horse starts to show a few symptoms here and there. It may even start so slowly and in such small changes that you may not even notice there is anything wrong. He may have a poor coat, teeth problems, goopy eyes and bad breath. He may have unexplained lameness issues. Could he be getting old? But he's only 8.

Like most of us, at this point not much will be done as it doesn't appear to be too abnormal. But as time goes on, more things crop up, horse becomes itchy with a few hives here and there, eyes are a bit more weepy and an unexplained cough crops up...not to mention manure is a bit runny at times. Now at your annual vet check-up and vaccine booster time, you mention this to your vet and he recommends steroids to combat the allergy type symptoms he may be showing.

Things do not get better from then on; it's one health problem after another and you become frustrated at your horse's health condition. If you are a first time horse owner this may not sound familiar to you

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but for those of us who have had horses before, it is generally how things progress. So what went wrong?

We did everything the vet told us to do, we read the backs of our feed tags, we listened to friends and family on horse health advice and yet the animal fails to be healthy. Well first thing is, don't feel guilty. Many of us simply just don't know. The information is not readily available particularly if we are looking in the wrong places. But the great news is you can change the above to be a happy ending by making some integral changes.

Did you see what the above problems may have been to contribute to poor health?

I will list them and then we will talk about each in more detail...

Store bought pelleted commercial feed

- Firstly, all the pre-packaged foods that are in our feed store shelves today are considered dead foods. They are missing crucial enzymes needed to digest food and maintain good healthy.
- Many of the ingredients are poor grade (if they are not for human consumption your animal should not eat them either).
- Many ingredients are made up of fillers that cannot be digested properly or are high in sugars. For example corn has very little nutritional value and is high on the glycemic index, soy is another – considered a phyto-estrogen and mostly being genetically modified can cause hormonal problems for starters.
- The vitamins and minerals added may or may not be in proper amounts. One bag may vary greatly from the next.
- Man made vitamins and minerals (supplements) do not give all necessary nutrients to your horse in proper amounts. Most of it is excreted out or they may create deficiencies or over-abundances of certain vitamins and minerals which can cause serious health problems that can mimic chronic health conditions particularly if you do not know what your horse is low or high in currently.
- Processed foods contain additives, artificial flavours, colours and preservatives that can cause allergies and other serious health related problems.
- Store bought pelleted feed has in some instances been linked to arthritis, allergies, dental and skin problems, thyroid imbalances and a host of other serious conditions.
- Heavy metals are frequently poisoning the commercial horse feed (without manufacturer awareness). ***** Please ask about testing your pet for heavy metal toxicity if you have been feeding your horse commercial pelleted food *****

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- Hydrogenated and rancid oils that have been linked to cancer and heart disease are used in commercial pet foods.
- Pelleted feed is pre-cooked, in fact it is heated to extreme high temperatures to kill bacteria etc. This practice also kills enzymes necessary for your horse as well as many nutrients. High temperature cooking can also make certain foods carcinogenic.

Plastic feed tubs and water buckets

- Invariably plastic will leach into your horses' system. There are however few alternatives so little can be done, even aluminum based watering troughs for example leech Aluminum so are not much better. Wooden based mangers are ideal for feeding hay and dry grains such as oats etc.
- Horse treats are made of the same basic ingredients as the horse food. Most of them are extremely high molasses to make them palatable so choose your treats wisely. A carrot or an apple is better – organic preferred.

Vaccinations

- Implicated in causing chronic degenerative diseases by deteriorating the immune system.
- Main problem is over-vaccination, multiple vaccine preparations (more than one vaccine is given at a time ie. 3 in 1). Most animals are immune after the first shot.
- Vaccines contain components of formaldehyde, aluminum and mercury as well as other toxic additives.
- Viruses injected into the bloodstream do not go through the regular mode of infection as would happen naturally (such as eyes, nose and mouth) therefore body is un-prepared to fully deal with the virus/vaccine particularly if the animal is too young, old or sick.
- Many viruses are harvested on other animal organs to prepare the actual vaccine, many may have other undetectable live viruses that may infect your horse.
- Vaccines are now being implicated as a major contributing cause to allergic type symptoms.
- Foals under 3 months of age should not be vaccinated as they yet don't have a fully developed immune system. Same goes for sick or old animals that are already fighting disease – they should not have more added.
- In 1998 the AVMA felt that animals should be vaccinated every 3 years not annually (a big step for the veterinary community but still too much vaccination).
- Vaccine manufactures tested immunity after 1-3 yrs only, on only 7 dogs. They did not test immunity after 10-15 years of a dog's life span for example. Immunity in most animals as in people is life-long.



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- *Donna Starita Mehan DVM:* "Routine" vaccination has adverse side-effects, either short or long term. With vaccines that are repeated year after year, the frequency and severity of these side-effects in our pets has increased dramatically. Most of the problems involve the immune system. **After all, the immune system is what vaccines are designed to stimulate. But they do so in a very unnatural way that can overwhelm and confuse the immune system and can result in increased susceptibility to acute infections (such as ear infections in dogs, bladder infections in cats), chronic tapeworm problems, or in more degenerative cases, cancer."**

Use of steroids, antibiotics and other traditional medication

- The whole point of steroids is to suppress the immune system. They are given to stop the immune function in over-reacting such as in allergies. The problem here is that the cause is never addressed just steroids are given and the immune function is seriously compromised, many times for the life of the animal.
- Steroids are known to have adverse side effects on their own that contribute to very poor health.
- Even steroid injections (sometimes given to alleviate arthritis pains) are harmful as they destroy surrounding tissues. In people who have received steroid knee injection even if just once, had to receive knee replacement surgery. Race horses injected with steroids don't last very long thereafter.
- Antibiotics kill all bacteria. It also kills good bacteria that are naturally found in your horse's digestive system. Again this compromises your horse's immune system. And seriously short-changes his digestive capabilities leaving him open to allergic reactions.
- Other traditional medications such as thyroid therapy, pain relievers and so on, only mask the problem by addressing the symptoms. No true cure can ever be expected as they are only 'fixing' the symptoms but not the underlying cause.

NATURAL HORSE CARE

In order to give your horse a long happy and healthy life he should have...

1. Little to no vaccines if possible
2. Feeding a RAW whole food diet, limit the pelleted processed feed. If you have to choose concentrated feed go for small amounts of whole grains such as oats etc.
3. Using natural therapies to address any chronic conditions and treating small seemingly unimportant symptoms quickly and naturally.



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What you need to do to get your horse started right...

Mimic Nature as closely as possible

To Vaccinate or not...

If you try and provide your horse the closest thing to what he would have naturally you are giving him the best support he could get. First we'll address vaccinations and the need for them. Our ancestors never vaccinated horses or other animals, and wild animals aren't vaccinated. So how come so many survived? Because their immune systems protected them as invariable every healthy creature is protected.

The best line of defense is your horse's own immunity. It is a fact that even vaccinated animals can still get the disease they are being vaccinated against. Why? Because their immunity was poor (sometimes from the vaccines themselves).

Why is it that in today's day and age – having the most 'vaccine' protected pets we have animals deteriorating and suffering with diseases (human-type such as cancer, diabetes and heart problems) more than ever before. Actually, most disease we now see regularly in our pets were virtually unheard of only a few decades ago. Strange that we are getting our horses vaccinated, de-wormed yearly if not more and yet they succumb to more diseases now more than ever before.

The most important thing you can do for your horse is keep him as healthy as possible so his body will be able to fight off whatever it is that is out there. This means providing a healthy diet made up of real food mainly based in grass and good quality grass hay. And keeping on top of small health problems as they arise using natural health therapies that will support him in healing himself. This in fact is more than enough. But if you still feel that your horse needs added protection because he may come in contact with a particular disease (for example West Nile etc.) you can use homeopathic nosodes to act like a prophylactic. It will help in protecting your horse against that particular disease if it is rampant in your area.

Feed RAW Whole Food

The best food you can provide for your horse is good quality (tested for nutritional levels) grass hay, fresh fruits and vegetables (you can try carrots, apples, sweet potatoes, bananas and a different herbs as well) and some whole grains in small amounts such as barley or oats for horses without metabolic disorders of course. Most horses will readily accept this and flourish although a small percentage may require additional supplements depending on the hair, hay and soil tests.

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Water

Your horse should receive spring/well water preferably to tap water. Or tap water should be filtered. Tap water is laden with chemicals such as fluoride and chlorine that are not healthy for him to consume. Chlorine destroys bacteria – this means your horse's gut is also paying a price whenever he drinks tap water because the healthy bacteria are being destroyed. This further adds to the digestion problems. The other problem is medicines that get into our lakes and water filtering plants are not filtered out. This means your horse (and you if you drink tap water) gets a whole myriad of pharmaceutical drugs right through your drinking water. Drugs such as Prozac, heart medications, antibiotics etc. are found in trace amounts in your water. We don't know what kind of affect it can have, even in these small amounts. It is better to give spring or well water (tested for mineral content and contaminants) whenever possible.

Note: Please do not make decisions based solely on the findings of this report. Please notify and seek the advice of your veterinarian/homeopathic veterinarian before making any changes to your horse's health regime.
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