

# FEEDING YOUR HORSE HOLISTICALLY WITH NO SUGARS AND FILLERS

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Commercially-sold bagged feeds for horses contain so many fillers and additives, you have to ask yourself, “where are the whole grains?” Try reading the ingredients on feed bag tags, and your head will start to spin! I guarantee you won’t understand at least half of what is listed. Most adults know that processed foods we buy from the grocery store or at fast food restaurants aren’t healthy – and it’s no different for horses. Hence, all kinds of health problems for our horses have become rampant today— non sweating, insulin resistance, cushings, poor hoof quality, allergies, breathing issues, etc.

Full disclosure here: I am neither a veterinarian nor a licensed nutritionist. The advice I share in this document is simply based on my own research over the years regarding healthy diets for horses. My own horses immediately showed improvement in their health when I first made the switch to my own diet – and I’ll never look back. I am however certified in multiple holistic bodywork therapies for horses and have been an avid dressage rider for over 30 years. My husband and I are a reseller for many of the products I list in the breakdown of the diet. We named the business *Proven Equine* because the products we sell have proven to us that they work. And I’ve been feeding the Animal Trace Minerals product since 2003!

If you want to really learn about what’s going on in the horse feed business, I encourage you to buy the book (paperback or ebook) “Whole Food for Horses” written by Tigger Montague. Be forewarned: It’s eye-opening, and frankly, depressing. Thankfully, in the book Tigger gives very good guidance as to what to feed horses holistically, and the diet we use is a similar diet to hers.

A word about anhidrosis (non-sweating). I attended a clinic here in Florida once where half the horses there were non-sweaters, and the clinician put a device on those horses’ necks called a Zeno, which basically “woke up” the Vegas nerve, and within 15 minutes, each horse was sweating in the neck. It didn’t last forever. But as a therapist who does craniosacral therapy (CST) on horses where I “reset” their whole central nervous system, this was intriguing to me. Since that clinic I started to pay more attention to my CST sessions with non-sweating horses, and when coupled with the diet change, almost every horse started to sweat within 5 to 21 days – and have remained good sweaters while on this diet.

A few things about the diet:

If you’re currently buying tons of supplements for your horses, your feed budget is pricey. This whole food program may end up costing you about the same, or a little less, or perhaps a little more. It’s also a little more work, but we’re talking just a few minutes/day to put it together. In the end it’s definitely worth it!!

All feed should be mixed and soaked in water ahead of time, and give it a stir just before feeding. How much water? Add enough to make it somewhat soupy – it will all be absorbed. If you’re in a rush, use hot water and it will be ready in 15 to 20 minutes to serve. Cold water takes an hour or two.

People ask about vitamins. The greener the forage, the more natural vitamins it provides. **Feed quality green hay** or provide grazing on green pasture.

We have helped over 100 horses switch over to this diet, and the feedback we receive is always positive. Plus the horses eat this food with gusto – they really love it. Note that the first week on the diet, the body has to detox from the processed commercial feed, so their manure may be wet.

# FEED INGREDIENTS:

The quantities listed are in ranges, indicating easy keeper to hard keeper and everything in between. These ingredients are for ONE MEAL – so assume they should receive it AM and PM. Soak in water first. The minerals and supplements listed are available at [www.ProvenEquine.com](http://www.ProvenEquine.com).

## Alfalfa Pellets

1 to 3 cups

(Standlee brand recommended, but there are other brands. Timothy pellets are another option, but there is more sugar in Timothy than in Alfalfa)

## Renew Gold

½ cup to 2 cups

(5 ingredients: coconut, flax, rice bran, yeast, calcium carbonate)

## Ground Flax

1/8<sup>th</sup> cup to ½ cup

(Balances out the Omegas in renew gold)

## Oats (rolled, whole or crimped)

0 to 2 cups

(This gives the horse energy, so some people don't feed it to hotter horses.)

## Animal Trace Minerals

1 scoop

(Naturally-chelated, unique, montmorillonite clay. Read about all its benefits at ProvenEquine.com.)

## Salt (Himalayan or sea salt)

1 tsp to 1 TB

### Optional supplements to add:

## Chia seeds

1/8<sup>th</sup> cup to ¼ cup, depending on sand ingestion

(Can be fed one week out of the month for maintenance. Walmart carries the cheapest brands in the baking aisle. Psyllium has been tested by 2 universities to NOT remove sand.)

## Vitamin C

1 tsp daily

(Highly recommended for horses over 15. It gives a huge boost to the immune system when coupled with the minerals. Older horses stop producing vit C in their systems and need it.)

## Vitamin E

1 scoop daily

(To add weight and build muscles, and/or for sore muscles when in heavy work)

## Fenugreek

1 to 2 tsp

(A natural anti-inflammatory, plus good for the gut/digestion.)

## Chastetree Berry

1 tsp to 1 ½ tsp

(Inexpensive supp. that regulates pituitary gland. So ideal for moody mares and horses suffering from Cushings.)

NOTE: If horse needs additional weight, we recommend adding rice bran to their diet (pellets or powder). Beet pulp is another option.