

## THE HEALTHY HORSE CHECKLIST (Is Your Horse Grass Affected?)

You will be amazed at some of these signs of Mineral Imbalances and/or Toxicity. Some you would never associate with diet!

***Symptoms come and go. Some symptoms are COMMON,  
This doesn't mean they are NORMAL!***

Many of you will be thinking: "But lots of these are just 'people' problems". I used to think that too but you'll find a few simple diet changes will reduce these issues significantly or eliminate them altogether *without any treatments or 'working thru any issues' whatsoever.*

***The major mineral imbalance comes from too much potassium, nitrates and not enough sodium, calcium and magnesium.***

Tick the boxes below

**Mild :**

- |                          |                                                                               |                          |                                                                                                |
|--------------------------|-------------------------------------------------------------------------------|--------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Tight, tense, on edge                                                         | <input type="checkbox"/> | Dull, lethargic                                                                                |
| <input type="checkbox"/> | Girthy. Takes little short steps when first saddled                           | <input type="checkbox"/> | 'Impulsive', wants to go too fast. Appears "not to think what he is doing"                     |
| <input type="checkbox"/> | Difficult to bend on a circle. Uncomfortable to ride                          | <input type="checkbox"/> | Has a permanent 'veer' to the right or to the left, you would swear they need the chiropractor |
| <input type="checkbox"/> | Tight ham-strings, short-stepping, especially behind                          | <input type="checkbox"/> | Stumbles over nothing                                                                          |
| <input type="checkbox"/> | 'Bunny-hops' at the canter, may swap leads behind.                            | <input type="checkbox"/> | No top-line, hard to keep weight on                                                            |
| <input type="checkbox"/> | You think -you have a 'sensitive' horse                                       | <input type="checkbox"/> | Hormonal problems                                                                              |
| <input type="checkbox"/> | The saddle doesn't fit (even after you've had one made especially)            | <input type="checkbox"/> | Difficulty getting in foal                                                                     |
| <input type="checkbox"/> | The physio finds lots of 'sore' spots and treatment requires multiple visits. | <input type="checkbox"/> | Sweats with no exertion                                                                        |
| <input type="checkbox"/> | You class your horse as 'right-brained' introvert                             | <input type="checkbox"/> | Hard to make progress with schooling                                                           |
| <input type="checkbox"/> | Your horse has 'Attention Deficit Disorder'                                   | <input type="checkbox"/> | Bolshy, bargy                                                                                  |
| <input type="checkbox"/> | Can't cope with the pressure of events or competition                         | <input type="checkbox"/> | Seems to need joint supplements                                                                |
| <input type="checkbox"/> | Washed out look to the hair-coat. Weak, shaly hooves                          | <b><u>Severe:</u></b>    |                                                                                                |
| <input type="checkbox"/> | Periodic sore feet                                                            | <input type="checkbox"/> | Doesn't like to be touched/brushed                                                             |
| <input type="checkbox"/> | Hardly ever lies down                                                         | <input type="checkbox"/> | Touchy around the ear's                                                                        |
|                          |                                                                               | <input type="checkbox"/> | 'Pulls back' at the slightest thing                                                            |
|                          |                                                                               | <input type="checkbox"/> | Difficult to bridle                                                                            |
|                          |                                                                               | <input type="checkbox"/> | Races around the paddock for no apparent reason                                                |
|                          |                                                                               | <input type="checkbox"/> | Acts weird when you put a cover on                                                             |
|                          |                                                                               | <input type="checkbox"/> | Overly reactive and or claustrophobic                                                          |

- Flies back out of the float
- Sweats in the float
- Uncharacteristic, violent, 'out of the blue' behaviour
- Violent bucking.
- Excessively herd-bound
- Overly aggressive towards you or other horses
- Geldings exhibiting stallion-like behaviour
- Head-flicking/shaking
- Laminitis
- Lies down at odd times
- Unexplained bouts of colic-like symptoms
- Convulsions/death
- Lightening fast, all 4 feet off the ground spooks (at 'nothing' or something they walked past no trouble yesterday)
- Un-coordinated, walks like a drunk, staggers, gives out in the hind-quarters, falls over
- Reproductive problems: abortions

**Indirectly Caused :**

- Allergies
- Mysterious 'viruses'
- Health problems associated with a suppressed immune system

**Signs Your Horse is Insulin Resistant:**

- Can't stop eating, you can hardly keep head up out of the grass
- Lives on the 'smell of an oily rag', has to be in the 'Jenny Craig' paddock
- has to wear a grazing muzzle
- Becomes obese with pads of fat above the tail-head, behind the shoulders
- Develops a 'cresty' neck, the bigger the crest, the more insulin resistant
- Has had laminitis or periodically gets sore feet

**Signs Your Horse is 'Potassium Sensitive':**

- Appears 'stiff', but warms out of it to an extent
- Difficult to get any bend
- Bunny-hops at the canter
- Can't 'move out', when lunging at the canter the hind legs go together, the horse may swap leads behind.
- Often mistaken for sacro-iliac or stifle problems
- Laboured breathing
- Periodic sore feet, (correlates with short, green grass in certain conditions)
- Excessive yawning
- Skin tingling, itching

**For a scientific, detailed explanation go to:**

**<http://www.growersmineral.com/livestock/indepth-articles/nitrate-toxicity-sodium-deficiency-and-the-grass>**

The fastest results will be obtained from meticulously removing from the horse's diet: any short, green, grass especially rye-grass, clover, lucerne, kelp, molasses, garlic, many herbs, all of which are very high in potassium.

**We need to get the potassium levels down**

**and other minerals especially sodium, magnesium, and calcium up.**

**The 'Provide It Plan' provides all the information you need for a simple and safe feeding regime.**

**For testimonials, ongoing help and support go to**

**[www.horsemanshipnz.com](http://www.horsemanshipnz.com)**