

HEALTH

Examples:

- ♥ Diet & nutrition advice
- ♥ Bodywork & maintenance
- ♥ Preparation for competition
- ♥ Cardiovascular, intermittent and power training
- ♥ To shoe or not to shoe
- ♥ To rug or not to rug
- ♥ Healthy gut



Despite the abundance of knowledge out there it is still good to get a confirmation from someone with experience.

I try to discuss and cover the most popular subjects with regards to our horses health and also the ones that are often forgotten or where the knowledge is somewhat diluted.

Like us a horse's health is paramount and if neglected can cost a lot of money and more often than not a horse's life.

We can all only do our best and our best means more and more knowledge.

When talking about fitness or preparing horses for long trail rides or sports we must consider their nutrition and if what we give them truly supports what you are asking of them in return. Sometimes what the packet tells you is not enough and other times it can actually be too much.

Often I see horses with behaviour problems which have been resolved not just by changing the diet to a more suitable one but also by how the food was presented to them.

There is something very much out of balance when a horse kicks a food bucket over making a mess and appearing like they want to eat very fast.

Learning to recognise pain responses and reactions can be life changing for both parties and absolutely horses that are on rest or in rehabilitation can still learn new things.