

STRESS AND YOUR HORSE

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*STRESS causes INFLAMMATION
which leads to DISEASE*



*The Disease that Ultimately
Affects your Horse Depends on
your Horses Genetic Weak Link*

*Cancer, COPD/Heaves, Cushings
Syndrome, Insulin Resistance, EPSM,
HYPP, Ulcers, Navicular Syndrome,
Arthritis, Founder, Uvetitis/Moon
Blindness, EPM, Kidney Failure, DSLD,
Chronic Colic, Allergies, Photophobic
Headshaking, You name it.*

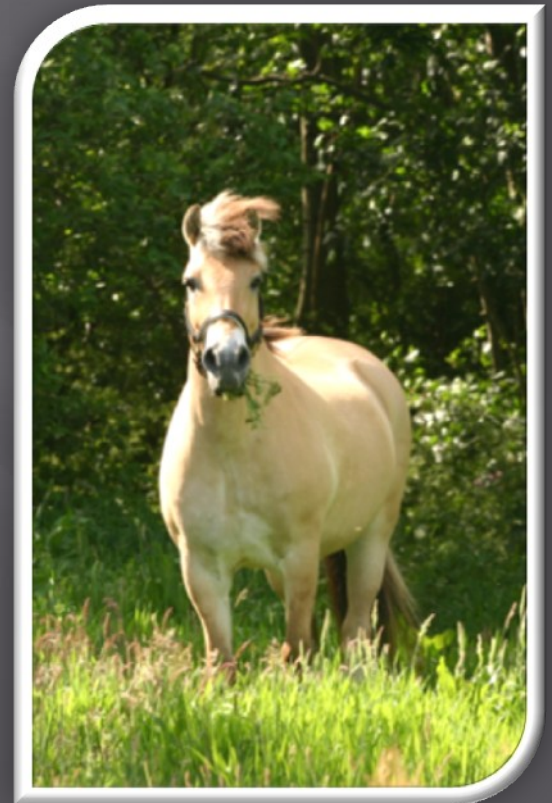
Types of Stress that can Affect our Horses

- Nutritional Stress
- Confinement Stress
- Medicinal Stress



Nutritional Stress

- Hays that are Too High in Non-Structural Carbohydrates
- Hays that are Too Low in Fiber
- Feeding way too much Grain
- Fasting throughout the Day
- Water Stress



Hays that are Too High in Non- Structural Carbohydrates

- Our Horses are eating Cow Hay
 - ✓ Hay that was designed to put 1.5# per day on a Cow
 - ✓ The Greener the Hay the more Sugars in it



Hays that are Too Low in Fiber

- Horses were designed to eat Brown Grass

- ✓ Bunch Grass

- ✓ Horses in the Wild Exercised while they Ate

- ❖ Some times they would roam up to 30 miles a day in search of Food

- ✓ Today's' Hay lacks Lignin and Silica

- ❖ Lignin and Silica are great sources of Fiber

- ❖ Fiber Deficiency can lead to Hind Gut Acidosis and Immune Deficiency

- ❖ A large portion of the Immune System is housed within the Intestinal Tract



Feeding way too much Grain

- Horses weren't Designed to eat Grain

✓ Horses in the Wild eat Grain once a Year

- ❖ Only when the Grass Heads Out
- ❖ Usually after a Hard Winter

Grains are Highly Inflammatory

- ❖ Causes Ulcers, Insulin Resistance, Cushings Syndrome, Arthritis, EPSM, Tying Up, etc.



Fasting throughout the Day

- Horses Fed only two or three Small Meals per Day

- ✓ Leads to Ulcers, Decreased Performance, Poor Attitude and Compulsive Behaviors

- ✓ Horses are Obligate Grazers

- ❖ Acid is produced 24/7

- ❖ The most important Buffer of Acid, Saliva, is produced only during the Chewing Process

- ✓ Horses do not have a Gall Bladder

- ❖ They were not designed to store Digestive Enzymes

Water Stress

- Many of our Horses are Drinking Water that is Contaminated
 - ✓ Well Water: Arsenic, Iron, Lead and Manganese
 - ✓ City Water: Treated with Aluminum



Confinement Stress

- Lack of Exercise
- No Horse to Horse Contact
- Decreased Levels of Sunlight
- Horses Defecate where they Eat
- No Ability to Self-Medicate



Lack of Exercise

- Horses are Designed to Travel 10-30 miles/Day
- Decreases their ability to Detox and Eliminate Lactic Acid from Training/Work
- Compromises the Immune System



No Horse to Horse Contact

- No Mutual Grooming/Tactile Stimulation
- Causes Mental/Emotional Stress
- No Long Term Emotional Relationships



Decreased Levels of Sunlight

- Causes a Vitamin D Deficiency
 - Leads to Decreased Serotonin Levels
- ✓ Can lead to Increased Behavioral Issues, Anxiety and Nervousness



Horses Defecate where they Eat

- Increases Parasitism and the spread of Disease



No Ability to Self-Medicate

- Horses in the Wild were able to Roam in Search of Healing Agents

✓ Minerals

✓ Herbs

✓ Nutritional Metals

✓ Fresh Water

✓ Other “Healthy” Horses Poop



Medicinal Stress

- Vaccines
- Un-Necessary Deworming
- Other Medications
- Steroids
- All Drugs



Medicinal Stress Continued

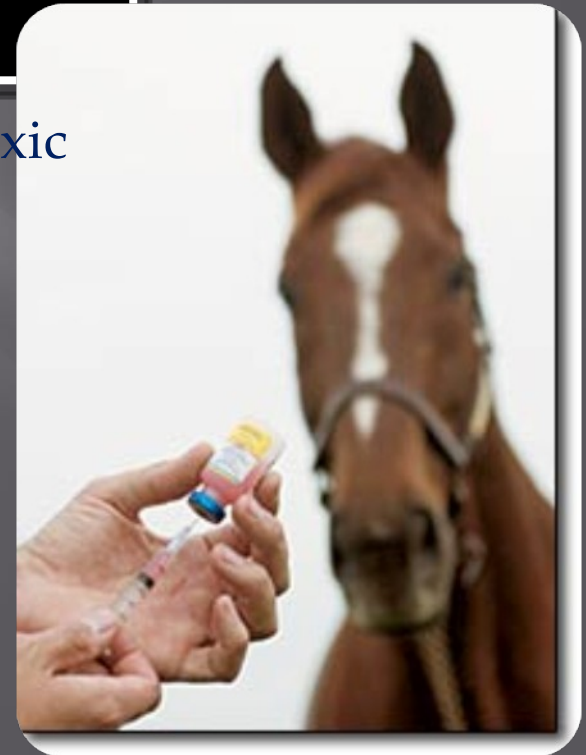
- Vaccines

- ✓ **Highly Inflammatory**

- ❖ Adjuvants Hyper-Stimulate the Immune System
 - ❖ Can cause Fibrosis of the Fascial Tissues of the Body

- ✓ **Totally Compromises the Immune System for at least 21 Days**

- ❖ Mercury (Thimerisol) is the most Neuro-Toxic substance known to Mankind
 - ❖ The Immune System is almost completely made of Nerve Tissue
 - ❖ Often allows Disease to take ahold



Vaccines Continued

- Many Vaccines are totally Un-Necessary
 - ✓ Rhino/Flu, Strangles, Pneumobort-K, Routine Tetanus, Encephalomyelitis, West Nile Virus, Rabies
 - ✓ Any Vaccinations (except Tetanus) after a Certain Number of Vaccines
 - ✓ Any Vaccine for any Disease that is not Life Threatening



Vaccines Continued

- Human Immune Systems are No stronger than our Horses

✓ They don't submit themselves to the Stresses that We do

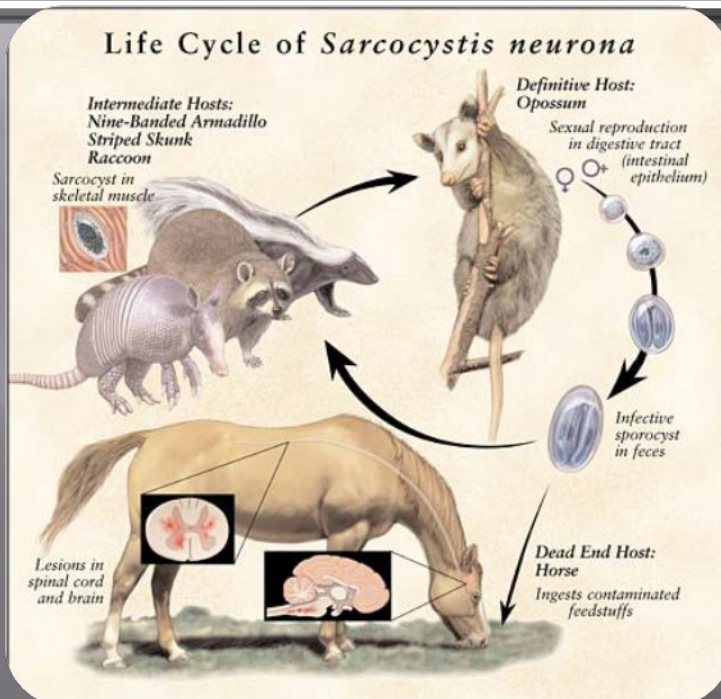
✓ Why do they need to be Vaccinated Yearly?

❖ (Rabies)



Vaccines Continued

- Many Side-Effects go Un-Reported
 - ✓ Vets were taught that Vaccine Reactions occur within 48 Hours
 - ✓ Some Side Effects don't show for 10-21 Days
 - ✓ Many Horses will start to show symptoms of Neurologic Disease within 4-6 weeks after being Vaccinated



Un-necessary Deworming

- Daily De-Wormers

- ✓ Cause the Organs of Detoxification to work Overtime

- ✓ Leads to Resistant Parasites

- ✓ New Recommendations suggest Routine Paste Deworming

- Deworming without a Fecal Exam

- ✓ Fecals allow Targeted De-worming

- ✓ Fecal Exams will indicate the need to De-Worm or Not



Other Medications

- “Show” Drugs

- ✓ ACTH, Dexamethasone, Injectable Calcium & Magnesium, Dormosedan, Lassix, etc.

- Un-necessary Anti-inflammatory Drugs

- ✓ Bute, Banamine, Aspirin, Ketophen and Equiox, etc.

- “Diagnostic” Joint Injections

- ✓ “Let’s just do the Hocks and see if that Helps”

- ✓ Followed by the Stifles, then Coffin Joints, etc.



Any and All types of Steroid Therapy

- Steroids only mask the True Cause of the Symptoms
- Making Diagnosis of the Actual Disease much more Difficult



All Drugs Require Detoxification prior to Elimination from the Body



Conclusion

- Proper Nutrition
- Adequate Number of Meals Per Day
- Ample, Clean, Fresh, Non-Toxic Water
- Minimal Confinement/Proper Exercise
- No Unnecessary Medical Treatments



The End

DePaolo Equine Concepts 

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