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## **BASE VEGETABLE DIET FOR THE AVERAGE HORSE**

(edited 11.24.2013)



Feeding horses doesn't have to be a drawn out complicated task. Over 45 years of living with horses and caring for them has led me down paths about which I can't even begin to tell you. I used to 'believe' in all the research for the best processed this or that or the other thing. I used to 'believe' in all the chemicals, the reports, the manufacturers' golden words. I've thrown away more useless supplements that have cost me more thousands of dollars than I can even think of. Coat supplements, hoof supplements, calming supplements, breathing supplements, feed supplements, drugs for this or that - I'm sure if you have horses then you know about what I'm talking. Pages and pages and pages in catalogues from countless manufacturers all spouting their products are the best for horses. I've also spent thousands on the 'best' equine feed that one can buy. I might as well have been throwing my dollars right into the toilet. And now, today, I consider it detrimental to the horse's health to feed anything BUT organic, whole grain (Oats) and fresh, raw forages. A quick story:

Just two weeks ago my husband had a total hip replacement. His hip was totally disintegrated. Post-op his surgical incision looked great, he was off pain meds in 24 hrs and was suffering no pain – just some minor discomfort. All looked really good from a surgical point of view.

He was healing extraordinarily well.

This is a man who has controlled his arthritis and pain, blood pressure and cholesterol on nothing but diet – 80% raw, unadulterated fruits, vegetables, seeds and nuts. His dangerously high cholesterol dropped to near perfect with no statins (allergies); his blood pressure has been maintained at a level equal to a man in his 20's instead of 60's. (it had been very high). He dropped the hard, mid-section 'spare tire' and found more energy and felt better than he had for years. He was healthy, fit and other than the osteoarthritis in his hip an extremely active "Senior".

For 3 days post-op he had received commercial, hospital/approved liquids and food as is allowed per Drs. orders.

On the 3<sup>rd</sup> day he developed a fever of unknown origin. No one could figure it out until I raised the point about the institutional food vs. organics. We were allowed to switch diet.

48 hours after stopping ALL commercial, institutional, hospital foods and eating only the organic food that I brought into him his fever dropped to normal. From 103\* F to 98.6.

In just 48 hours.

It was determined to be the food that had caused the inflammatory response and fever. (RN's and Drs. Verified). ...

When one eats good, healthy food then the body is maintained in a state of optimal health individually. But, when something 'foreign' is introduced into the system the body sets up an inflammatory response – thus causing a fever to aid in destroying the foreign substance that was introduced into the body somehow. ([Read about Leukocytosis here.](#)) In my husband's case it was the food – his body was rejecting the commercial food as it would a poison.

With simply a change in diet.

*"Let Food Be Thy Medicine and Thy Medicine Be Thy Food." –Hippocrates*

### **Can't fool Mother Nature! She knows best.**

Below is a simple recipe for a vegetable, fruit, nut and seed diet for the average, HEALTHY horse. Fed once a day with free choice good quality hay, grass grazing (yes, real, honest to goodness grass), trees to chew on, leaves to snack on, weeds, flowers and more for the horse to rummage - your horse will glow with a natural shiny coat, bright, shiny eyes, curious temperament, friendly, perform tremendously, lose weight or gain weight as needed by his natural body. Feeding a horse FORAGE as all equine are created to do, will enhance ALL body systems and all systems will get healthier. The liver will strengthen and be able to better filter the blood, the kidneys will function better, the immune system will be able to do the job its supposed to do and the natural foods will help the horse's mind, as well. Muscles will strengthen

and the mind will calm. Hooves will become solid and strong when coupling this forage diet with good, regular hoofcare attention.

Combine the forages with clean, fresh, constant supply of water when wanted and your horse will transform to be the horse you know he or she can be. Instead of adding chemicals for healing, look to nature's chemicals that are found in natural foods. Use herbs for healing when needed - they are not only food but powerful medicines as well. Be sure to consult a knowledgeable Herbalist on what is needed.

Remember, definition of health is: Free of dis-ease in body, mind and spirit. How healthy is your horse? God created HEALTHY horses -- we need to honor that with feeding only the best that His creation has to offer.

#### **TO BE FED ONCE DAILY FOR THE AVERAGE SIZED HORSE**

- 1 apple
- 1 orange
- 1 banana
- 3-4 carrots
- 1-2 yams
- Greens: one or a combination of spring mix, swiss chard, spinach, kale, green leafy lettuces, dandelion leaves or other green leafy veggies. Give a couple of generous handfuls or more.
- Sprouts -- a handful of any kind of sprouts. Can be grown easily right under your kitchen sink!
- 1/4 cup of raw pumpkin seed
- 1/4 cup of Black Oil Sunflower Seed.
- 1/4 cup ground flax seed
- 1 oz. dried granulated Kelp
- 1 cup of dried, unsweetened coconut flakes or chips
- tablespoon of Celtic Sea Salt
- 1/4 cup of Olive or Safflower Oil that is infused with a large glove of garlic and sprig of herb that is pertinent to the individual horse.
- Dash of Organic Cider Vinegar

Additions that can safely be added are any type raw nuts (except Black Walnut), Trail Mix without chocolate, melons, squash, berries, beans, peas (I add split peas for added protein), pumpkin, beets, beet greens, carrot tops, turnip, parsnips, -- any sort of vegetable or fruit. Dried beans, dried peas, even organic whole oats, barley, spelt, cous cous, quinoa and other WHOLE grains ... in small amounts.

NO TOMATOES, NO RAW POTATOES (except for sweet/yams), NO ONION, NO EGGPLANT, minimal green pepper.

If you feel your horse HAS to have added calories then increase the oil up to a cup a day, increase the flax up to a cup a day, increase the Black Oil sunflower seeds up to a cup a day and add forage extender or beet pulp or other FORAGE based pellets. Preferably ORGANIC and certainly NON-GMO!!!

Even if you were to add this 'salad' mix 2 - 3 times a week you'll see a marked improvement in your horse's overall health.

If you have a herd of 3 or more horses you can make up the salad and divide it up among them. I mix 4 apples, 4 bananas, 4 oranges, etc. for a herd of 5 horses, 3 tiny ponies and a miniature donkey plus 3 goats -- the older horses get at least a qt. of the salad with their forage extender and the others get what I scatter on the ground to graze. A little bit goes a long, long way.



The big grey you see above is a 29 year old OTTB who is the hardest keeper I've EVER had to care for. He gets 2 qts of salad a day plus 3 qts of forage extender\* X2 a day. He's 17 hh and weighs about 1400#. The others range from 3 to a 27 year old and they get nothing but grazing veggies once daily and grass 2nd cut hay. The photo below is our almost 50 year old Sicilian donkey: He gets 1 cup of forage extender\* with 1 cup of veggies a day plus all the hay he wants to eat. (\*I stopped the forage extender shortly after starting it as it had wheat middlings, corn and soy in it. NOT good! Not good at all!)



Misty (Below) is 27 years old (maybe closer to 29) and has Cushings, Lymphangitis and DSLD. She gets 2 qts. of Forage Extender\* daily plus 3 qts. of salad. She gets various herbs to support her system as well. This photo was taken this winter of 2010.



Seeing is believing.



Photos from Spring 2010: Natural Shine, Natural Health!



For more info go here: [Feeding the Natural Horse](#)

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