

HERB & SUPPLEMENT SAMPLER PACK



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The information provided herein is based on my experience working with horses using natural methods to enhance their overall health and well-being through diet, detoxification, herbal medicine, and nutritional supplements.

It is not intended as a substitute for professional veterinary advice, diagnosis, or treatment. Always consult with a qualified veterinarian for any serious health concerns for your horse.

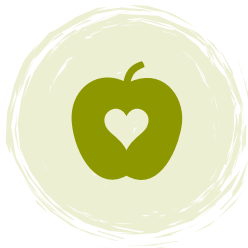
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BENEFITS OF OFFERING FREE CHOICE HERBS FOR HORSES



Enhances natural foraging: Horses are natural foragers, and providing free choice herbs allows them to engage in this instinctual behaviour. By offering a variety of herbs, you create an environment that mimics their natural habitat, helping to reduce boredom and promote mental stimulation.



Supports nutritional needs: Horses, like humans, have unique dietary needs that can change daily based on their activity level, health status, and environmental factors. Free choice herbs allow horses to choose what they crave, which can lead to better self-regulation of nutrients. This means they can select herbs rich in vitamins, minerals, and antioxidants when their bodies need them most.



Promotes digestive health: Many herbs are known for their digestive benefits, helping to soothe upset stomachs and promote healthy gut function. By offering a selection, horses can naturally support their digestive health and mitigate issues like gas or bloating.



Enhances hydration: Incorporating herbs into extra buckets of water can make hydration more appealing. Many horses are more inclined to drink when flavourful herbs are added, which is especially beneficial in the warmer months.



Competition horses: If you're competing, it's important to be mindful about offering herbs as they may not be allowed. Certain herbs including valerian, passionflower, chamomile, vervain and others. In small quantities, these herbs are unlikely to provide a positive swab, but it is best to keep in mind if you're giving large amounts to achieve a calming effect before an event.



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Each sachet contains approximately 50g. We offer a selection from the list of dried herbs and supplements below: *Depending on availability.*

Ashwagandha: This adaptogenic herb may help reduce stress and anxiety in horses.

Bentonite Clay: Aids in detoxification and helps absorb toxins in the digestive system.

Brewer's Yeast: Source of B vitamins and other minerals.

Burdock: Known for its detoxifying properties, liver health and skin conditions.

Calendula: Offers anti-inflammatory benefits and can promote healthy skin.

Celery Seed: Rich in antioxidants, may help reduce inflammation and support joint health.

Chamomile: Calms the digestive system and can help reduce stress and anxiety.

Chaste Berries: May help regulate hormonal balance, particularly in mares.

Cleavers: May aid lymphatic drainage and support the body's detoxification processes.

Dandelion: A natural diuretic that may promote kidney health and improve digestion.

Echinacea: Boosts the immune system and can help with respiratory health.

Fenugreek: Supports digestion and may promote a healthy coat.

Hawthorn Berries: Supports heart health and blood pressure.

Licorice Root: Soothes the gastrointestinal tract and can support respiratory function.

Marshmallow: Soothing for the digestive tract and may help alleviate gastrointestinal discomfort.

Meadowsweet: Offers anti-inflammatory and pain-relieving properties.

Milk Thistle: Supports liver detoxification and overall liver health.

MSM (Methylsulfonylmethane): Known for its anti-inflammatory properties, supports joint health and recovery post exercise.

Nettle: Rich in nutrients, it can help with seasonal allergies and overall vitality.

Olive Leaf: Contains antioxidants and may support the immune system.

Peppermint: Aids digestion and can help relieve gas and bloating.

Raspberry: Supports reproductive health and can promote digestive wellness.

Rosehips: High in vitamin C and antioxidants, it supports immune health and skin conditions.

Seaweed Meal: Rich source of minerals and vitamins that can support overall health and improve coat condition.

Spirulina: This nutrient-dense blue-green algae boosts immune function, supports digestive health, and provides essential vitamins and minerals for overall vitality in horses.

Turmeric Root: Offers anti-inflammatory benefits, supporting joint health and overall well-being.

Valerian: May help promote relaxation and reduce stress and anxiety.

Vervain: Known for its relaxing properties, it can help soothe nervous horses.



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In conclusion, providing free choice herbs is a simple yet effective way to enhance your horse's health, happiness, and overall well-being.

By recognizing and respecting their natural instincts, you not only support their nutritional needs but also enrich their lives.

Whether it's a water buffet or a selection of dried herbs, your horse will thank you for the thoughtful consideration!



USAGE TIPS

Some horses may prefer to drink the 'herbal or supplement water mixture' after brewing for a day, while others may like it weaker. It is not uncommon for a horse to initially ignore all options and then suddenly drink a bucketful of a specific mix.

It's perfectly normal if your horse doesn't want any of the offerings; their preferences can change daily.

Curious horses might enjoy splashing around with their noses and tasting each herb, while others may take longer to try them.

Directions: To prepare the buckets, use about 20 to 30g of the dried herbs or supplements in a 10 or 20 litre bucket of cold water. There are no strict rules on the quantity - strong mixes may result in just a sip, while weaker ones might be consumed more readily.

- **Option 1:** Add one or two level spoonful's of the dried herbs or powders directly to the cold water and allow them to infuse gradually.
- **Option 2:** Pour hot water over the dried herbal teas (avoid using hot water with supplement powders) and let it brew for a few minutes before mixing with cold water in buckets.

You don't need to offer a selection all at once, you can either offer one mix at a time and discard and try something different. Or make up 3 or more at once. It does depend on how many horses you have also.

Discard the mixture after 48 – 72 hours to prevent fermentation.

If your horse shows a preference for a particular ingredient, it may be a sign they need it, so you could consider purchasing a larger size pack of that product to mix with their feed for a couple of weeks.

Always consult an animal naturopath or equine nutritionist before administering larger amounts or dosing for more than a couple of weeks.

Note: While most herbs possess medicinal qualities, offering small doses through a water buffet or as an occasional treat is unlikely to have a therapeutic effect.

**** Important ****

Always ensure fresh, clean water is available in conjunction with these.

Discard any leftover flavoured water from the buckets after 2 or 3 days maximum.

