

## Natural Remedies

By Diana Wanamaker | [www.peacockpetcafe.com](http://www.peacockpetcafe.com)

They once ran along the plains of the west. Grazed on the prairies. Chose herbs, shrubs and plant life that they instinctively knew was best for their body. They stood amongst the beds of clay for their feet. Drank from fresh springs. Moved up to 20 miles a day. All together in the safety of a herd. They were once in harmony with nature. Living a life that their bodies were designed to thrive on.

Today, that has drastically changed for the domesticated horse, as well as the herds that still remain free and wild. Domestication has put demands on our horses and exposes them to un-natural environments, feeds, hay and water. These elements are often precursors to the health issues our horses are up against.

We love our horses dearly and we give them what we think to be the best of care for them. Going out of our way to find the best feeds, supplements and boarding care we can provide.

Over thirty years ago we had little to no concerns over environmental chemicals, polluted water, over vaccinating and feeding genetically modified food (GMO). Our horses were a lot less likely to have health issues. Today, the list of health issues we may encounter is growing. It has become a very complex responsibility to balance our horses' health. Few of us escape the battle of attending to health issues with our horses.

A holistic approach offers a way of life for our horses that is close to how their ancestors lived. We view the physical, mental, social and environmental factors. Then choose the best remedy that is naturally designed for their bodies.

Natural remedies offer safe, effective solutions for today's domesticated horse, whether you practice conventional or holistic approaches to your horse's care.

### Benefits of natural remedies:

1. Strengthens immune system
2. Natural healing, not just treating symptoms
3. No concerns about having toxic ingredients
4. A cost saving solution
5. Long term results
6. No Side Effects

Here are a few 'Natural Remedies' to get you started:

### Apple Cider Vinegar (ACV)

Use BRAGG Organic Apple Cider Vinegar, RAW, unfiltered. Do not buy cheap imitations of ACV! You will not get results.

**For colic:** 15-20 cc every 10-15 minutes till they pass manure, then every 1/2 hour until stabilized.

**For scratches:** helps fight against bacteria & fungal infections. Syringe ACV onto the scabs.

**For hoof issues** (thrush, abscesses): alkalizes and helps fight bacteria.

**For arthritis:** restores pH balance and adds beneficial minerals to improve joint health

**For founder prone ponies/horses:** research has shown it slows the absorption of sugar, which is helpful to those that are sensitive to it.

Feed 1/4-1/2 cup daily or add to your horse's water at 1 cup per every 5-10 gallons. Introduce slowly over a period of 2 weeks.

ACV can also be used in Homemade Fly Sprays.



Photo Credit: Jackie Lee

### Honey (Use RAW, organic honey, preferably Manuka Honey.)

Honey is antibacterial, anti-fungal, boosts immune system and is full of antioxidants. It also helps with digestion and is a natural prebiotic. Prebiotic's are what feed probiotics, the beneficial bacteria in the digestion system.

Honey can be used to heal wounds, reduce infection, and boosts healing time. Such healing properties have been very beneficial in healing burns. Due to it's immune boosting abilities, it can also be beneficial to alleviate some of symptoms of seasonal allergies.

Honey can be placed directly on a wound (after cleaning the wound). Can leave it on with or without a bandage. In summer, add an essential oil (that deters bugs) to the honey so that it does not attract bees. A mixture of tea tree oil & honey applied for certain skin conditions (aka. Mud Fever/Scratches) softens scabs.

Most importantly, honey is a natural antibiotic that can be utilized internally or externally. "A British Journal of Surgery found that all but one of the patients who suffered from leg wounds/ulcers showed remarkable improvement after applying a topical application of honey." (Medical Daily [online] 3-17-15)

Learn more and shop at <https://manukahoneyusa.com> and <http://beehealthyfarms.blogspot.com/2011/07/honey-helps-heal-horses-wounds-univ-of.html>.

### Bentonite Clay

Bentonite Clay has over 70 essential trace minerals. It is known to draw out toxins, heavy metals and infection, can be used internally or externally, and has been successful at healing ulcers, chronic pain & hoof abscesses.

Clay poultices offer several beneficial uses. You can create different types of clay poultice's adding a variety of ingredients, like essential oils, green tea, honey, activated charcoal, herbs, colloidal silver, ACV, Epsom Salt, Aloe Vera, etc. Each poultice can be created to your specific needs.

Mix up your clay poultices in a glass (BPA free) or wooden bowl. Do not use stainless steel bowls or utensils for mixing up your clay poultices, since clay attracts heavy metals. Store in air tight containers (non metal) in cool, dry place.

Clay poultices are at the top of my list of things to have on hand. Great for wounds, sweat wraps, for therapeutic leg wraps, bee stings, skin conditions, etc. Poultices make great bandages in areas that cannot be wrapped. Spread some clay poultice over any wound, cover completely, and it will protect against any dirt and bugs, while it does its healing magic. Have any infection in a leg wound? Sweat wrap it with a clay poultice. Successful every time for reducing inflammation. (<https://www.depaoloequineconcepts.com/products/colloidal-silver>)