



Why Not?

Beet Pulp- Beets are chemically grown and extracted leaving behind a toxin load for the body to contend with. Frequently used to enhance weight, beet pulp requires four molecules of water to digest a single molecule of pulp thus most of the apparent weight is water not body mass or muscle tissue. Beet pulp encourages over consumption of water and kidney damage. It can contribute to colic and weakens the horse energetically.

Bran Mash- Often used as a laxative, bran mash is really only an intestinal irritant causing the body to expel all. Grass hay is a better fiber source and psyllium used one day or one week a month does more than frequent or ongoing psyllium use to remove sand. Bran will not remove sand. Black Oil Sunflower Seeds (BOSS) is another alternative to address sand. Bran is high in phytates and phosphorus, both tie up calcium.

Flax- Flax carries a toxin load, inhibits the thyroid and absorption of B vitamins. Use can lead to fatal coronary heart disease, stroke and complications of pregnancy and reproductive health.

Mineral/Salt Blocks- It is physically impossible for the horse, a smooth tongued animal, to get the needed salt from blocks. Further, bleaching salt reverses the ionic effect on cell structure. Mineral blocks are essentially salt blocks with necessary glues and additives such as coloring and elementary (not chelated) minerals. Horses who go for a lot of salt or munch through a traditional mineral block are really looking for necessary minerals they cannot find. Horses who have only mineral blocks are minerally deficient and have a high toxin load.

Molasses/Sweet Feed- While food grade blackstrap molasses from sugar cane is very alkaline and has iron and other essential nutrients, the molasses used in sweet feeds and for other animal usage is chemically derived from beet pulp with all the attendant considerations. Some mixes are 50-80% molasses, an extraordinarily high sugar content promoting a sugar “high” and sugar “crash”. It is used to make minerally deficient sweet grains (which are no longer sweet and tasty) taste better and to cover up other miscellaneous ingredients (i.e.: floor sweepings). Because it is moist it also promotes mold so mold inhibitors and preservatives are also added. It is high in fluoride among a variety of other toxins. Sweet feed stresses the pancreas causing soreness in the lumbar area (sore loins, unable to round or collect or efficiently drive). A staple for geriatric horses, it couldn’t be more inappropriate. If you need something to facilitate the administration of drugs use human food grade molasses or honey.

Vegetable Oil- Vegetable oil is fractionated fat (chemically separated from other nutrients rather than whole, as in natural grass heads or whole oats). It is not a complete whole food. The horse does not have a gallbladder, which emulsifies, thus it is digested thru the lacteal ducts in the intestine directly blocking the absorption of fat soluble vitamins. Frequently chosen to add weight it compromises long term health.