

Harmany Horse Gazette

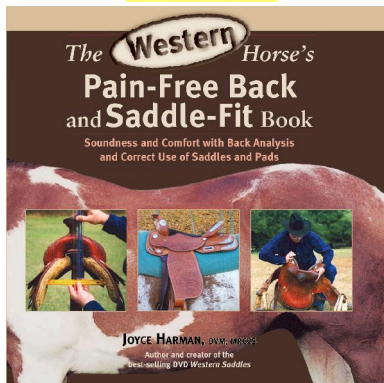
Harmany Equine's Web letter

June 2008

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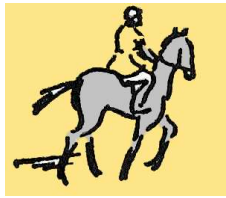
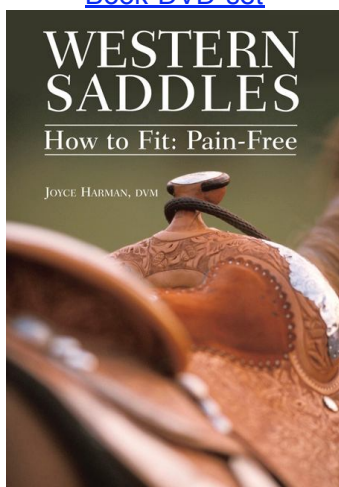
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Welcome to Harmany Equine's newsletter

Greetings from the summer time!

I have been busy this spring riding my horse, mowing the pastures (we have lots of rain and lots of grass this year), and all the other projects that go along with running a farm. Hopefully we will get back on track with more regular newsletters.

After almost 14 years in the making, my western saddle fitting book has arrived [Western saddle book!](#) The main complaint I saw in reviews of the English book was that there was no western coverage. Well, now that problem has been solved. This book is the most complete saddle fitting book on the market for the western saddle.

I have been answering "ask the vet" questions on Equisearch which are archived on their web site. One particularly interesting one you may want to read was on dementia and old age [Equisearch](#).

Please send ideas for articles ([Harmany Equine](#)) and products you would like to see us carry in the shop ([Harmany Equine Shop](#)). And if you wish, give us some feedback [email feedback](#). Thanks and have a great summer.

Joyce Harman DVM, MRCVS



Summer Skin Issues

Now that summer heat is here, the bugs are out doing their thing and your horse has bumps, lumps and itches. Here are a few ideas to help.

Many horses have weak or over-reactive (allergic) immune

systems. [Flax](#) seed or [Hemp oil](#) are excellent for improving the immune system, especially for the skin. Do not use ground flax unless it has been stabilized, but you can feed whole flax to horses. Feed 4-6 twice per day if your horse has skin problems.

Horses with mid-line dermatitis benefit from the flax and hemp, and also topically you can put salves such as [Calendula](#) or [Open Wound](#) salve which is made with the herb Chapparel. If your horse has severe itching, a constitutional homeopathic can be worked up after doing a telephone consultation, since this type of case is complex.

Simple bug bites, tick bites and stings respond well to homeopathic remedies. The remedies are covered in more detail in the [Homeopathic First Aid](#) guide, but here are a few simple ones. Bites and stings that feel better with a cold compress respond well to [Ledum](#) 30. Give 6-8 tabs once or twice a day for a few days. Itchy bites that feel better with warm water respond well to [Rhus Tox](#) 30, given on the same protocol. Bee stings that like cold compresses do well with [Apis](#) 30, and this also works well for hives. Tick bites often do well with Ledum.



Food Energetics

The Chinese have classified foods as to how they act in the body. Some foods are warming--think about a nice cup of ginger tea in the winter to warm you up. Others are cooling--think about a nice lettuce salad in the summer. I am posting a new technical article about food energetics on the web site very soon, if it is not there when you get this newsletter, check back in a couple of days [HEC Website](#).

Foods that are cooling include barley, which makes a good grain to feed a horse with laminitis if they need any grain. Cooling summer treats are also things like melons, cucumbers and peppermint. Try some new foods for your horse, see what she/he likes, do not be stuck on just apples and carrots.

Warming foods to be used with used in the winter or with older horses who are cold inside include oats, sweet feed (another good reason not to feed any horse prone to laminitis any sweet feed (read about [natural laminitis](#) treatment). Other warming foods are pumpkin, cinnamon, winter squash and apricots.

Enjoy experimenting.

Thanks

Thanks for reading this newsletter. I would love to hear your feedback, good and bad, suggestions, and requests. Joyce Harman

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