

# Harmany Horse Gazette

Harmany Equine's Web letter 1

November 2007

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## CHRISTMAS SHOPPING



The web site has been updated and reorganized in time for Christmas. Lots of new books as well as healthy horse treats have been added.

[Harmany Equine Shop](#)

Homeopathy fans take note: a new major textbook on equine homeopathy has been published:

[Homeopathic Textbook](#)

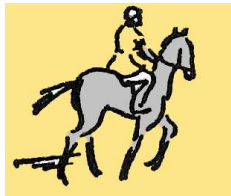
Introductory series of books for those on your gift list who are interested in learning more about your favorite medicine:

[Introductions to Natural Medicine](#)

How about an inexpensive stethoscope for the barn and trailer for those emergencies?

[Stocking Stuffer Stethoscope](#)

## Quick Links



## Welcome to Harmany Equine's newsletter

This season is a good time to launch my new email newsletter. We will keep it coming on a regular basis with news, short articles and updates on the web site. The plan is to have more regular in-depth articles added to the web site to keep it as the premier place to go for unbiased holistic veterinary information and products.

Welcome to our newsletter, please let us know what you would like to see, what you like and do not like about it. We have included you on this first mailing since your email is in the data base, but please hit the unsubscribe button if you do not want this email, we respect your wishes.

Have a wonderful holiday season and keep enjoying your horse!



## Hay and the Drought

During a drought, hay quality often becomes poor, the availability of it is reduced and the cost goes up. The current drought throughout much of the east coast is causing hay supplies to reach a critical level and we are not yet in deep winter. Poor quality pasture means many people have to feed more hay and at a much earlier time than normal.

If you have a hay shortage in your area, you have an Insulin Resistant or laminitic horse and you have a problem finding low sugar hay, you may do better to help your horse improve his metabolism than keep searching for the right hay. Hay made in areas with drought stress on the grass often have a higher sugar content even when the hay looks poor. You may be better with nicer looking hay from another area of the country. Read my articles on Insulin Resistance and laminitis for help improving your horse's metabolism:

[Insulin Resistance in Horses](#)  
[Natural Laminitis treatment](#)

Then check out the laminitis section of the shop, which has the most complete selection of products to treat IR and laminitis on the web:

[IR and Laminitis products](#)

Learn more about Insulin resistance, grasses and soils in the books sections:

[Pasture and grass](#)  
[Laminitis Information](#)

To feed the demand, hay may be brought from other countries or other areas of the United States. During extremely wet conditions, the same facts are true, but with the added issue of mold in improperly cured hay. A recent trip to a nutrition conference in Europe, where data was presented examining the various types of hay substitutes revealed some useful

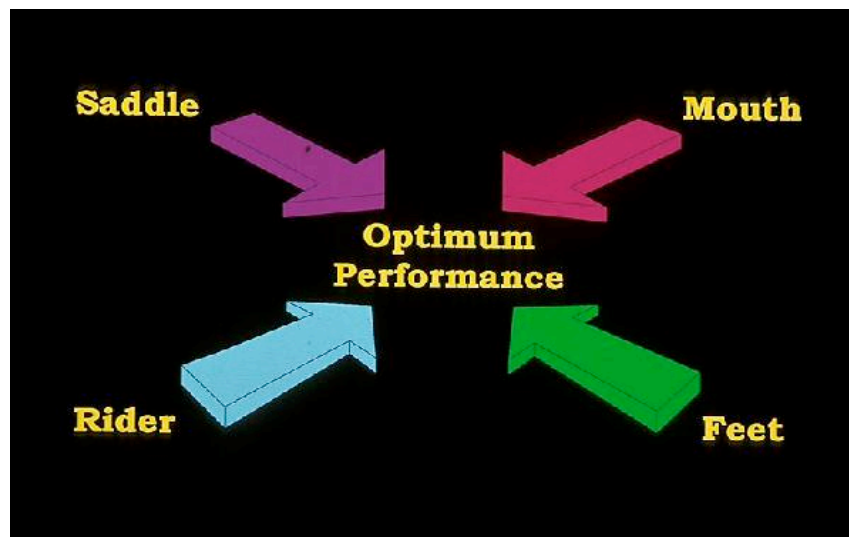
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information.

Hay cubes, not small pellets, can be an effective substitute for regular hay. Transporting hay cubes from an area where the weather was excellent is cheaper than transporting the bales themselves, making quality fiber more accessible.

Haylage, a moist bale made in a similar fashion to silage fed to cows, is becoming popular in some northern states, but has not been fed to horses in many states in the USA. These are the plastic wrapped round bales seen by the side of hay fields in many places. However, in Europe, haylage has been fed and studied extensively. If made and stored properly haylage is very safe for horses. When feeding haylage, it has to be remembered that it is heavier than hay, so if you weigh your hay, you will need to feed more weight to equal the same amount of feed. The extra weight is water. There does not seem to be any increase in obesity when haylage is fed, even though it is thought to be higher in energy or protein, however each horse has to be monitored as an individual, since the haylage could be made from a higher quality field than you may have chosen in the past for your easy keeper. There is no problem adapting horses to eating the new feed.

Preparation and storage are very important, so buy from people who are accustomed to making a quality product and store it away from areas where the plastic wrap can be damaged. Examine bales when you open them, as botulism is a possibility if air or mold has gotten into the bale. The incidence of botulism seems to be low in Europe, but must be taken into consideration.



The  
Pain  
Free  
Back  
and

## Saddle Fitting Clinic

With Joyce C. Harman, DVM MRCVS  
and Wendy Murdoch, MS

**March 20-23, 2008**

Western and English, pleasure and show

Toad Hollow Farm, Charlottesville, Virginia  
Learn more and Register/Pay Online [Saddle Fit Registration](#)

Course Teaching includes:

- Evaluating saddle problems
- Correct fit and position of saddle on the horse
- Stabilizing rider balance and seat
- Sensible use of pads and shims
- Accommodating multiple horses
- Fitting challenging conformation types
- Finding a saddle
- Care of the horse's back

 **Vitamin E**



Vitamin E levels in horses tend to be low when they do not have good access to green grass. When there is a drought, pastures that are normally green are poor quality and the hay is poorer quality than usual. Vitamin E deficiency has been linked to several serious equine diseases and may be linked to other less obvious immune system problems. Vitamin E is critical for a healthy immune system. A simple

blood test for vitamin E levels can be done by your veterinarian. Supplementation with a natural source of Vitamin E is the most effective way to improve vitamin E status. If your horse is deficient in Vitamin E it is best add about 1,000 IU or more per day. This will need to be done without added selenium, since most vitamin E and selenium products contain much lower levels of vitamin E than you need for deficient horses. Selenium, which is a mineral deficient in many parts of the country, can also be checked by a blood sample.

Natural vitamin E is absorbed at a higher and more complete rate than synthetic E. When you examine your supplement to see which type you have look for "d-tocopherol" as this is natural source vitamin E. if you see "dl-tocopherol", look for different brand next time.

## Upcoming Events

The Pain Free Back and Saddle Fit Clinic  
Toad Hollow Farm  
4012 Cannon Brook Way Charlottesville, VA 22901  
[Saddle Fit Clinic](#)

## Thanks

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

## Contact Info

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