

## Coconut Oil for Preserving Healthy Horses

Many of the allergies in horses show in some form of skin condition, such as dermatitis or hives. These are often diet related. There are also conditions such as mud fever (greasy heel) which are not true allergies, but which are also diet related. Many of these conditions have been avoided by feeding coconut oil at levels of 2 – 3.5 oz/day.

Coconut oil is unique because it is saturated (it does not go rancid), it is absorbed directly (giving ready energy) and it contains medium chain triglycerides (MCT). MCT's are known to provide health benefits through their effects on skin conditions, and on removing harmful bacterial organisms from the gut. There is now a lot of information available, particularly in humans on the positive effects of coconut oil on allergies and gut health.

Coconut oil is saturated, and is hard to use because it solidifies when cool. To make coconut oil easier to feed, Stance developed the powdered coconut oil product PowerStance.

Coconut oil acts at various levels. As oil, it gives great shine and condition to the coat, mane and tail. The MCT improves skin condition. The lauric acid in coconut oil is converted to monolaurin in the body, which has been shown to treat dermatitis and skin conditions.

Coconut oil can be fed either in copra meal (CoolStance copra contains 1.5 oz. of coconut oil per pound) or powdered oil (PowerStance). It is suggested that coconut oil provides the following benefits

- Reduces the growth of bacteria in the stomach that contribute to ulcers
- Reduces the uncontrolled growth of bacteria in the small intestines (termed dysbiosis) that causes leaky gut syndrome, and hence high levels of circulating sugars, which in turn cause obesity and insulin resistance.
- Improves skin condition and reduces the effects of allergies.
- Promotes hoof growth



Powdered coconut oil (PowerStance ) is the easy to feed solution to avoiding most diet related allergies.

For more information or to order CoolStance/PowerStance, please call 803-647-1200 or e-mail [Claudia@stanceglobal.com](mailto:Claudia@stanceglobal.com)