

Offering Horses Minerals Free Choice

- we don't force feed them by adding them into horse's feed;
- we don't force a horse eating unwanted minerals amongst those he needs by offering it the factory premixed mineral supplies with taste enhancers as molasses or grains added, so that a horse, seeking for a particular mineral or salt (if this is a salt block with minerals added), consumes a whole list of minerals he doesn't need at the moment, or consumes it just because it likes the taste of the molasses or the grain added;
- we feed the minerals in their most natural form, which is assimilated the best by the body, not creating unwanted metabolic stress in it by the need to remove those elements which it's unable to assimilate.



So we put the minerals in separate feeders, where they are available free access at any moment, because a horse, through his instinct, knows much better than we do what he needs and how much he needs. Horses are brilliant at balancing their nutritional needs on their own when given access to what they need. They chew bark, eat dirt, and drink from corral urine pools. Wild herbivore animals, horses and especially ruminants, will seek out lime and other mineral deposits and eat them readily to balance their body pH.

Watching our domestic horses, we can see how they may ignore the minerals left for them for weeks or months, and then suddenly empty the feeder depending on estrus, changing in weather, stress level, growth rate, parasite load, the hay changing, or just when a new horse comes into the stable, etc. This is when the free choice minerals really pay for themselves. The domestic horses still could perfectly naturally gravitate to the formulas that they need and balance their own systems.

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call 803-647-1200 or e-mail Claudia@stanceglobal.com

Some examples of the free choice mineral station, where a horse has 24/7 access to them:



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The **simpler**, or more **basic** the form of **minerals** in the diet, the better they are assimilated in the body. It is scientifically proven that mineral deficiencies in horses are based on soil deficiencies resulted from modern farming (Pat Coleby*, Consultant, SWEP, P. Spångfors, DVM, SLR, Kentucky Equine Research). The basic element list to cover the deficiencies in horses are dolomite (containing magnesium and calcium), sulfur, copper and seaweed. [more on the deficiencies and requirements: Pat Coleby <http://www.acresaustralia.com.au/bookstore/prod126.htm>]

Calcium is required by nervous and muscular systems to function normally, as well as for normal heart function, and bone growth. Calcium, however, always must be considered in conjunction with magnesium. Lack of magnesium is attributing for example to excessively nervous behavior. Both minerals are found in dolomite, a crushed rock, mined in that form, which is the most natural form for all purposes.

In the animal's body, **copper** is needed for optimum health, resistance to disease (especially of fungal origin, including thrush and mud fever), a healthy immune system, and protection against internal parasites. Anemia, poor coat color, seedy toe, ringworm, mud fever, proud flesh, all herpes conditions, worms, wind-sucking (!), chewing wood and bark — all these are conditions of lacking copper. We feed it in a form of copper sulfate — the blue stone.

Copper sulphate is a natural dewormer. Dr. William A. Albrecht, a greatest soil scientist, proved that animals whose system contained the correct amount of copper did not suffer from interior parasites; they could eat worm eggs in the paddock, but the worms did not stay in the animal once they hatched if the copper intake was correct.

Horses who lack **sulfur** could have lice or other external parasites. They will not digest their feed properly because of the link with the amino acids. Skin troubles could be another sign of the sulfur deficiency. The best way to feed sulfur is its organic form — the yellow powder sometimes called flowers of sulfur.

Regarding the **seaweed**.

Minerals in the soil are leached out by rain and water and end up in rivers, which in turn carry them out to sea. Far out in the deep ocean grows the kelp which takes in the minerals and eventually is broken off and washed up on our shores. It is harvested, dried and ground into seaweed powder or granules. We feed this to our horses (or put it onto our soils) and thus the minerals are returned. Seaweed contains an amazing amount of trace minerals in a safe organic form and in balance — thus perfectly assimilated by animals and no toxicity can occur.

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Seaweed contains:

20-40% protein with a good amino acid profile

10-20% carbohydrate

1-3% fat

less than 10% water

10-35% minerals, Ca, Cl, K, Na, P, Mg, Fe

Oligo elements Zn, Cu, Mn, I, Se, Mo, Cr

Vitamins beta-carotene (pro-vitamin A), some vitamins of the B complex (B1, B2, B3, B5, B6, B12, & Folic acid. E and K

Amino Acids to be found in Seaweed:

Arginine

Alanine

Aspartic acid

Coleucine

Cysline

Glutamic acid

Glycine

Histidine

Lysine

Methionine

Phenylalanine

Proline

Serine

Threonine

Tryptophan

Tyrosine

Valine

Also you could add rock salt to these basics. It is the more natural form of salt, not that one crushed and then pressed back into the brick with elements added artificially.

*Pat Coleby has been instituting eco-farming techniques in Australia for the last half-century. She practices commercial-scale farming and writes and travels extensively as a lecturer and farm consultant. Early on in her career, she realized that conventional veterinary medicine was far from a cure-all. She recognized that good nutrition is the key to preventing ill health in animals, and her prescriptions of non-invasive, natural remedies resulted in amazing, seemingly miraculous cures in animals whose cases conventional veterinary wisdom would abandon. As word of the success of her natural treatment spread, Coleby quickly became known as an expert on holistic animal care. Coleby has written numerous

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books on holistic livestock husbandry and land stewardship including Natural Cattle Care, Natural Goat Care and Natural Sheep Care, and Natural Farming, also available from Acres U.S.A.

A Note on Salts

Unrefined rock salt is a combination of some 80 odd minerals. In his works (especially “Your Body's Many Cries For Water”) Dr. F. Batmanghelidj explains that table salt is stripped of all the supporting minerals and comes to us as only sodium chloride (perhaps with iodine added) but in this form is bad for the blood, causing it to become sticky . However any unrefined salt becomes a medicine to the body with its supporting minerals. The most beneficial salts comprise 85 and more supporting minerals.

Dr. Batmanghelidj and his original Foundation for the Simple in Medicine discovered that 98% of all known medical symptoms can be reversed to some degree or even cured in some cases by the addition of unrefined salt and increased water intake in people.

Be aware that many commercially prepared salt and mineral blocks use refined salt instead of rock salt. Not all unrefined salts have the same mineral combinations and numbers. Unrefined salt should always be available to horses. Especially beneficial are SEA 90 and Himalayan Salt.

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