

From Ms. Rachel Kitts

The Feed Program I Developed for My Horses

Through trial and error over years and experimenting on my own gray horses I have found that feed, supplements and physical activity each play a huge role in how horses deal and develop melanomas. What I am about to share with you is something I have tried, and suggest to people dealing with melanoma issues; BUT, this feed-plan is not just for horses with melanomas. This can be useful for regular every-day (healthy) pleasure horses as well.

Warning: Sugar Is A No-No!

Because melanoma thrives on sugars, starchy carbohydrates, and excessive protein, these are all things that need to be eliminated from the diet. Sweet feeds are totally out of the question. I do not believe in Senior feeds in the least. They are full of fillers and sugars to make them palatable to the horse. I feel that the sugar in the product gives the horse a false high making it seem as though the horse's physical condition has improved.

I have an older gelding and I refuse to feed senior feed. He happens to be a flea-bitten gray Arabian that had melanomas when I adopted him from TIER Rescue. Since I have had him, one melanoma on his leg erupted and over a course of a couple weeks dried up and fell off. I feel because I have him on a double dose of the NZYMES Granules and sprayed the area with a 2% solution of the OX-E-Drops daily, both contributed to the body recovering by itself.

Carrots, apples, and horse cookies can also be an enemy to gray horses. They all contain sugar and can also contribute to melanomas. If you give your horse carrots make sure it's in small doses. Believe it or not, if you give carrots and apples in large amounts you could be killing your horse with kindness. Other alternatives to treats are broccoli, spinach, cauliflower, dandy lion greens and other green vegetables. My horses happen to like all of those suggestions.

Alfalfa hay is a legume hay and is very rich. I consider it cow feed, even if the grower cuts lower protein level hay. Even at a lesser level, it's still far too high for a horse to eat. It can lead to many serious health issues if used as a primary feed, including laminitis/founder, stones, colic, or tie-up; and it contributes to the growth of melanomas. Not only can it cause physical issues, but also since it can be considered a "hot" feed, I have noticed unnecessary behavioral issues. Horses tend to take much longer to get into a working mindset and it takes more physical activity to tire them so you are not riding on a 4-legged rocket! Keep in mind, this is a pleasure horse. Horses in highly physical sports or a mare in foal or lactating have different needs. That's when I might suggest adding some alfalfa into the diet for supplemental purposes and variety. Those circumstances are really the only time I would feel ok with feeding alfalfa.

Better choices of feeds that I feel are safe to feed are grass hays. Here on the West Coast, some choices consist of Timothy, Orchard and Oat to list a few. I consider these very good forage sources that are needed to keep horses happy. Easy to digest and lower in protein is far safer for horses to eat for the main diet. If you choose to go to an all grass hay diet you will need to offer supplements in order to maintain the proper body balance.

The Following Is My Current Feeding Program:

MAIN FORAGE:

- **Timothy hay** – as a **chosen brand**, Orchard and Oats – in a small amount – added for variety.

SUPPLEMENTS:

- **NZYMES Antioxidant Granules** – Nutritional support and natural Immune system booster.
- **NZYMES BacPaK Plus** – This powerful digestive enzyme and probiotic blend is used to help to restore good bacteria back to the gut and the balancing of the animals pH. It is also very important for better digestion and can help with upset stomachs.
- **Pure C by VitaFlex for pure Vitamin C** – Pure Vitamin C has some very large benefits to combating melanoma.
- **Flaxseed** – Whole seeds soaked NOT ground or dry. Soaking brings out the nutrients and also keeps the intestines and colon clean.
- **Garlic** – Help naturally keep intestinal parasites under control and can detour flies from biting.
- **Source** – This is a great supplement to get kelp meal. Kelp has many health benefits in horses and people as it is packed with nutrients.

How I Feed It...

We mix these supplements into a wet mash of hay pellets. We use Mountain Sunrise brand. It's a 100% Timothy pellet that turns to a mash if enough water is added. We add all the supplements; let it sit for 10-20 minutes, then serve in a large rubber dish or bucket, and our horses are in heaven. They LOVE their mashes we make for them. It's easy this way so you know the horse is ingesting all of the supplements you are giving, and they have something to look forward to every night.

One last thing we strongly suggest is getting natural salts and minerals to offer a free choice to horses. We buy a brand by the name of Redmond Salts/Minerals and they are all-natural, right out of the ground. Mineral blocks, I have come to find out, are useless, as they are man-made and don't offer what most horses are needing or lacking. We have had great success with these minerals. This recommended feeding program is based on my own personal experience and opinions with my horses as well as other people that have come to me with melanoma issues. It has proven to be successful thus far. As said earlier – not all cases are the same. Some horses improve faster than others do because every 'body' is different.

Thank you for reading up on my melanoma management-feeding program. NZYMES® can truly make a difference in your horse. If you would like more information on Natural Horse Care, I suggest Pat Colby's book which addresses melanomas along with various other illnesses that plague the horse industry. It's worth giving a look.

I hope this information can help you with similar conditions.

Rachell Kitts