

April Newsletter 2022
HAPPY EASTER



*Easter Treats for
Dogs & Horses*

Ingredients

- 1/2 cup oats (quick for dogs, quick, steel-cut or old-fashioned are fine for horses)
- 1/2 cup unsweetened applesauce
- 1/2 cup (about 1 large) carrot finely grated
- 1/2 cup all-purpose flour

Instructions

1. Preheat the oven to 180 degrees and cover a baking tray with baking paper.
2. Mix all four ingredients in a medium bowl.
3. Use a tablespoon to drop clumps of the mixture on to the baking tray. Shape if you wish. *
4. Bake for 18-20 minutes, until treats are set.

Notes

These keep in the fridge for 5-7 days.



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THE CORE OF WELLNESS

RIDER & HORSE HEALTH PROGRAM

The development of a long-term partnership between mind, body and spirit.



WEEKLY NUTRITION CONSULTS

You will be matched with one of our practitioners to help you along the way of your health journey with us.



100% SUPPORT

We will send you through shopping lists, recipes and meal plans specifically designed for you and your goals.



EQUINE NUTRITION

Specific nutrition programs designed to match your horses needs. Optimise their health for longevity and success.

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OF ONLY

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The monthly newsletter

PET ARK DAILY



Nutritional Supplement



PetArk Daily improves skin and coat condition, overall health and wellbeing, and supports your dogs daily nutritional requirements. PetArk uses premium ingredients, with high absorption rates and low doses to ensure the best delivery of nutrients to your dog.



PetArk Daily provides holistically balanced nutritional supplement for mature dogs and provides the following benefits:

- Healthy shiny coat in just 6 weeks
- A single daily low dose
- Highly palatable
- Contains nutrients to support a healthy digestive system
- The only pet supplement using mineral tissue salts as part of the formula



PetArk Calm Sport assists in the maintenance of normal muscle and nerve function, and contains a range of nutrients that have a role in assisting the transmission of nerve impulses. PetArk Calm Sport makes a difference to your dogs day by reducing their level of stress naturally and is designed specifically with racing greyhounds in mind.



NEW product alert

BIOEQUUS GOLD

EXTRA STRENGTH - Nutritional Supplement

Introducing BioEquus Gold, with added benefits to our BioEquus. We have added in the herbs Chamomile, Fenugreek seed powder and Curcuma Longa for extra strength and support for your horse.

BioEquus Gold is a unique synbiotic that has been specifically formulated to enhance the support of the horses gut microbiome. Highly effective in horses diagnosed with ulcers or prone to digestive conditions such as diarrhoea and colic.

Dose rate 5-25g 1 spoon = 5g

Chamomile Extract 6:1 - is traditionally used for numerous gastrointestinal (GI) conditions, including digestive disorders, spasms, colic, upset stomach, flatulence, ulcers and GI irritation.

Fenugreek seed Powder extract.- There is scientific evidence of galactomannan from fenugreek seeds as a prebiotic that may play an important role in modulating gut flora by acting as substrate to beneficial microbes.

C3 Complex Curcuma Longa extract - Curcumin can influence gut microbiota composition, allowing the growth of strains needed to maintain correct host physiologic functions.

SO depending on your horses requirements you will now have the choice of BioEquus or BioEquus GOLD.



Anzac Day

LEAST WE FORGET



The light horsemen were sent as reinforcements to fight in the Gallipoli Campaign.

The 3rd Light Horse Brigade landed at Gallipoli in May 1915. Its regiments served in a dismounted role (on foot). They suffered catastrophic losses in August 1915, at the Battle of the Nek and the Battle of Hill 60.

The AIF did transport 6100 horses to Gallipoli, but only a few disembarked before the rest were sent back to Egypt. The hills and gullies at Gallipoli were too steep and rough for the horses.

The Light Horse brigades were mostly involved in defensive actions at Gallipoli. However, the 3rd Light Horse Brigade lost many men at the Battle of the Nek.



ANZAC BISCUITS

Ingredients

- 110 g (1C) rolled oats
- 150 g (1 C) plain flour
- 120 g ($\frac{2}{3}$ C) brown sugar
- 70 g ($\frac{2}{3}$ C) desiccated coconut
- 125 grams butter
- 2 Tbs golden syrup
- 2 Tbs water
- $\frac{1}{2}$ tsp bicarbonate of soda

Instructions

1. Preheat oven to 160 degrees C (fan-forced). Grease and line three flat baking trays with baking paper.
2. Combine the rolled oats, flour, brown sugar, and coconut in a bowl.
3. Place butter, golden syrup and 2 tablespoons cold water into a saucepan and heat until melted
4. Stir through the bicarbonate of soda.
5. Pour the butter mixture over the oat mixture and stir to combine.
6. Roll level tablespoons of mixture into balls.
7. Place on trays, 5cm apart and flatten slightly.
8. For chewy ANZACS, bake for 10 to 12 minutes or until light golden. For crunchy ANZACS, increase cooking time to 12-15 minutes.
9. Leave on the baking trays for 5 minutes before transferring to a wire rack to cool completely.

Anzac Day

COMPETITOR OATS

Suitable for high performance horses and is a highly digestible, complete and highly concentrated feed.

Alfalfa hay, oaten hay, whole oats, cold pressed, expelled, GMO free soy oil and Hi Form Oxydane™ to provide your horse with an excellent balance of vitamins, mineral tissue salts, amino acids, trace elements and organic herb extracts.

HUMAN HEALTH IMMUNE SUPPORT PACK

Support your immune system by using this selection of supplements recommended by our practitioners. This support pack can be used for upper respiratory tract conditions, lower respiratory tract conditions, flu and overall immune support. This support pack is very powerful and safe to use and also aligns with Covid 19 protocols.



Healthy
Immune Support

Main Benefits

PRODUCT FEATURE

- Strengthens your immune system
- Supports overall health
- Promotes good mental health