



The month of May in Australia

MAY IS THE END OF AUTUMN IN AUSTRALIA, AND THAT MEANS COOL TEMPERATURES IN SOME PLACES, VERGING ON WINTERY



Have you planted a veggie garden? What is your favourite fruit and vegetable coming into the cooler months? Are you wanting a recharge to your health or your horses health? Take a look at the below programs that Hi Form currently offers.

MAY - AUTUMN FRUIT

apples, bananas, cumquat, custard apple, feijoa, grapes, kiwifruit, lemons, limes, mandarin, nuts, pears, persimmon, quince, rhubarb.



MAY - AUTUMN VEGETABLES

asian greens, avocados, beetroot, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celeriac, celery, daikon, eggplant, fennel, garlic, ginger, horseradish, leeks, lettuce, mushrooms, okra, olives, onions, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, spring onions, squash, swede, sweet potato, taro, tomato, turnip, zucchini.



THE CORE OF WELLNESS

Horse and Rider Health Program

Rider/horse health program taking you and your horses health to the next level. The development of a long term partnership with mind, body and spirit. One of our health professionals will be with you every step of the way to ensure you reach your health goals. Sign up today to see what a better health plan for you and your horse can help you achieve.



HI FORM ONLINE COURSES

[CLICK HERE](#)

Introducing our 4 new online courses

- Inflammation
- Detox Your Feed Room
- Food As Medicine
- Digestion



An introductory price of \$47 per course. You will receive a certificate at the completion of each course. All course are on both the rider and the horse so this information will be educational for all levels or riders.

HIFORM



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www.hiform.com.au

Getting Out Of Your Comfort Zone

BY, KARYN CAMPBELL
NATUROPATH & EQUINE HERBALIST

Get out of your comfort zone.

Did you know that a lot of riders maintain a comfort zone that is below where they are capable of riding? Are you still in the same level that you were 1, 2 or 3 years ago? As riders we can have blocks in our growth. These blocks can be a fear of growth where you do not want to accept change or do not want to change as you do not feel safe to grow. You can see your self in a negative way as a rider, you see yourself as a middle-class rider and you really struggle to finish with a strong result. You are a sceptic to change as you believe that it will be a waste of time and will not work. You might not know how to make a change or how to better yourself as you cannot challenge yourself and push your limitations. Then there are the excuses of I do not have the time, I am too old, its not a good day..... Sound familiar?

Intiaz Anees became the second Indian rider to complete an equestrian three-day event at the Olympics in Sydney in 2000. As he said it is really important to live your dream. Don't worry about "I don't have enough money, time or resources". The reality is you need to push yourself out of your comfort zone and just go and do it.

This is where we like to get you to face your fears, so if you are a what if I fail? Well, what if you don't fail? You won't know until you try will you. I am not asking you to rush out and go all crazy, I am asking for you to try, to take it slowly and lead yourself into it. Start making small changes in your routine such as including an extra lesson during the week, learn a new movement, change up your warmup or when you go out for a ride turn left instead of the usual right.

Learn to take off the limits that you have set yourself, see yourself in a new light as the person that can rather than the person who has an excuse. Isn't it better to try and realise that you can rather than not try at all and miss out? I know that being comfortable give you a warm and safe feeling, but it will soon become boring and mundane to do the same thing each day. You need to push your limits, ride an extra 5 minutes, take the left turn, raise the jump, push to be the best that you can be, and you will be rewarded for it. Just remember you are great; you can do it and enjoy the ride.



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Happy Mother's Day



To all of the mothers, aunts, fur baby mumma's, grandmothers and sisters, the Hi Form team wishes you all wonder day filled with horses, chocolates, more saddle pads & lots of love

20% off ALL Eco By Sonya from 1st - 31st May

Treat yourself or your love one to some luxury from Eco By Sonia. For the month of May you can get 20% off all products. Use the code at checkout to receive the discount.



ECOTANLUXURY20



Ryegrass Staggers

Endophyte is a microscopic fungi that can be found on ryegrass. It causes the condition staggers in horses where once it is ingested the toxins affect the cerebellum in the brain which controls the muscle co-ordination of the horses body. Hence the name staggers as the horses will walk with a staggered gait due to loss of muscle co-ordination and muscle trembling. When it is a severe case your horse will loose all co-ordination and fall over and this condition can deteriorate very quickly as they are unable to graze or drink water properly.

The first thing to do is quietly remove your horse from the affected pasture and do not cause any further stress on your horse as they can be quite scared. You can administer the Hi Form Detox straight away, this can be steeped in hot water and cooled and syringed over the tongue and given in the hard feed. The Fenugreek in Detox will cleanse the lymphatic system, Dandelion that will detox and flush the liver, St Mary's Thistle that will detox and assist the liver with filtering the toxins and Echinacea which will assist the immune system. Pending on the severity of the symptoms and the types of symptoms will pend on further treatment protocols.

If your horse is nervous and scared the use of Hi Form HerbaNerve has shown great results in calming the horse. If your horse is showing digestive complaints, Hi Form BioEquus Gold will help with the gut and mucous membranes. If the horse is really bad and in terrible pain you can use Hi Form ProflamAid Plus to assist with removing joint, muscle and nerve pain. Then there is Hi Form Oxydane for immune support, this is a daily support and recovery for horses as it contains antioxidants, digestive aids and electrolytes.

For further information you can contact one of Hi Form Nutritionists to tailor a recovery program for your horse. For severe case you should always contact your veterinarian.

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Muscle & Joint



PetArk Muscle & Joint contains vitamins, minerals and herbs that have important roles in wound healing and the maintenance of normal healthy joints. Muscle & Joint is a patented formula with no glucosamine, chondroitin sulphate or green lipped muscle, making it unique to all other standard joint supplements.



Winter Warmers

How are your horses coping with the cooler weather? Are they starting to lose a bit of condition or weight? Harry's Choice Fibreplus is the perfect balance of alfalfa hay and oaten hay in a long stem fibre pellet and long chop chaff form, it also contains Hi Form EquiSoy, cold pressed, soy oil and Hi Form Completavite to provide your horse with an excellent balance of vitamins, mineral tissue salts, amino acids, trace elements and organic herb extracts. It can assist with weight gain in the cooler months as it contains the full fat soy flour. It will help with coat shine and skin health while we rug up our horses which is an added bonus.



Respiratory issues coming into winter

New improved formula of Breathe to assist your horses

- Assists with respiratory function
- Ideal for horses stabled for long periods
- Suited to horses in dusty environments
- Ideal for horses who may be coughing



HI FORM AUSTRALIA

BIOEQUUS GOLD - EXTRA STRENGTH

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 diarrhea and colic.



TWO GREAT PRODUCTS

BIOEQUUS & BIOEQUUS GOLD

The synergy between prebiotics and probiotics supported by the gut soothing certified organic herb extracts, helps to restore a healthy balance and benefits metabolism in the digestive system. Horses love this formula and the BioEquus helps to maintain a healthy bacterial flora and has a beneficial impact on metabolic processes. BioEquus will assist in maintaining a healthy gut microbiome.



CHAMOMILE

Matricaria recutita (chamomile) is traditionally used for numerous gastrointestinal (GI) conditions, including digestive disorders, spasms, colic, upset stomach, flatulence, ulcers and GI irritation. Additionally, research with chamomile has shown it to help with diarrhea.



C3 CURCUMA LONGA

C3 Complex Curcuma Longa extract. Curcumin can influence gut microbiota composition, allowing the growth of strains needed to maintain correct host physiologic functions. This is the case of neurodegenerative diseases in which often a gut dysbiosis precedes the onset of the clinical signs. Curcumin has excellent benefits on the intestinal epithelium and immune system and can strengthen the intestinal barrier through a reduction in bacterial translocation and inflammation.



FENUGREEK SEED

Trigonella foenum-graecum L. seed Fenugreek: 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.