

NEW YEAR

# Detox

We are all familiar with the New Year, New You mottos pushed upon us to make us feel like now is the time to do better in our lives. A new year signifies a fresh start, a new beginning and provides us with the motivation to set goals to change our dreams into accomplishments. Goals based around health and fitness are by far some of the most common New Years resolutions. Have you ever thought about beginning the year with goals for your horse? Improving their health, fitness or even nutrition? The first place to start would be detoxing your feed room.

## Step 1: Removal & Clean

Remove anything that is out of date, mouldy, old or that hasn't been used in more than 6 months (excluding your first aid kit!). This is an obvious step but checking it off and preparing your feed room as a clean space will help the process. Clean all buckets, shelves and containers for a fresher feel. Not only does this make the space more inviting but it will also clear your head. Too many times do we hear the headache horse owners go through of feeding their horse 10 different supplements, not knowing which one is actually working, but not wanting to remove any out of fear that their horse won't be getting the best.

## Step 2: Read Labels

Understanding the nutritional label is the first part to not only knowing what is nutritionally correct for your horse, but also gives you an understanding of what exactly is going into their system.

Steer clear from ambiguous terms such as 'protein meals', 'fibres', 'cereal meals', etc. Terms which cover a broad spectrum of potential ingredients. Opt for labeling on feed and supplements with clear ingredients such as 'oats', 'lucerne' or 'barley', for example are all clear ingredients where you know the place of origin.

Animal derived ingredients are a clear no for any horse. Horses are strict herbivores, the vegans of the animal world if you will. Ingredients such as honey, fish oil, cod liver oil or even ambiguous terms such as 'marine-sourced calcium', which don't provide a clear plant or animal source to the ingredient.

## Step 3: Refresh

If you have noticed you are throwing out a lot of feed or supplements from over the years, or a little confused with where to go from here. Source the guidance of a qualified Nutritionist to help iron out all the loose ends in your feed regime and assist you in understanding the ins and outs of what your horse needs for health.

Give us a call on (03) 9775 6422 or email us at [enq@hiform.com.au](mailto:enq@hiform.com.au) if you would like some direction as to what to feed your horse to provide them with all the nutrients, they need to support their potential.

