

# Natural Hoof

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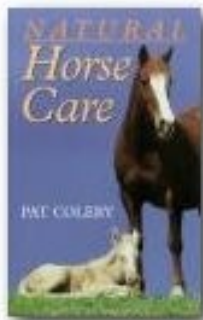
## Natural Remedies and Natural Minerals

### Natural Minerals:

Natural Hoof Mineral Mix contains *Sulphur, Copper, Magnesium and Calcium* in their natural forms, based on the recommendations of Pat Coleby, author of the book *Natural Horse Care*. It is recommended to feed these minerals free choice and horses will usually take what they need. To do this, you will need a waterproof container or a container under cover, otherwise, just offer some mineral mix to your horse daily.

*If you wish to add Natural Hoof Minerals to the feed, the recommended dosage is two level tablespoons of the premixed*

*Natural Hoof Minerals per horse per day, twice a week for heavier horses, ponies, and horses not in work.*



Natural Hoof Minerals is a natural product that does not contain anti-caking chemicals, so if caking occurs, shake well. Contents may settle. Keep in a dry, cool place.

Natural Hoof Minerals are based on recommendations in the book: *Natural Horse Care*, by Pat Coleby, also available from Natural Hoof.

### Why Natural Minerals are Needed:

According to Pat Coleby's research, Calcium, Magnesium (both available naturally in Dolomite Lime), Sulphur and Copper are casualties of modern farming methods. 'Nowadays, in any country where modern chemical farming is still practised, there will be induced deficiencies of iodine as well as many major and trace minerals,' she says. Excerpts from her book, *Natural Horse Care*:

**Sulphur:** 'Sulphur-deficient horses are inclined to suffer from exterior parasites and, according to the CSIRO Rural Research Bulletin and, more seriously, Dr Richard A Passwaters in the US, without sulphur, they cannot assimilate selenium. The amino acids of sulphur - cysteine and methionine particularly - are necessary for this synthesis.

**Copper:** 'A horse's body needs copper for optimum health and resistance to disease. The immune system needs copper to operate correctly. Internal parasites are only found in horses that are deficient in the mineral. Anaemia, poor coat colour, cancer, Crohn's disease, proud flesh, ringworm, mud fever, herpes-related conditions, seedy toe, onychomycosis (white line disease or canker), worms, wind sucking, fence eating and many more conditions all result when copper levels are low. Dark animals that are



off-colour (literally) are suffering from lack of copper. Without copper, iron cannot be assimilated, resulting in anaemia. The soil must have the correct mineral balance so that the copper is available. Copper in the soil is inhibited when the pH is either too low or too high, and the latter effect is worse in droughts. When I was investigating why copper shortfalls were so great, a researcher at Monash University studying the mineral told me that copper is inhibited virtually 100% by superphosphate.

**Dolomite Lime:** Dolomite is the most natural form of magnesium that is easily available. Magnesium is needed for bone growth and neuromuscular transmission, muscular health and a healthy nervous system. Calcium is found as calcium carbonate in ground limestone, but the safest way to use it is from dolomite. There is then absolutely no chance of causing a sudden magnesium depletion. Calcium is required for the nervous and muscular systems, normal heart function and blood coagulation. It is also needed for bone growth. However, calcium must *always* be considered in conjunction with magnesium. The two minerals interact and must be kept in balance at all times. An excess of calcium will cause magnesium to be depleted and vice versa.

### Natural Hoof Organic Seaweed/Kelp

Natural Hoof Seaweed, is pure ground seaweed or dried kelp (*Ascophyllum nodosum*). It is an ideal supplement for your horse as it contains an incredible amount of trace minerals, all in organic form and therefore perfectly in balance. Excellent for hoof growth and overall health. We recommend you offer Natural Hoof Seaweed to your horse daily, free choice, and it will intuitively take as much as it needs. (Overfeeding of Seaweed can result in health or management issues.)



### Unpasteurised Apple Cider Vinegar

Also recommended by Pat Coleby and available from Natural Hoof. Available in 5 litre or 20 litre containers, either plain or with added echinacea, manuka honey and/or garlic. It is a natural antibiotic which helps to fight bacterial infections, and is unpasteurised, therefore retaining the 'mother of vinegar' which is vital in preserving all vitamins and minerals.

Double strength (approx 10% acetic and malic acid), naturally processed to maintain maximum quality. Tried and proven for not only horses but all livestock.

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## Natural Remedies:

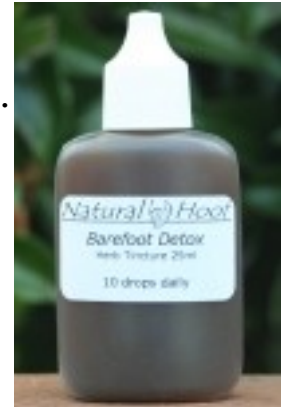
Natural Hoof has asked NZ Chartered Natural Therapist Thelma Bracewell to develop a range of Homeopathics, Flower Essences and a specially developed Barefoot Detox Herbal Tincture, designed specifically for supporting horses undergoing the transition to barefoot or any hoof problems, and for those horses requiring additional support. Thelma Bracewell has developed the following Holistic Equine Essential Remedies for Natural Hoof:



- **Barefoot Detox, 25ml.** This is a specially formulated recipe which contains chaparral, fennel, fenugreek, licorice, and skullcap. This combination of herbs will cleanse/support the bowels, kidneys, lymph system and lungs. It also strengthens the adrenal glands (which calms the horse mentally and physically and increases stamina). These herbs also relax the muscles and nerves and helpful for skin problems, such as mud fever and rainscald.

- **Movement Recovery, 25ml.** Specially formulated for pain and aching muscles, joints, tendons and ligaments: This homeopathic blend contains Arnica, Rhus. tox., and Ruta grav. - 3 high potency Homeopathic remedies to be taken orally. This eases the pain as your horse's body adjusts to its new stance and posture... as tendons and ligaments stretch... as joints and spine and bones adjust. The Arnica also reduces lots of swelling and bruising of internal organs and structures, as well as all the above. This remedy is also excellent for stiff and sore riders.

- **Arnica Homeopathic 30C, 25ml.** An excellent first-aid homeopathic, Arnica is excellent for the shock or trauma of any injury for horse or rider. An essential item in your first aid kit. Arnica helps reduce shock, relieves pain, diminishes swelling and begins the healing process. Great for treating muscle injury, over exertion or exhaustion, or following surgery.



- **Bach Flowers Recovery Remedy, 25ml.** This is the classic Bach Flower essence blend for emergencies, also essential for your first aid kit. Rescue Remedy is a combination of five other remedies that act synergistically to calm stress and fear. This is wonderful any time there is shock, stress or fear, has a stabilising and calming effect in a variety of stress inducing situations. It can be safely used before a vet visit, travelling, moving home. Will revive animals in shock. For example - accidents, frights, falls, terror, panic or injuries, emotional upsets.

- **Confidence Blend, 25ml.** A Flower Essence blend for horse or rider. Use before races or competitions and for timid horses. It may help the horse to focus on its work and doing a good job. Symptoms such as impatience, muscular tension, short bursts of temper, frustration, over-sensitive to surrounding environment, insecurity, may all be eased. The horse may be less affected by adverse conditions, also more calm, capable and clever.

- **Maternal Blend, 25ml.** A Flower Essence blend for the mare whilst in foal, during foaling and with the foal at foot. This blend will help her to stay calm and balanced and to accept the changes and bond with the foal.

- **Illness Recovery Blend, 25ml.** For horse or rider. A homeopathic blend of Hydrastis 30C, HeparSulf 30C, and Pulsatilla 30C. For infections, colds, coughs, thick mucous discharges, fever, respiratory problems, sweating, poor digestion, unhealthy skin, abscesses. And for feeling emotionally dejected and hopeless.

- **Injury Recovery Blend, 25ml.** A homeopathic blend for horse or rider. Contains Bellis Perennis 30C, Hypericum 30C, Ledum 30C. May be beneficial during lameness, nerve damage, sprains, puncture or lacerated wounds, injuries to mouth or spine, insect stings, bites or scratches.

- **Post-Performance Blend, 25ml.** For horse and rider. May be beneficial for over-exertion of any kind, including after races or competitions. This blend will help the horse regain its physical energy and its composure after any strenuous time which may cause restlessness, tension, fear or anxiety due to what it has been through.

- **Calming Blend, 25ml.** A Flower Essence Blend for horse and rider. Made with Recovery Remedy and other essences to provide poise, balance, confidence, recovery from stress, composure and the ability to face stressful situations or environments in a steady and calm manner. Useful anytime the horse is feeling nervous, jittery, spooky or difficult. Can be used long-term.

### **Value Packs - Save 10% on the retail price:**

- **Hoofcare Remedies Pack.** Includes four remedies: Barefoot Detox, Homeopathic Arnica 30C, Movement Recovery and Recovery Remedy. A must for any horse in transition to barefoot or for any kind of hoof problems. 25ml each.

- **First Aid Remedies Pack.** Four homeopathic and Flower Essence Remedies: Arnica 30C, Recovery Remedy, Illness Recovery and Injury Recovery. 25ml each.

- **Performance Remedies Pack.** An essential essential pack of three Flower Essence Remedies for horse and rider, including Calming Blend, Confidence Blend and Post-Performance Blend. Essential for racing or competition horses, or any horse expected to perform. 25ml each.

***Dosage: flower essences and homeopathics: 4 drops, 2-4 times daily where possible, can be used more frequently in acute situations. (A 25ml dropper bottle contains approximately 125 doses.)***

**What are homeopathics?** Homeopathics work on the principle of treating like with like. While some remedies are becoming well known, homeopathic remedies have a wide spectrum of applications. Homeopathics are drops made from diluted and potentised natural materials and is very effective. It is also very easy to administer orally, readily accepted by most animals.

**What are Flower Essences?** Flower Essence help balance the horses emotional and mental state. Horses respond remarkably well to Flower Essence Therapy. These floral essences balance and harmonize the emotions, and as a result, affect the physical body. Flower Essences are also taken orally, and are made by immersing flowers in water in the sunlight, to absorb the healing energies of the flowers.

***Natural Hoof Remedies are not intended to take the place of veterinary advice but can be used in conjunction with other medications.***

***Natural Hoof Remedies are individually hand made for Natural Hoof by Thelma Bracewell, N.Z. Chartered Natural Therapist MSNTR, Cert. HbT.***

***About Thelma Bracewell** Thelma has trained in the United States and New Zealand as a Natural Therapist. Naturopath Bernard Jensen, Homeopathic M.D. Dr Dorothy Mason, and Brian Murray, N.D., are several of her teachers. She is currently a member of the N.Z. Charter of Health Practitioners, N.Z. Society of Natural Therapists and Researchers, and the Homeobotanical Institute. Since 1979, Thelma has been in private practice, working as a Health Consultant for her clients. Currently, she lives and practices and prepares her remedies from her home on the West Coast of the South Island. In 1992, Thelma developed a range of Herbal Tinctures, which are very popular nationwide.*

***A consultation with Thelma:** If you are concerned about your horse, or have a specific problem that you'd like some professional natural help with, Thelma is available for readings and comes recommended by Natural Hoof. (She also treats humans!) Her contact details are: 53 Domain Road, Granity, Buller Phone: 0064 3 782 8202 email: [thelmabracewell@hotmail.com](mailto:thelmabracewell@hotmail.com)*