

# Evergreen Holistic Veterinary Care

**Dr. Hannah Evergreen**

*Providing high quality holistic veterinary healthcare to the animals of our community through integrity and compassion.*

Volume 1, Issue 2

[www.evergreenholisticvet.com](http://www.evergreenholisticvet.com)

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## Services Offered:

Mobile Veterinary Service  
Preventative Medicine  
Internal Medicine  
Emergency Medical Care  
Non-Surgical Colic  
Advanced Equine Dentistry  
Nutritional Counseling  
Radiology  
Dermatology  
Geriatrics  
Minor Soft Tissue Surgery  
Castration  
Mass Removal  
Laceration  
Complimentary Medicine  
for Horses, Cats & Dogs  
Acupuncture  
Chiropractic

## **July Special**

**20% Off**

## **Bodywork Session**

Bodywork Sessions can include  
Chiropractic and/or Acupuncture

Standard farm call will apply.

Mention this coupon  
to receive discount.

Offer Expires 7/31/07

## **Carbohydrate Nutrition 101**

Carbohydrates are the sugar, starch and cellulose components of horse feed. There are two main categories of carbohydrates; structural carbohydrates and non-structural carbohydrates. Structural carbohydrates are harder to digest and lower in nutritional value (this is good for the at risk horse). Non-structural carbohydrates (NSC's) are readily digestible, have a higher nutritional value, but can be dangerous depending on your horse's sensitivity. Medical conditions that can be caused by or become worse from excessive NSC's in your horse's diet include: laminitis, insulin resistance, equine metabolic disease, Cushing's disease, colic, and equine polysaccharide storage myopathy (EPSM).

Tips for lowering the NSC in your horse's diet:

-Buy hay that is low in NSC's. You can either buy hay from a supplier who has nutritional analysis results (including the NSC levels) for the hay you're buying or test it yourself.

For testing instructions, go to: <http://www.equi-analytical.com>.

-Soak hay for 30-60 minutes prior to feeding to rinse out excessive NSC's (be sure to feed a complete vitamin-mineral supplement as soaking can also leach out beneficial nutrients).

-Eliminate all cereal grains and molasses from the diet (corn, oats, barley, pelleted grain mixes) and replace them with a low carb feed such as (LMF Stage 1) if extra calories are needed.

-Limit pasture turnout based on your horse's risk. Some horses with chronic laminitis can't have any pasture grass, others may only be able to be turned out with a grazing muzzle, some do ok with limited turnout only when the grass is low in NSC's. Grass is higher in NSC's after periods of sunshine (late in the day) or stress and lower after periods of cloudiness/rain (early in the morning) so timing of turnout is important. Grass height is also a factor in NSC level, the taller grass has more structural carbohydrates, so in general is safer than shorter grass (except when it is flowering/heading).

## **Horse Around Days—July 21st and 22nd—Skagit County Fairgrounds**

*Pacific Northwest Equine Extravaganza*

## **Horse Around Days!**

Dr. Evergreen has been asked to attend Horse Around Days as both a clinician for the event and the on-site and on-call Veterinarian. Dr. Hannah will be available during the event, in between clinics, to treat horses with chiropractic and acupuncture treatments at a discounted rate for participants. This will be a great chance for participants to make sure their horses are feeling at their best and give other people the chance to see treatments being performed. This will be a great event, with many equine performances and clinics, live music and much more....bring your friends and family and enjoy! For more information on the event, check out [www.horsearounddays.com](http://www.horsearounddays.com)

## **Equine Bodywork**

Dr. Evergreen is certified in both chiropractic and acupuncture for animals. She incorporates both modalities along with massage and stretching exercise to help heal horses through touch. Bodywork can help with many conditions including lameness, back pain, behavioral issues and overall health and well-being. We encourage you to schedule an appointment and see what bodywork can do for your horse. Mention the coupon in this newsletter and receive 20% off your bodywork session.

## **Unsure about the supplements you are feeding?**

Did you know that you can have your horse's hair analyzed? A hair mineral analysis can test for things such as toxic metals, stress responses and nutritional deficiencies, excesses and imbalances. This test is similar to a blood sample mineral test, but using a hair sample gives an average mineral level over time, rather than from just one day. This lets us look at the big picture which is often more helpful. Interested in learning more? Contact us or visit [www.uckele.com](http://www.uckele.com)

## Evergreen Holistic Veterinary Care ~ Dr Hannah Evergreen ~ Equine Mobile Veterinarian

### Striding Out Right for Long Term Soundness

By Daphne Jones

We all want our horses as sound as can be so we can enjoy a comfortable happy horse for years to come, but we too often think of soundness as something that either is or isn't instead of something that is constantly being built. What do I mean by this? Ideal hoof mechanics serve a host of vital functions to ensure hoof, joint, bone, and muscle health, and "right stride" is an essential part of this equation. Paying attention to changes in, and the ease with which your horse strides out should be a critical part of promoting your horse's ongoing soundness.

When I talk about "striding out right", I am referring to a confident and comfortable heel first landing as the horse extends which promotes a cascade of benefits for the whole horse. The natural hoof serves at least three essential purposes: shock absorption, weight distribution, and blood pump. However, the hoof can only provide these benefits if it is loaded properly from the heel first. The most common display of an unsupported stride is the "tip toe" walk where the impact is received at the toe first. In addition to just being painful to watch (and do), chronic toe first landing can have negative effects down the road that we all want to avoid.

The hoof acts as a shock absorber as the dome shaped structure created by the walls, sole, and frog flexes upon impact. When the hoof meets the ground, it expands and then contracts upon off loading thereby dissipating some of the shock load that is taken by the limbs. This happens in both shod and unshod horses, although shoes (in varying degrees) do limit this ability to flex somewhat. In barefoot horses the frog plays an important part in boosting this shock absorbing quality of the hoof. When a hoof is loaded at the toe first it doesn't flex in the same way, demanding that the joints, muscles, and bones absorb greater concussive force.

We all understand that the greater the surface area expected to bear the weight, the less stress to any one point. On a barefoot horse the hoof wall, in most terrain, sinks into the ground allowing the sole plane, heel buttress, and frog to make contact and share the load. Again we see varying degrees of loading the whole foot for weight distribution depending on the method and quality of hoof care, but studies of hoof mechanics repeatedly show that the walls were never intended to bear all the weight of a stride. When we talk about horses, especially those big drafts I love to work on, we are talking about a great deal of weight. A look at a draft foot actually makes this point very well. A big Clydesdale under my care has about a size 8 foot (I tell the truth). His foot is a full five to ten times larger than many of our riding horses and yet his walls are not really proportionately any bigger (thicker), but his frog and sole plane are.

Finally we get to the hoof as a blood pump. As I discussed earlier, the hoof actually does a good deal of flexing under the pressure and release of right stride. This expansion and contraction of the hoof, and especially the frog and heel bulb, draws blood into the lower limb and hoof feeding tissues to promote healthy maintenance and new growth. Horses have very little musculature to draw blood into the lower leg, yet the fetlock and pastern joints, crucial to just about every movement need a constant supply of blood to keep them working, flexing, recuperating, and regenerating properly.

So why am I so concerned with a heel first landing? Primarily because that is how the hoof is designed to work for maximum weight distribution, shock absorption, blood flow, and ease of movement. On that note there are a few other complications we see when horses avoid the heel first landing due to discomfort and "tip toe" as they walk out. A toe first landing puts the skeletal structure in poor alignment for impact, causing the navicular bone to press on the top of the coffin bone, which some believe to be the primary cause of "navicular" as a condition. In addition, the toe first landing puts much more stress on the joints, tendons, ligaments, and muscles, while limiting much needed blood flow to the area.

Comfortable stride should be the primary goal for every horse, shod or unshod, if we want to ensure soundness. So whatever you have to do to make your horse throw that heel out and let the hoof work as it should—do it—because you can only tip toe around for so long.

To learn more about how healthy hooves make happy horses and owners and the natural barefoot approach check out: [www.hoofrehab.com](http://www.hoofrehab.com), [www.jaimejackson.com](http://www.jaimejackson.com), [www.aanhcp.net](http://www.aanhcp.net), ask Dr. Evergreen or call Daphne @ 206-816-4816

#### About the Author:

My name is Daphne Jones and I am a natural barefoot trimmer/farrier and trainer. I work with a variety of rescue organizations and private clients. I am primarily a trail and endurance rider however I stray into a variety of riding styles from packing and wagon trains to dressage and jumping. I live in Gold Bar, WA and maintain trimming and training clients in Snohomish and King Counties. Contact Daphne at [Bare Horse Training and Trimming](http://BareHorseTrainingandTrimming.com) at (206) 816-4816



Dr. Evergreen is an Independent Distributor of Dynamite Specialty Products. Ask Dr. Hannah how Dynamite Products can benefit your horse.

#### Contact Us:

Evergreen Holistic Veterinary Care  
PO Box 1494  
Monroe, WA 98272  
[info@evergreenholisticvet.com](mailto:info@evergreenholisticvet.com)  
(206) 940-8589

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[www.evergreenholisticvet.com](http://www.evergreenholisticvet.com)

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