

# OPTIMIZE EQUINE NUTRITIONAL REPORT

## Equine Plan Includes

- 10 Key Optimization Areas
  - Key Support Indicators
- 6 Step Optimization Plan
  - Feed Restrictions
- Feed Additive Avoidance
  - Feed Adjustments

*Program for:*

**tigla o**

o, Danmark

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*This program created by:*

Klinik for Fodterapi & Akupunktur

Charlotte Baarup Aaby

fodterapi-akupunktur@mail.dk

86 72 55 10

[business.cell-wellbeing.com](https://business.cell-wellbeing.com)



# OPTIMIZE EQUINE NUTRITIONAL REPORT

## AN INTRODUCTION FROM VETERINARY PROFESSIONALS

**“Optimize EQUINE”** is a simple and proven system of aligning the equine environment to optimize physical, mental and emotional potential of the animal.

The environment controls up to 98% of the way in which many genes express themselves. This means the way in which they act physically and control virtually all aspects of metabolism and life.

Currently your horse, and almost every other horse on the planet, is operating below its potential due to the effects of the environment. Processed feeds, low nutrient intake, environmental challenges, frequency interference influences could be responsible for a breakdown in the horse's normal day to day functions.

These functions are the everyday basic processes which are crucial to the way in which your horse's physical body expresses. Firstly, the quality of new cells your horse's body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all bodily processes.

As the environment controls gene expression it is the most crucial aspect of producing optimized cells, which in turn produce optimized tissues, which in turn produce optimized organs and finally systems and the entire organism – or optimized horse!

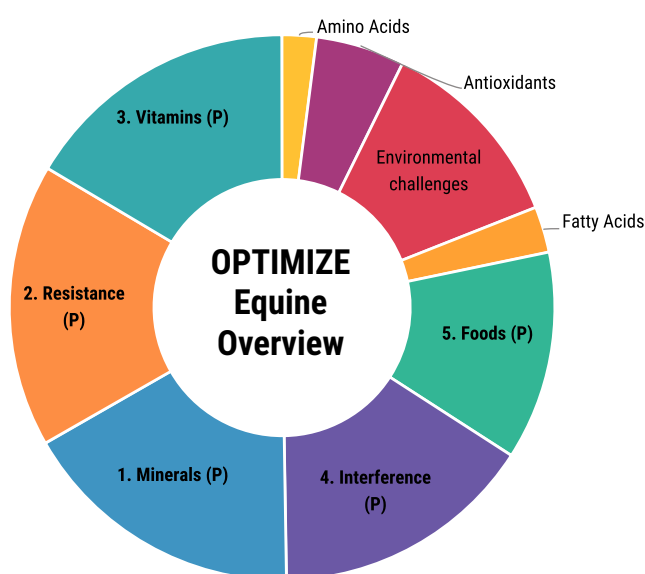
Your horse's enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate. Your horse's nervous system is strongly affected by the environment, additives and frequency interference. All of these factors can contribute to a breakdown in metabolic function.

For your horse to achieve its potential, it is essential that these processes are working at their optimized levels. Anything less the optimum and the effects will be felt in a loss of function, which can be reflected in low energy, poor rest, weak immune, poor concentration, moodiness, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long, then this can eventually lead to chronic issues.

The **“Optimize EQUINE”** program is designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of genes, enzymes and metabolic function and to provide a 90-Day Plan for dealing with these issues and optimizing your horse through dietary, nutritional and supplement programs.



# KEY OPTIMIZATION OVERVIEW



## Systems Support Summary

Oxidative Stress/Inflammation

Cardiovascular System

Rest

Musculoskeletal System

For full indicators see page 4.

## Foods Restrictions Summary

New Hay (6 months to 1 year old) Aloe Vera Juice

Wheat Bran

Himalayan Salt Lucerne

Carrots Spirulina

Red Apples Astragalus Bean

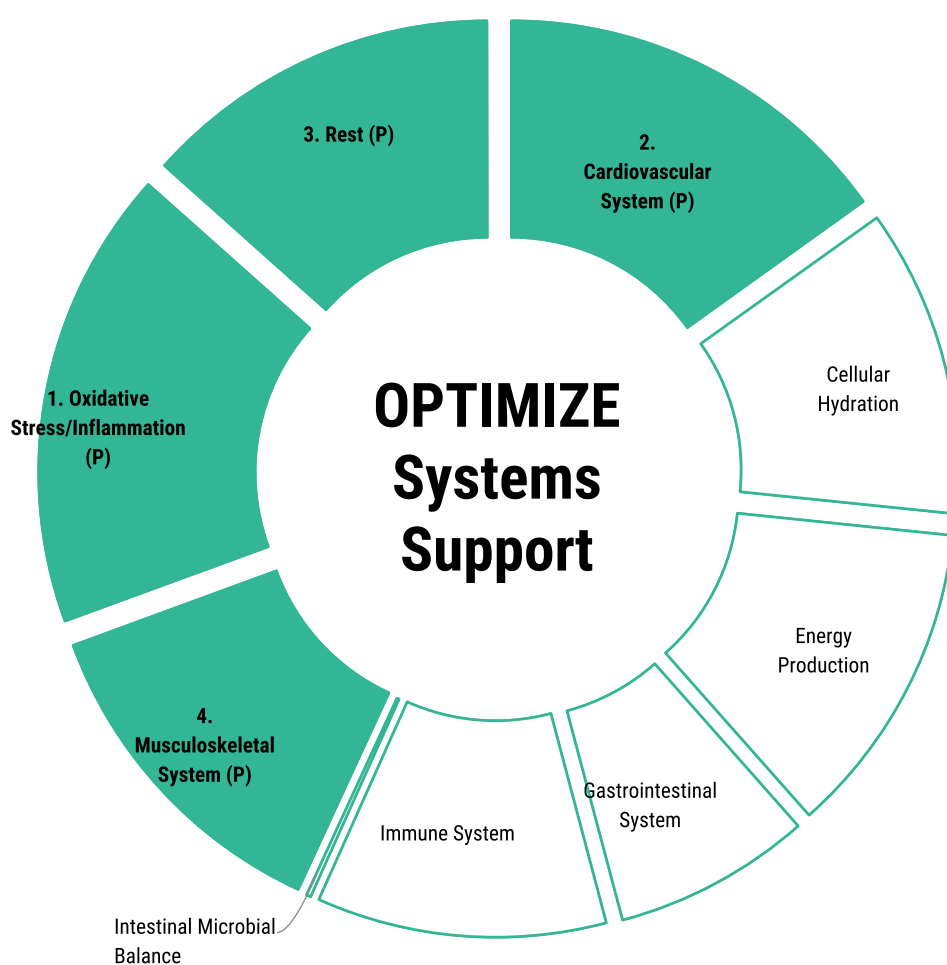
For full feed restrictions indicators see table on page 22.

Category	Indicator	Information
Minerals	Lithium. Iodine. Magnesium. Zinc	For full results see the chart on page 8. For feed sources refer to page 25.
Resistance	Virus. Parasite	For full results see the chart on page 18.
Vitamins	Vitamin B6. Vitamin K2. Vitamin B12. Vitamin C	For full results see the chart on page 6. For feed sources refer to page 25.
Interference	ELF (Extremely Low Frequency). 50 Hz mains current. Mobile telephone, GSM (1,8 GHz). LFR (Low Frequency Radiation)	For full results see the chart on page 20.
Foods	Please refer to the food table on page 22 of the plan.	For full results see the chart on page 22.

## The Key Indicators Chart

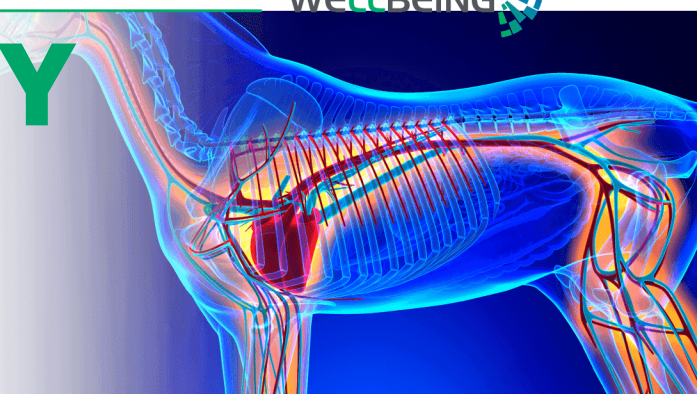
The larger the segment in the chart the higher the epigenetic relevancy indicator, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutritional food intake programs.

# SYSTEMS SUPPORT INDICATORS



The above chart indicates which areas may require nutritional support by cross referencing the other chart data and comparing the total number of relevant support factors indicated for each area. This is an indicator of a support requirement only and not a diagnosis of any physical malfunction within the any specific area. If you are concerned about the physical function of any of your horse's systems processes, you should seek the help of a qualified veterinary surgeon.

# CIRCULATORY SUPPORT INDICATORS



Poor circulation reduces the ability of your horse's body to transport nutrients and oxygen to where they are needed.

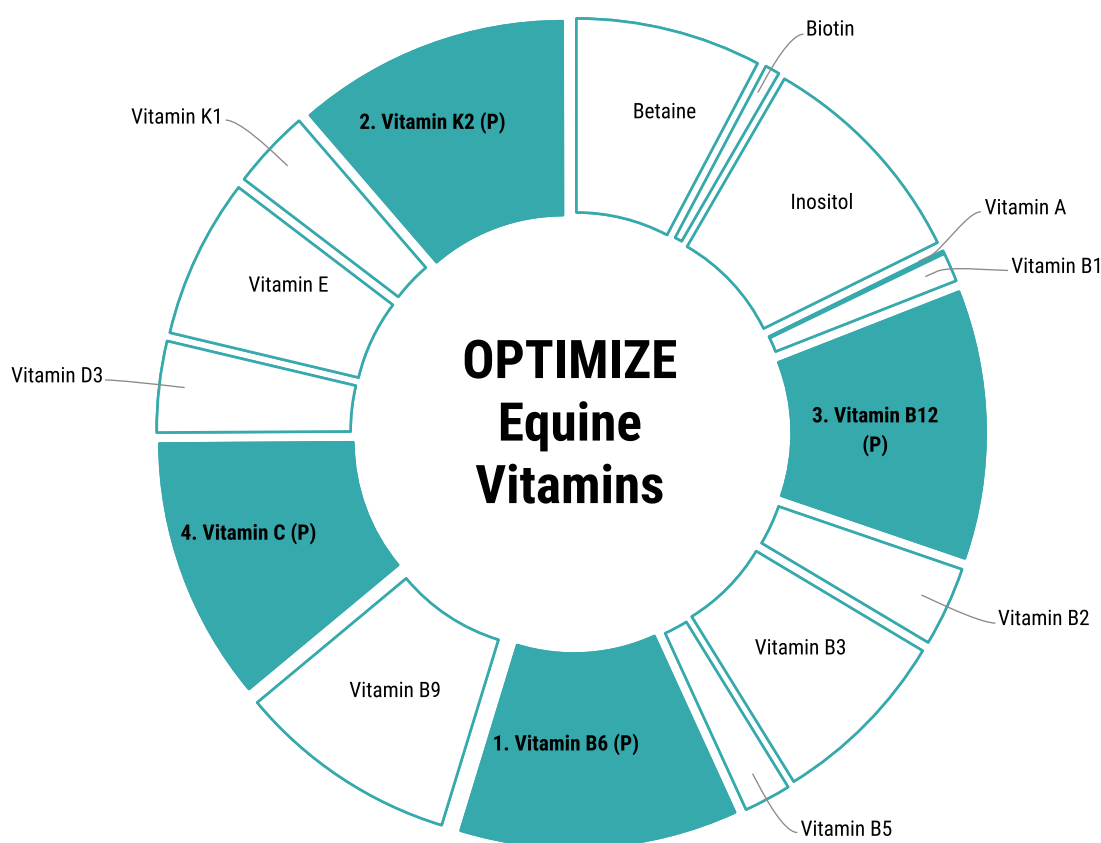
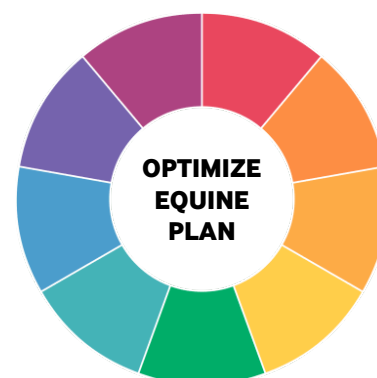
You can support your horse's circulation with good nutrition as outlined below.

Circulation can be supported by many nutrients and it's important to ensure that your horse gets this balance daily. The chart below indicates which nutrients can be important to help optimize circulation. The more of these that appear in the table below, the higher level of support the circulation system may require with your horse's final support level indicated in the column on the right. Remember that this is not a diagnosis of the function of your horse's circulatory systems.

<b>Circulatory Nutrition Support Indicators</b>  An indication that your horse may require nutritional support to optimize his or her circulatory systems is not a diagnosis that your horse has any issues or a condition. If you are concerned about your horse's circulatory health you should consult your veterinary surgeon before starting a nutrition or exercise regime.	Selenium	Superoxide Dismutase	Iodine	7+ indicators High Support
	Vitamin B2	Vitamin C	Vitamin E	
	Vitamin D3	Vitamin K1	Vitamin B3	
	Vitamin B6	Vitamin B12	Vitamin B9	
	Taurine	Arginine	Citrulline	4-6 Indicators Moderate Support
	Carnosine	Alanine	Serine	
	Methionine	Cystine	Lysine	
	Histidine	Proline	Co-Enzyme Q10	
	Potassium	Sodium	Flavonoids	2-3 Indicators Maintenance Support
	Anthocyanidins	Polyphenols	Magnesium	
	Betaine			

# VITAMINS INDICATORS

*Priority - Increase Intake*



## Category Indicator Chart

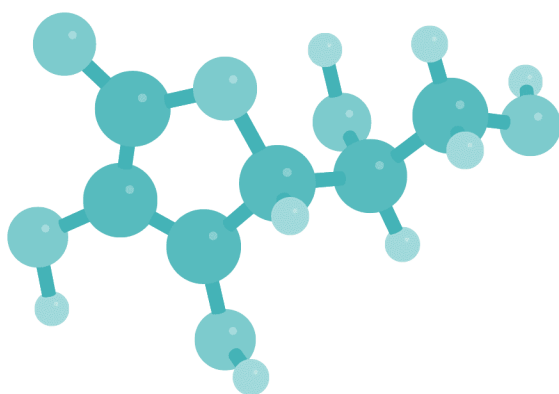
The above chart provides you with an overview of the vitamins indicators which are specific to your horse. If this category is marked with Priority, Advisory or Consider then these are items which you might wish to address for your horse's nutritional regime.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional advice when making any nutritional and dietary changes for your horse.



# EQUINE VITAMINS

## ABOUT VITAMINS



Vitamin C molecular model



Vitamins are organic compounds which are needed to sustain life. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amount and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your horse's body and a shortage of them in the equine diet can cause a host of wellness related problems. Horses at maintenance usually have an adequate amounts of vitamins in their diet if they are receiving fresh green forage and/or premixed rations. A vitamin supplement may be required if your horse has a high-grain diet, low quality grass or hay, if your horse is under stress (travelling, competing), has prolonged strenuous activity, has had recent surgery or is not eating well.

## HOW VITAMINS SUPPORT EQUINE WELLNESS

Many processes in the horse's body require a variety of vitamins in order to function at their optimum level. Vitamins are a key part in the enzyme processes, which are the drivers behind all of the metabolic processes. Your horse needs a wide variety of vitamins to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness. The best source of vitamins for your horse is from feed, where the vitamins are present with other nutrients which work synergistically to support your horse's wellness.

## VITAMIN RICH FOODS

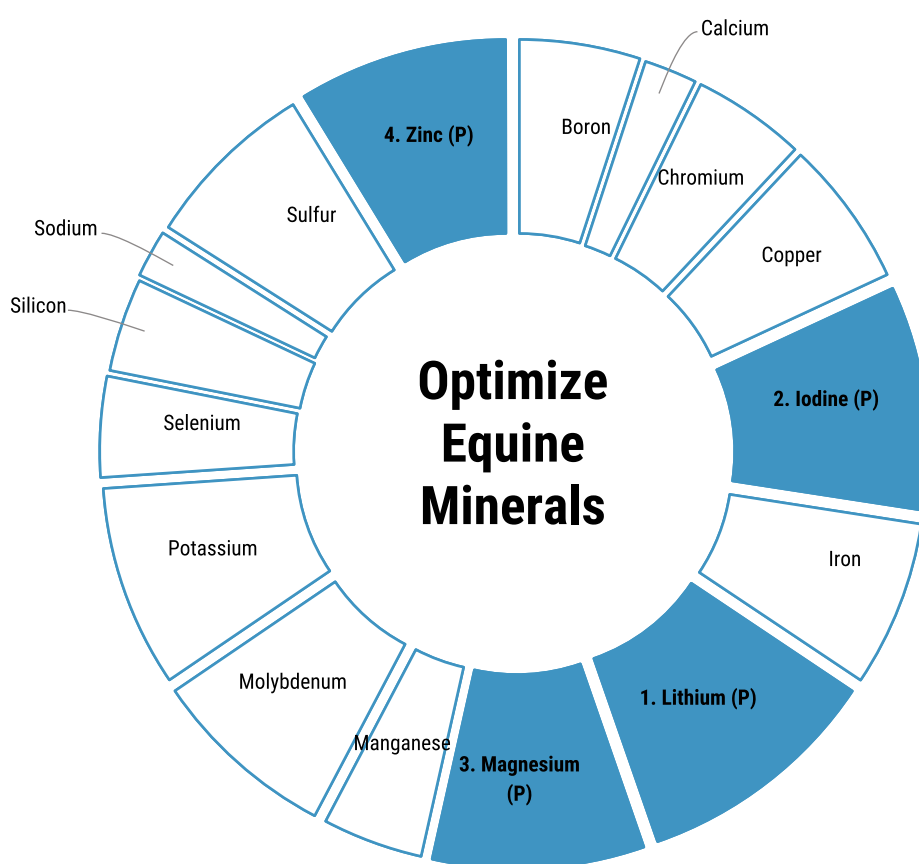
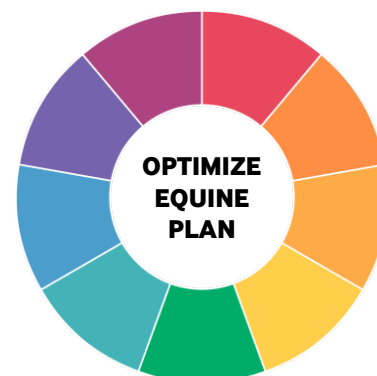
- Grass
- Rosehips/Tea
- Grass Hay
- Carrots (not for laminitics)
- Soybean Meal
- Sugar Beet Pulp

*\*There are many other foods but these are some of the common examples.*

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# MINERAL INDICATORS

*Priority - Increase Intake*



## Category Indicator Chart

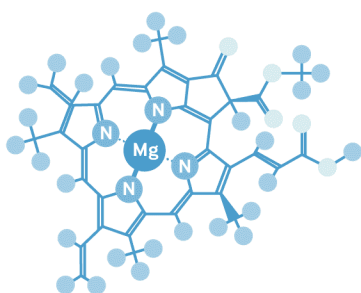
The above chart provides an overview of the Minerals indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider then these are items which might need to be addressed in your horse's nutritional regime.

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# EQUINE MINERALS

## ABOUT MINERALS



Magnesium molecular model



Minerals are important for your horse's body to stay healthy as it uses minerals for many different jobs, including maintenance of body structure, fluid balance in cells (electrolytes), nerve conduction and muscle contraction.

**There are two kinds of minerals: macro-minerals and micro-minerals.**

Macro-minerals are minerals your horse's body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. These minerals are vital to the development of the skeleton, muscle contraction, acid-base balance, activity of the nervous system and hoof and hair growth. Your horse's body needs just small amounts of micro-minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. These minerals function in most of the chemical reactions in the body helping to metabolize nutrients, maintain connective tissue and joint tissue, aid in oxygen transport to muscle and perform as antioxidants. The best way for your horse's body to get the minerals it needs is by consuming fresh green pasture. However, even when this is available horses often do not receive all of the required minerals and in the quantities needed. Sweating depletes sodium, potassium and chloride so supplementation with electrolytes may be helpful for horses that sweat a lot. Young horses may need additional calcium, phosphorous, copper and zinc during the first year or two of life.

## HOW MINERALS SUPPORT EQUINE WELLNESS

Many processes and structure in the horse's body require minerals in order to function at their optimum level. Minerals are a key part in the enzyme processes which are the drivers behind all of the horse's metabolic processes and also play a role in structure, muscle action and nerve transmission. A horse needs a wide variety of minerals to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

## MINERAL RICH FEED

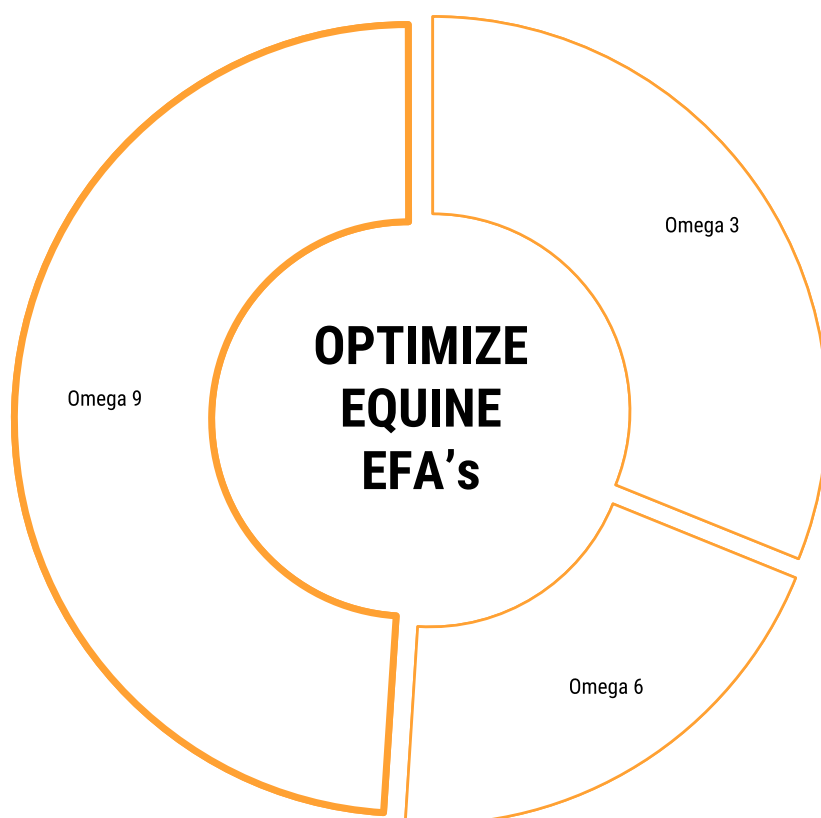
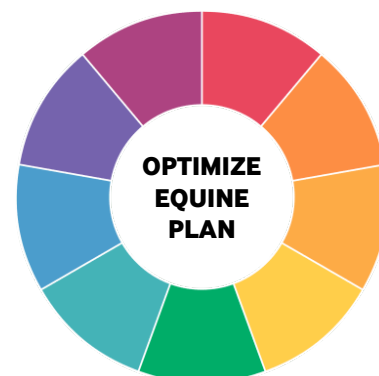
- Chia Seeds
- Sugar Beet Pulp
- Soybean Meal
- Himalayan Salt Block
- Bee Pollen
- Alfalfa Hay
- Molasses (not for laminitics)

*\*There are many other foods but these are some of the common examples.*

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# FATTY ACIDS INDICATORS

*Consider - Increase Intake*



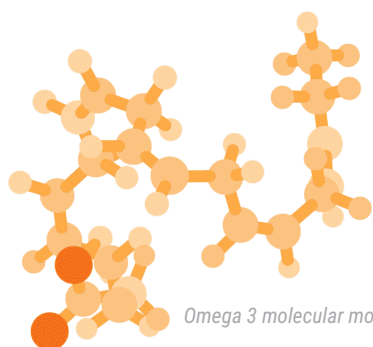
## Category Indicator Chart

The above chart provides an overview of the EFA indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider then these are items which you might wish to address through your horse's nutritional regime.

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# FATTY ACIDS

## ABOUT FATTY ACIDS



*Omega 3 molecular model*



Essential fatty acids, as they sound, are fats that are necessary within the horse's body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for survival.

Without them, serious damage can be caused to different systems within the horse's body. However, essential fatty acids are also not usually produced naturally within the body. This means that they have to be obtained by adding them to your horse's diet.

Improved stamina and endurance in performance horses is a result of including fats and oils as an energy source in their diets. When oil is digested, free fatty acids are incorporated into cell membranes but some fatty acids cannot be synthesized by the horse, or not in sufficient quantities to meet their nutritional needs, so are called "essential" fatty acids and must be available in the diet on a daily basis. Two of these essential fatty acids are called Omega 6 and Omega 3.

Oils containing higher levels of Omega 3 are found in the natural diet of horses (forage) and can be digested easily with positive affects in the horse's system but the Omega 6:3 ratio must be kept in balance when additional oils are included in their diet.

## HOW EFA'S SUPPORT EQUINE WELLNESS

Short-term benefits include improved skin and coat condition, fewer skin allergies and anti-inflammation characteristics. Long-term benefits are numerous and are thought to include improved hoof quality, increased bone density, improved joint health and reduced muscle soreness, as well as increased tissue elasticity which reduces the incidence of EIPH (nasal bleeding) in performance horses. In addition, mares' milk contains higher Omega 3 levels which can result in healthier foals, by supporting their immune system resistance to infection, whilst Omega 3s also support stallion fertility by helping maintain sperm cell viability.

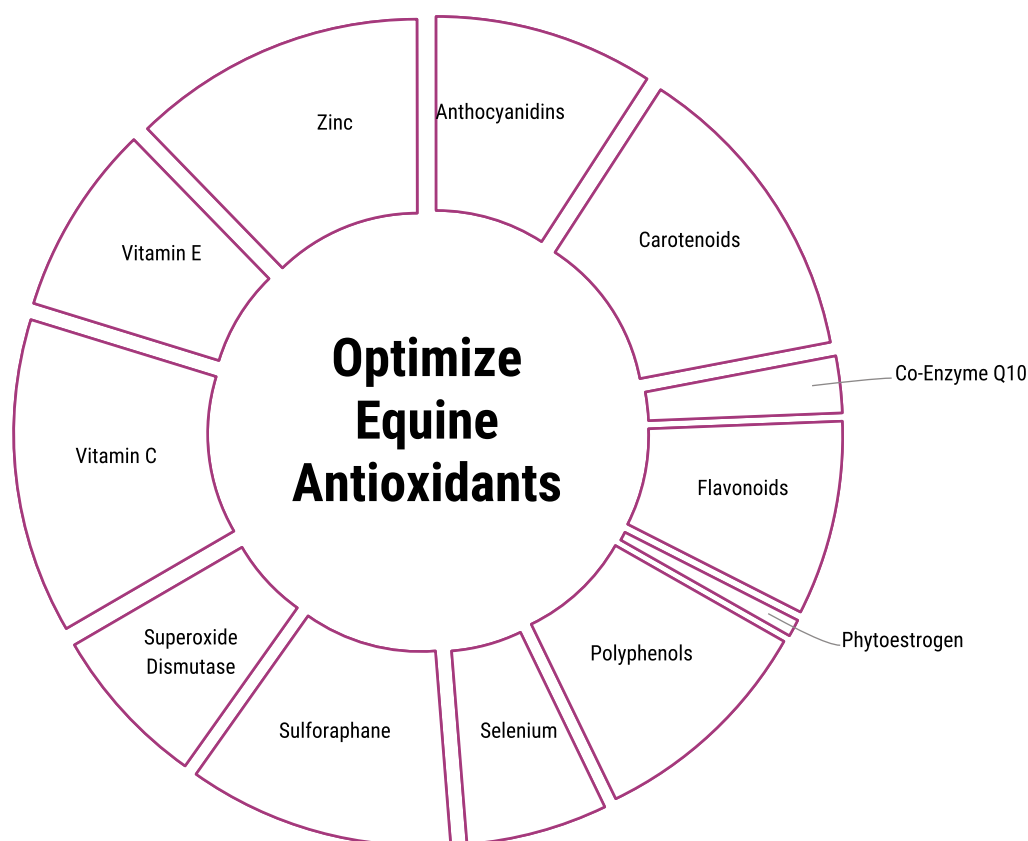
## FATTY ACIDS RICH FOODS

- Olive Oil
- Fresh Grass
- Soybean Oil
- Chia Seeds
- Hemp Seeds

*\*There are many other foods but these are some of the common examples.*

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# ANTIOXIDANT INDICATORS



## Category Indicator Chart

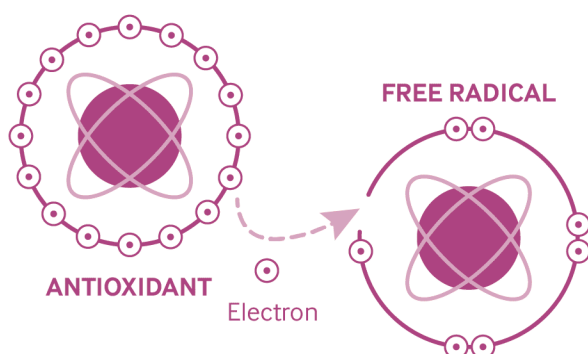
The above chart provides you with an overview of the Antioxidants indicators, which are specific to your horse. If this category is marked with a Priority, Advisory or Consider. Then these are items which you might wish to consider through your horse's nutritional regime.

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# EQUINE ANTIOXIDANTS

## ABOUT ANTIOXIDANTS



*Antioxidant neutralizing a free radical*



*Many berry varieties, including blueberries, are a good source of antioxidants*

Antioxidants are substances that may protect cells in your horse's body from free radical damage that can occur from exposure to certain chemicals, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein and quercetin.

The good news is that if your horse is on green pasture, he is likely to be getting plenty of antioxidants. But many horses today do not (or cannot) have access to green pasture and the process of drying and curing hay destroys most of the antioxidants present within the plants. This is when antioxidant supplementation is necessary. Furthermore, some horses may need more antioxidants than their pasture can provide, such as horses in moderate to heavy work, older horses, growing horses, ill, injured or immune-compromised horses and horses with allergies.

## HOW ANTIOXIDANTS SUPPORT WELLNESS

Our horses' bodies produce a lot of free oxygen molecules and other by-products, which can lead to oxidative stress. Anti-oxidants are a key part in the processes which support the horse's body to deal with these issues. Your horse needs a wide variety of antioxidant to help support its body to deal with oxidation and which will in turn support optimized Wellness.

## ANTIOXIDANT RICH FEED

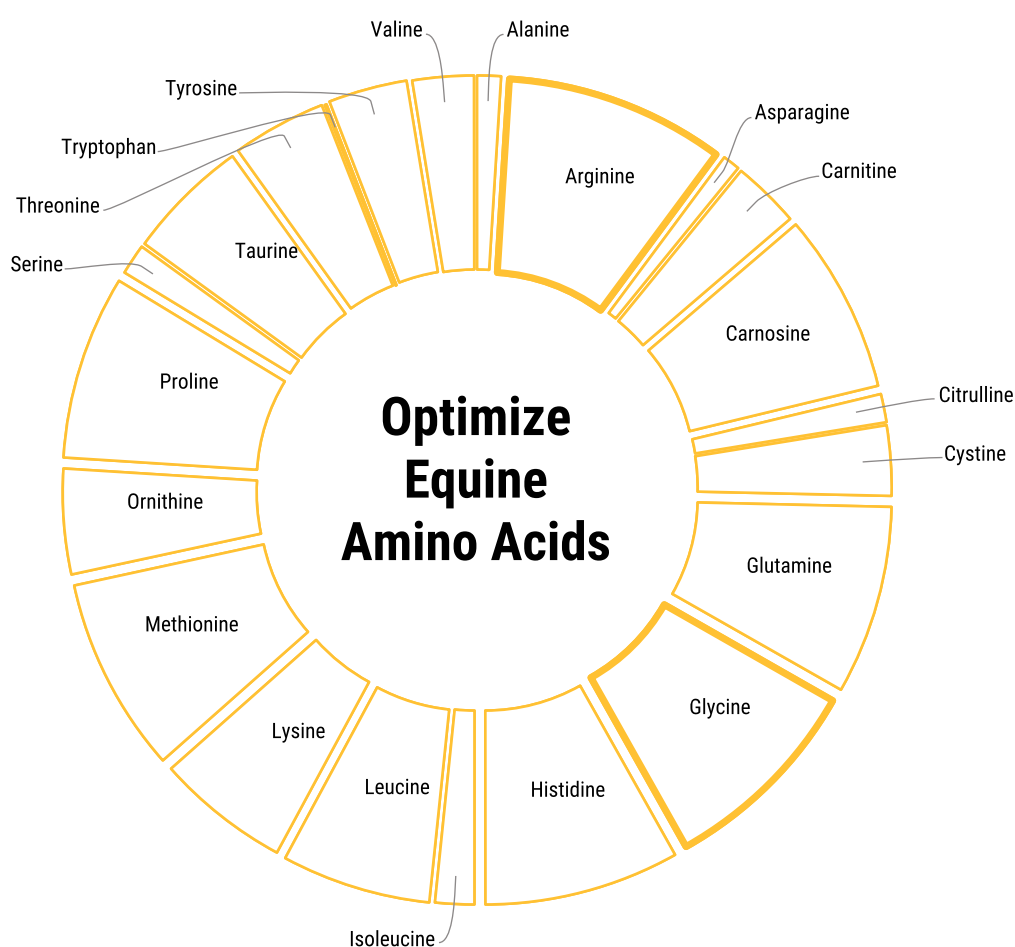
- Ginger Root (Tea)
- Carrots (not for laminitics)
- Apples
- Alfalfa Hay
- Fresh Grass
- Sugar Beet Pulp
- Chia Seeds

*\*There are many other foods but these are some of the common examples.*

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# AMINO ACID INDICATORS

*Consider - Increase Intake*



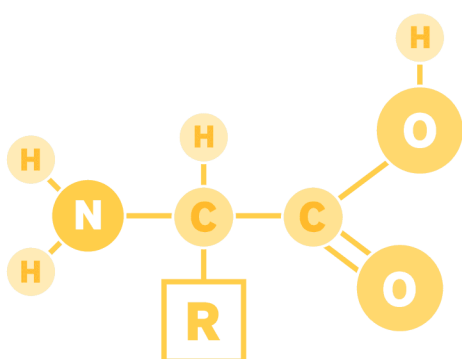
## Category Indicator Chart

The above chart provides you with an overview of the Amino Acids indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider then these are items which you might want to address through your horse's nutritional regime.

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# AMINO ACIDS

## ABOUT AMINO ACIDS



Protein is needed by every living organism and, next to water, makes up the largest portion of body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the horse's body is not derived from diet, but the dietary protein is broken down into amino acids and the horse's body then re-constitutes these amino acids into the specific proteins needed. Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most of the horse's body processes from regulating the way the body works to how the brain functions – they activate and utilize vitamins and other nutrients. 22 amino acids constitute protein in a horse and he needs all 22 to build the proteins in his body. Of the 22, there are 10 that are called essential and these come from food. They must be provided in the diet because the horse cannot manufacture them on their own in the digestive tract. The three most lacking amino acids in the equine diet are lysine, methionine and threonine.

## HOW AMINO ACIDS SUPPORT EQUINE WELLNESS

Many processes in the horse's body are supported by amino acids in order to function at their optimum level including muscle development, bone growth, hair/coat growth, prevention of fatty deposits in the liver, adrenaline production, growth efficiency, T-cell production, maintenance of plasma, mood stabilisation, blood clotting, muscle coordination and the prevention of nervous system degeneration.

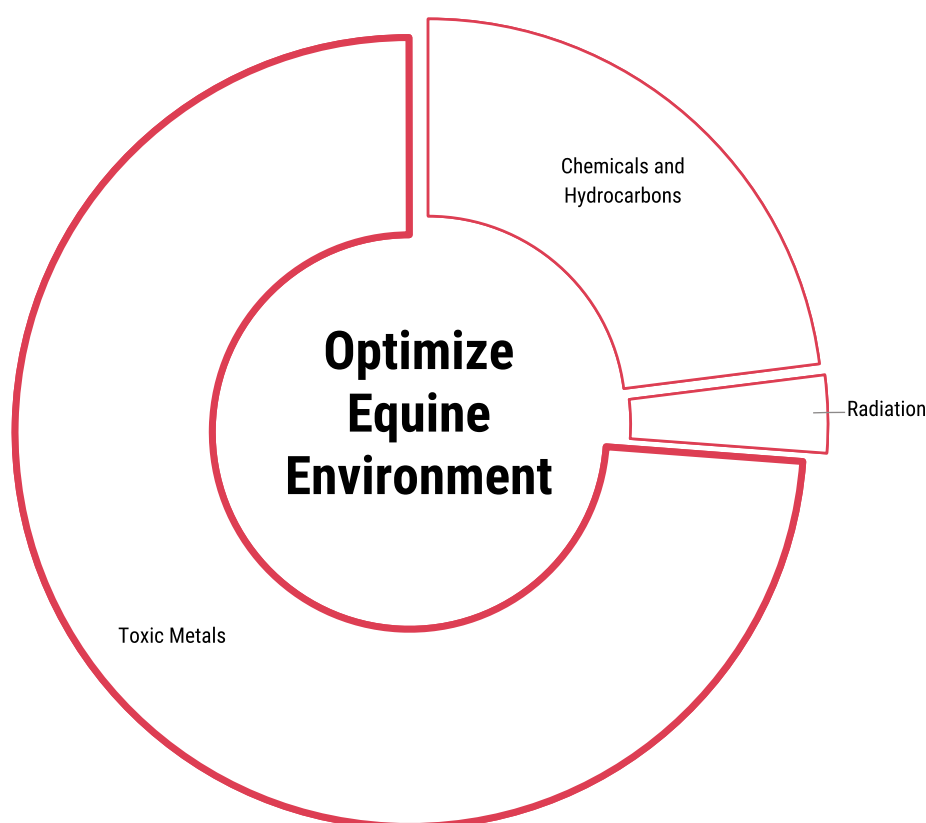
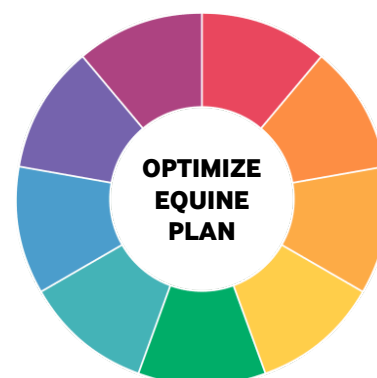
## AMINO ACID RICH FEED

- Alfalfa Hay
- Sugar Beet Pulp
- Wheat
- Soybean Meal
- Garlic
- Brewer's Yeast

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# ENVIRONMENTAL CHALLENGES INDICATORS

*Consider - Reduce Load*



## Category Indicator Chart

The above chart provides you with an overview of the toxins indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider then these are items which you might wish to address through your horse's nutritional regime.

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# EQUINE ENVIRONMENTAL CHALLENGE FEED

## ABOUT CLEANSING FOODS



The horse's environment has changed dramatically and most of the biggest changes are in the area of man-made elements. The horse can accumulate many influences which are not well tolerated and these should be expelled through natural processes. However, these processes were not designed to cope with today's amount and variety of man-made elements and need extra support. The aim is to open positive energy flow and eliminate toxins that may lead to decreased immunity and eventual disease. Toxins can be brought on by the stress of a variety of factors including exercise, travel, injury, side effects from drugs, exposure to chemical poisons and pollution (including wormers and vaccines) and seasonal changes. Horses with healthy immune systems, no ill health, no exposure to new horses, ample clean water and plenty of exercise with free grazing on a wide variety of unpolluted grasses are at minimal risk. But in today's world of excess pollution, detoxification and toxic avoidance for your horse should be standard procedure. Avoid stress by following daily and seasonal routine and incorporate simple supports such as adding juniper to rinse water after exercise to release toxins.

## RECOGNISING ENVIRONMENTAL EXPOSURES

If your horse is struggling to cleanse itself of accumulated waste you may notice one or more of the following; allergies, back pain, inability to sweat, diarrhoea, dry and/or scruffy coat, dry hooves with rings or ridges, dull eyes, foul odour of manure, low energy, moodiness, skin issues, slow healing, recurrent colic, recurrent respiratory problems, weight loss. Help and support is needed to maintain the myriad of underlying cleansing mechanisms which will in turn support optimized Wellness.

## CLEANSING FEED

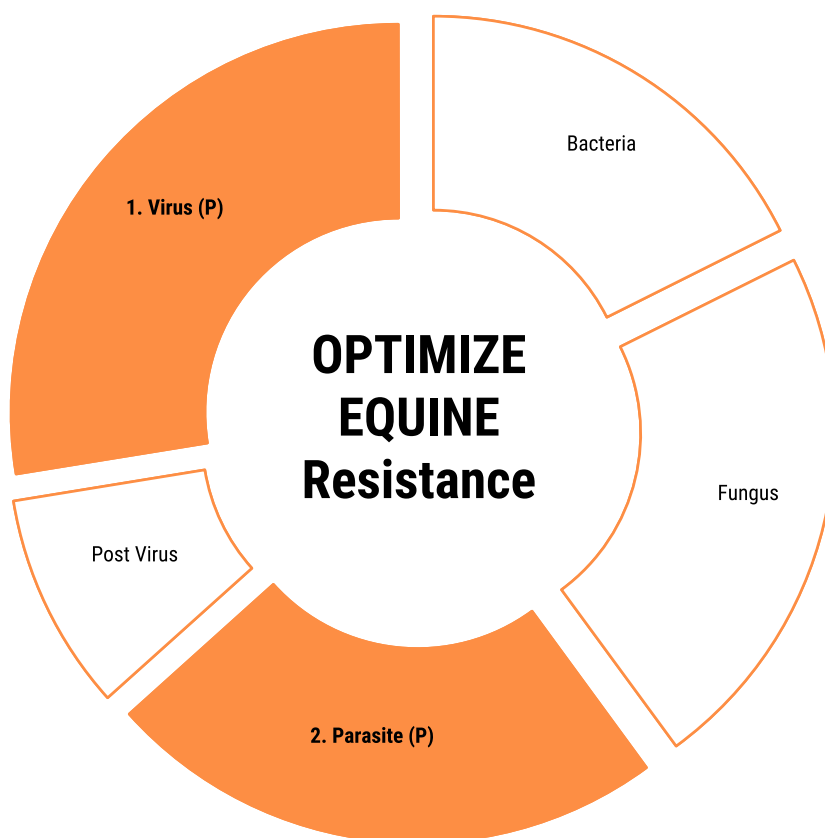
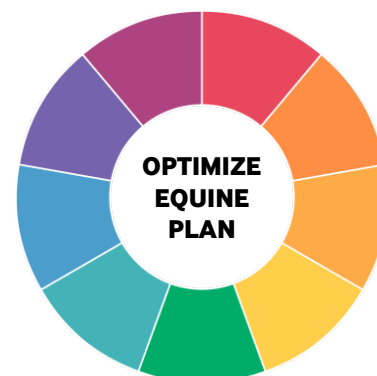
- Goji Berries
- Garlic
- Apples
- Chlorella
- Flax Seeds
- Coconut Oil
- Dandelion Roots and Plants

*If there are foods recommended for you, see the tables on page 26.*

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# RESISTANCE INDICATORS

*Priority - Reduce Load*



## Category Indicator Chart

The above chart provides you with an overview of the Microbiology indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider, then these are items which you might wish to address through your horse's nutritional regime.

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# EQUINE RESISTANCE FEED

## ABOUT RESISTANCE FEED



Horses have a highly interactive multi-layered immune system composed of organs tissues, cells and chemicals. On a daily basis, our horses' bodies come under attack by micro-organisms that can weaken defence ability. Natural processes are in place to help resistance to these attacks and there are additional feeds which can support the horse's natural ability to defend itself against these invaders. There are three key elements at the root of any problem with a horse's immune system and these are stress, nutrition and age.

## KEEPING RESISTANCE STRONG

Your horse's body has an entire system dedicated to naturally resisting outside invaders and providing good protection to the cells and organs. The basics for maintaining a horse's immune system is to feed well, exercise regularly, keep a good weight, worm regularly and control flies which carry disease and can cause ligament damage. There are certain herbs that can actively boost the system and help your horse to produce more elements that can resist invaders.

## RESISTANCE FEED

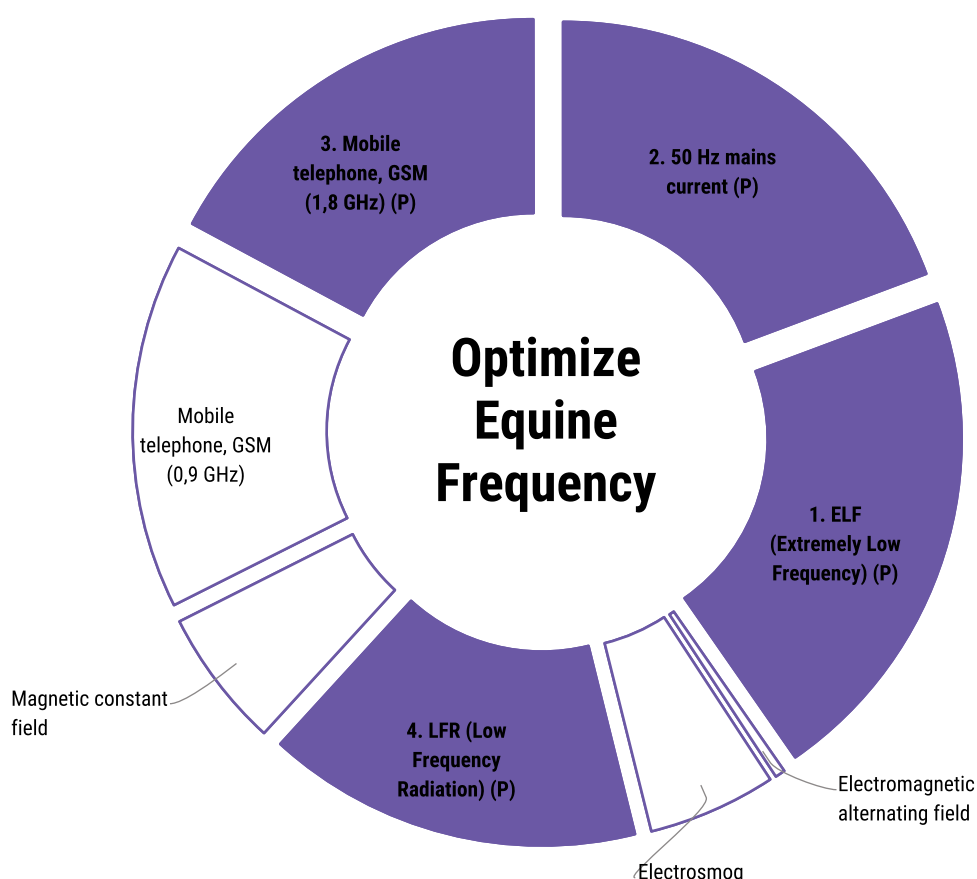
- Garlic
- Coconut Oil
- Pumpkin Seeds
- Aloe Vera Juice
- Lomatium (Parsley)
- Apple Cider Vinegar

*For specific foods that maybe recommended for you see page 26.*

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# FREQUENCY INTERFERENCE INDICATORS

*Priority - Reduce Exposure*



## Category Indicators Chart

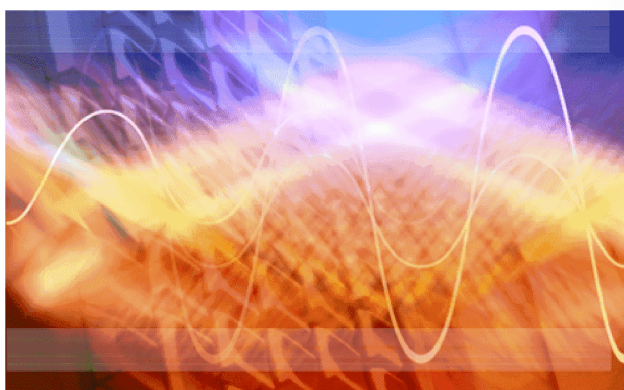
The above chart provides you with an overview of the Frequency Interference Indicators which are specific to your horse. If this category is marked with a Priority, Advisory or Consider then these are considered items which you might wish to address through a change in environment and/or your horse's nutritional regime.

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# FREQUENCY INTERFERENCE

## ABOUT INTERFERENCE FEED



Modern day electrical supply and technologies are largely powered by or utilize frequencies at the very low spectrum range. These are considered non-ionizing forms of EM radiation in the 50Hz to 1GHz range. There are many forms of natural frequency such as visible light or ultra violet light – even a horse's body and its cells have a very weak frequency field. Modern forms of frequency appear not to be very compatible with the equine body's own fields and this can create knock on effects for wellness. These factors can interfere with everyday communication within your horse's body and consideration should be given to supporting and maintaining normal function.

## REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

The effects that modern electrical environments are having on the wellness process for horses are not yet fully understood. It is clear, however, that there is some effect and that it would be sensible to start to minimise this to support the horse's body and maintain systems that may come under pressure from frequency interference. Structured water may support cellular communication and help to conserve energy in the system.

## INTERFERENCE FEED

- Spirulina
- Vitamin D3
- Curcumin
- EFAs
- Calcium
- Melatonin
- B Vitamins
- Sulfur

See page 27 for specific foods

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# 90-DAY FEED RESTRICTIONS

**WARNING – THIS IS NOT A FEED ALLERGY TEST.** The feeds listed here should be restricted for the next 90-days only. **ALL KNOWN ALLERGIES** must continue to be avoided at all times.

*Priority - Avoidance Recommended*

Feed Indicators				
ALGAE	Wheat	Astragalus Bean	Dandelions	Cardamom
Chlorella	Wheat Germ	Sugar	Echinacea	Cloves
Dried Spirulina	GRASSES	Bee Pollen	Ginger	Nutmeg
Kelp	Barley Grass	Beer	Ginger Root	TEAS
Seaweed	Clover Grass	Brewer's Yeast	Hyssop	Essiac Tea
Spirulina	Rye Grass	Himalayan Salt	Licorice Root	Green Tea
FRUIT	Fresh Grass	Honey	Lucerne	Black Tea
Apple Cider Vinegar	Wheat Grass	Maple Syrup	Lupins (soaked)	VEGETABLES
Apples	Clover Hay	Molasses	Nettles	Reishi
Applesauce	Cured Hay/Haylage	Nutritional Yeast	Peppermint	Carrots
Bananas	Fresh Hay (6-18 Months)	Soaked Sugar Beet Pulp	Red Raspberry Leaves	Soybean Meal
Bananas (skin on)	Grass Hay (Timothy, Fescue, Orchard)	Eucalyptus	Sarsaparilla Root Powder	Garlic
Barberry	Legume Hay	Olive Leaves	Wild Comfrey	Alfalfa
Cantaloupe Melon	New Hay (6 months to 1 year old)	OILS	Yarrow	Bok Choy
Goji Berries	Timothy Hay	Canola Oil	Milk Thistle	Broccoli Sprouts
Hawthorn Berries	HERBS	Chia Seed Oil	Oregano	Peas
Papaya	Basil	Coconut Oil	Wormwood (tea/capsules)	Raw Spinach
Red Apples	Chives	Flaxseed Oil	SEEDS	Snap Peas
Strawberries	Cleavers	Grapeseed Oil	Black Oil Sunflower Seeds	Swiss Chard
Watermelon	Coriander (leaf and seed)	Menhaden Fish Oil	Buckwheat	Turnip Greens
Rosehips/Rosehip Tea	Cress	Olive Oil	Celery Seed	Watercress
GRAINS	Goldenseal	Oregano Oil	Chia Seeds	
Barley	Lomatium (Parsley)	Soybean Oil	Fennel Seeds	
Bran	Parsley	Sunflower Oil	Flax Seeds	
Bran Flakes	Thyme (Dried)	PLANTS & HERBS	Hemp Seeds	
Brown Rice Bran	Yellowdock Root	Turmeric	Pumpkin Seeds	
Corn	MISC	Rosemary (Dried)	Sesame Seeds	
Oat Bran	Eggs	Sage	Sunflower Seeds	
Oats/Oatmeal	Aloe Vera Juice	Spearmint	SPICES	

The feed indicators list is from the epigenetic relevancy indicators and NOT a physical intolerance or allergy. Please continue to avoid feeding anything to your horse that you know has a physical effect. Please restrict the feeds in red for a 90 day period.

Any indication in this report of an underlying feed restriction does not relate to physical feed Allergies. For allergy advice seek a veterinary professional. **If you know your horse is ALLERGIC to feeds, they must always avoid them.** Please refer to Feed Restrictions page.

# EQUINE FEED RESTRICTIONS

## ABOUT FEED RESTRICTIONS

There are many different levels at which feed can affect a horse from the severe to the very mild but all have the ability to affect the wellness processes.

There is feed your horse could be eating which show NO physical signs and symptoms of being a problem but which are not supporting the needs of the horse's body as they take up more energy to digest than the body gets in return. This puts pressure on the entire system and these feeds are best restricted in the short term and up to 90-days.

## ENERGY FLOW

When horses are struggling against the feed they ingest, their bodies will end up using energy from another source in the body to digest and liberate key nutrients. This process leads to a compensation process which will leave another function unable to complete properly and this does not support overall function. So, it is important that they not only eat feed which can support the overall status of the body but also that they adjust for feed which might not be best supporting and maintaining normal functions in the short to medium term.

## HOW FEED RESTRICTIONS SUPPORT WELLNESS

Removing feed in the short to medium term which might be contributing to a compensation in the energy flow of the horse's body, frees it up to operate more efficiently. Each feed that is adjusted (adjustment is different from avoidance) will better support the horse's body and this difference will be noticed both digestively and in the overall energy status of the horse's body. Feed adjustment means replacing some feeds with others which are better suited to support the horse's wellness processes.

*PLEASE NOTE: Any indication in this report of underlying feed restrictions does not relate to physical feed allergies. For allergy advice seek a veterinary surgeon. If you know your horse is INTOLERANT or ALLERGIC to any feed, this must always be avoided.*

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional advice when making any nutritional and dietary changes for your horse.



# 90-DAY OPTIMIZE EQUINE PLAN

## Step 1

START Day 1

The first and easiest step to optimizing is to restrict feeds which might be causing stress to your horse's digestive or immune system. Dealing with some feeds can drain the animals energy resources and stop the absorption of nutrients which are crucial to enzyme and metabolic function. See the table below for feeds that you should restrict for a minimum of 90-days

New Hay (6 months to 1 year old)	Wheat	Himalayan Salt	Carrots	Red Apples
Aloe Vera Juice	Bran	Lucerne	Spirulina	Astragalus Bean

## Step 2

START Day 1

The second step of optimization for your horse to avoid Environmental challenges, Interference indicators and feed additives, which could be compromising its enzyme function through key nutrient depletion and contributing to poor cellular expression. Use the links below to download documents which will indicate common sources of these so that they can easily avoided.

[CLICK Here for more EMF/ELF Information](#)

[CLICK Here for more Toxins Information](#)

## Step 3

START Day 1

Step 3 of the optimizing process is to ensure that your horse is absorbing enough nutrients from the feed he is eating in order to fully support all of the enzymes processes in his body. A good quality systemic enzyme can support the breakdown of feeds and grains in the stomach so that nutrients can be readily released for the horse to process and use. A natural multi-strain probiotic will further assist with the breakdown and absorption of nutrients from the feed your horse eats and ensure that its daily nutritional needs are supported.

## Step 4

START Day 1

The next step for optimization is to ensure that the quality of your horse's drinking water will support his body's need for hydration, waste removal and cellular communication. Water containing high levels of toxins (typical tap water) cannot be readily used by the horse's body for its key functions. Ensure that your horse has a regular source of clean drinking water.

## Step 5

START Day 30

The next step for optimization is to increase your horse's intake of the feed which will help to address the priority and advisory nutritional indicators highlighted in your horse's report. This will help your horse to meet his body's nutritional needs and all around enzyme, metabolic and cellular functions; thereby supporting his wellness. See table Step 5 on page 25 for recommended feeds.

## Step 6

START Day 60

The final step of the optimize equine plan is to support your horse's need to deal with any Environmental Challenges, Resistance and Interference indicators, which could be contributing to poor cellular expression and metabolic function. See the table on page 26 for the specific feeds and recommendations suggested for horse.



# 90-DAY OPTIMIZE EQUINE FEEDS

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Lithium	Soybean Meal, Legume Hay, Alfalfa Hay, Clover Hay, Kelp, Wheat
Vitamin B6	Beer, Bananas, Soybean Meal, Bran Flakes, Corn, Wheat Bran, Carrots (not for Laminitics), Peas
Vitamin K2	Natto, Hard Cheese, Soft Cheese, Egg Yolk, Butter – full fat, Chicken Liver, Salami, Chicken Breast, Beef
Vitamin B12	B12 Supplement, Brewer's Yeast, Wild Comfrey, Nutritional Yeast, Bee Pollen, Beer
Iodine	Bee Pollen, Kelp, Chia Seeds, Seaweed, Himalayan Salt
Vitamin C	Rosehips, Rosehip Tea, Bee Pollen, Red Raspberry Leaves, Cress, Kelp, Carrots (not for Laminitics), Apples, Peas
Magnesium	Chia Seeds, Soaked Sugar Beet Pulp, Sesame Seeds, Black Oil Sunflower Seeds, Lucerne, Bee Pollen, Raw Spinach, Swiss Chard, Peas
Zinc	Soaked Sugar Beet Pulp, Chia Seeds, Bee Pollen, Nutritional Yeast, Pumpkin Seeds, Peas, Sesame Seeds
Arginine	Soaked Sugar Beet Pulp, Black Oil Sunflower Seeds, Sesame Seeds, Pumpkin Seeds, Soybean Meal, Spirulina, Oats, Wheatgerm, Watermelon, Alfalfa Hay (Cube/Pellet), Carrots (not for laminitics), Brewer's Yeast
Omega 9	Chia Seed Oil, Olive Oil, Soybean Oil
Glycine	Soaked Sugar Beet Pulp, Soybean Meal, Sesame Seeds, Dried Spirulina, Brewer's Yeast, Alfalfa Hay (Cube/Pellet), Clover Hay, Legume Hay

If you find adding the suggested feed to your horse's diet difficult, then you can choose to supplement the diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your horse's intake of specific nutrients or nutrient groups. When giving your horses supplements for Environmental Challenges and Resistance Indicators support you should seek the advice of a qualified veterinarian who can advise you on the products and processes involved.

# 90-DAY OPTIMIZE EQUINE FEEDS

Optimize Indicator (STEP 6 - Cleansing and Resistance)	Indicator	Suggested Food Sources Day 60-90 (introduce as many foods as you can, at least 2 for each indicator)
Resistance Foods	Virus	Vitamin C, Garlic, Echinacea, Astragalus Bean, Reishi, Lomatium (Parsley), Licorice Root (not to pregnant mares), Olive Leaves, Applesauce
Resistance Foods	Parasite	Pumpkin Seeds, Wormwood (tea/capsules), Cloves, Coconut Oil, Apple Cider Vinegar, Papaya (remove pit), Fennel Seed Tea, Turmeric, Nutmeg, Aloe Vera Juice, Oregano Oil, Cardamom (tea), Avoid Sugar
Environmental Foods	Toxic Metals	Goji Berries, Dandelion Root, Cleavers, Fennel Seeds, Wormwood (tea/capsules), Yellowdock Root, Barberry, Celery Seed, Hyssop, Goldenseal, Yarrow, Purified/Filtered Water, Coriander, Chlorella, Essiac Tea, Garlic, Seaweed, Vitamin C, Dandelion Leaves, Milk Thistle, Flax Seeds, Flaxseed Oil, Turmeric, Sarsaparilla Root Powder

If you find adding the suggested feed to your horse's diet difficult, then you can choose to supplement the diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your horse's intake of specific nutrients or nutrient groups. When giving your horses supplements for Environmental Challenges and Resistance Indicators support you should seek the advice of a qualified veterinarian who can advise you on the products and processes involved.

# IT'S TIME FOR YOUR HORSE TO STOP JUST SURVIVING...& START OPTIMIZING!



**Thank you for investing your time  
and resources to get your horse's  
OPTIMIZE EQUINE PLAN.**

**Empower your horse by taking the  
quantum leap towards optimal  
nutritional support today!**

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