

# Equine & Canine

Chiropractic + Massage



Winter has come early this year and the freezing temperatures are making life difficult for a lot of us. Exercising horses and dogs is difficult in the snow, unless you are lucky enough to have access to an indoor school.

But what about turn out for horses in this weather? The RSPCA has had many calls about horses out in this weather which the public were concerned about, but in most of the cases the animals were absolutely fine.

## In or out?

Horses are designed to live outside, in wide-open spaces. If you think of the horses in the wild they grow a thick coat and survive the winter outdoors. Horse's muscles and joints are meant to be used and moving constantly. This way they stay healthy for longer. So the best place for our horses is outside providing that:

- They have enough food –horses use calories to keep warm, their digestive process generates heat. If your horse is loosing too much condition you can either feed more or keep him warmer with more rugs.
- They have adequate rugs and shelter.
- They have water that you can keep clear of ice for long enough.
- They are not too old or sick and need special care.

In nature horses and ponies will gain weight over the spring and summer and then over the winter months when food is scarce they will use their fat reserves to survive. Our domesticated horses have the same tendency except that we feed them extra over the winter. Please make sure you

## NEWSLETTER Winter 2010

use this time of year with little grass and give your horse a chance to lose the weight he has gained over the summer.

Although my horse is a Warmblood he is a very good doer and at the time of writing this he is still living out. The days we had snow he came in at night to eat hay but now the snow has gone he is back to being outside. They still have plenty of grass in their field and I'm keeping a close eye on him with the weigh tape. He still has a few centimetres to lose before I need to worry about feeding him more!



## Merry Christmas and all the best for 2011

With that I wish you all a stress free and relaxing Christmas.

For anyone looking for a last minute present I do gift vouchers both for animals and in my human practice.

Some books I can recommend include:

- The Nature of Animal Healing by Martin Goldstein (essential for any dog or cat owner)
- Heart to Heart by Pea Horsley
- The Field by Lynne McTaggart



### Quote of the month

The difference between friends and pets is that friends we allow into our company, pets we allow into our solitude.

~Robert Brault

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