

The Metabolic Horse Repairing The Mechanism



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This publication is produced as an educational piece to assist the horse owner and those seeking to expand their knowledge. The information contained within is not intended to take the place of a proper veterinary examination, diagnosis, and treatment.

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“Being ignorant of the causes leads to being more susceptible to the effects.”

-Dr. P. Quimby

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Introduction

Equine metabolic conditions are becoming an epidemic, creating health and performance problems on many levels in the horse. *Congratulations to you, as the horse owner, in taking the steps to a better understanding of the problem in the horse, why it develops, and what you can do to improve the overall situation for your equine companion!*

We have a long road to haul, regarding information, and many topics to cover! I encourage you not to try to understand it all completely, but more so, see the bigger problem which goes much deeper than originally believed. Once you can see more clearly, it becomes quite clear that a diet change or even a medication is often not the answer, at least in the long-term for your horse.

This book will review current theories and concepts when it comes to insulin resistance and metabolic problems in the horse, detailing cellular activity, and the causes behind it. In addition, I will review current therapies, which ones are beneficial and which ones we have adopted in our own personal equine patients for optimal results

As a notation, this book will implement therapy concepts that revolve around Traditional Chinese Medicine, mentioning patterns present in some patients, herbs and whole foods that can be utilized, and pattern recognition behind these therapy choices. I will not focus on medications as in our experience, they rarely provide clinical benefits to the equine patient.

In order to follow along and gain a certain level of understanding, it is recommended to purchase and review our book, ***“Herbs and Whole Foods; Repairing the Horse”***, where alternative medicine concepts, pattern recognition, and the energy patterns behind certain foods and herbs are discussed.

My goal is to pass on to you, the horse owner, my current knowledge and thinking on this important topic in the horse. Metabolic patterns are becoming an epidemic in the equine industry, mimicking the human side of medicine. The key is that **you**, as the owner, are deeply involved in the creation of these patterns in more ways than one, and thus **you** can create change and reverse the condition.

I do not have all the answers, and the purpose of this book is to relay current thinking, which hopefully will stimulate a new level of understanding and foster continued growth in all involved.

Good luck moving forward with your horse and re-acquiring health!

Tom Schell, D.V.M., CVCH, CHN

Chapter One

The Metabolic Horse; Understanding the Problem

Metabolic syndrome and insulin resistance in the horse can be a real challenge for the horse owner and veterinarian to manage. It seems like there are several approaches offered from veterinarians or through online resources, but often those therapies yield little for the horse regarding clinical benefits. Most of these horses continue to suffer bouts of instability throughout the years, followed by periods of stability. Through a different approach, and seeing the problem for what it truly is, many of these horses can be helped on a whole new level. ***This approach is more of a lifestyle change than a true therapy, targeting cellular repair and rejuvenation to benefit the horse and return cellular function back to a baseline level.***

Insulin resistance in the horse is ever-increasing with caseloads rising each year. The problem is complex on a health level, yet, not too difficult to understand. The key is to wrap your head around even a small facet of the problem, because then you have a better understanding of what you are doing and what your therapy goals are for your horse. As this begins to happen, then outcomes are much better in the short and long-term.

“Being ignorant of the causes leads to being more susceptible to the effects.”

-Dr. P. Quimby