

Insulin Resistant (IR) Horse: Re-Born with Chia!

This case study involved a 13-year-old Half Arabian mare that had been diagnosed as Insulin Resistant. This mare exhibited the classic signs— cresty neck, re-occurring abscesses in all four feet (despite regular farrier and vet care), crabby, obesity and touch-sensitive.

A TSH (thyroid stimulating hormone) blood test also revealed low serum/blood levels of the biologically active thyroid hormone, and the attending veterinarian determined a “need” for a thyroid medication. (*Horses that used to be considered a classic hypothyroid case are now recognized as Insulin Resistant and are best treated for IR.*) So, in essence, we were dealing with two issues.

In an attempt to treat the outward physical *symptoms*, dental work was done, barefoot trimming implemented and a certified equine chiropractor/veterinarian also examined and treated her. (If a horse is in pain, the symptoms are generally physical.) Once the *symptoms* were ruled out, it was decided to include the mare in this study.

She was administered four ounces of Chia daily (from AZChia) starting in November 2010 along with her HS-35, grass hay and one cup of plain whole oats. **NO** other medications (including for her thyroid) or supplements were given.

No changes were observed until four months into the program. Slowly the cresty neck began to change as did the obesity. The two-year long chronic abscesses were resolved, and she returned to work under saddle. Her entire attitude changed! No longer sensitive to touch or crabby, she was even ridden bareback and switched over to a bitless bridle! A completely changed horse emerged.

In June 2011, the Chia was reduced to two ounces daily and thus far (December 2011), she has maintained. She continues to be trimmed by a barefoot trimmer, is still ridden in a bitless bridle and is on the same diet (Chia, grass hay, oats and HS-35).

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