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 By [Gabriele Sutton](#)

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Digestive Problems

Many horses suffer from stress related digestive problems. Studies show over 50% of show and race horses have ulcers in their GI tract. When the proper acid-base balance of a horse's digestive tract is disturbed, gastric and/or intestinal ulcers may develop. This increased intestinal permeability creates a pro-inflammatory state that may lead to food sensitivities, allergies, sore muscles and joints, impaired immune system function, colic, laminitis, and many other illnesses.

If one considers the hypothesis "you are what you eat," you should understand the principle applies to your horse as

well. An unhealthy ulcerated gut sets the stage for equine disease. The digestive tract serves as a "door" to the Equine's body. It is of the utmost importance that the "door" remains selectively functional. When it becomes "stuck open," as with ulcers and dysbiosis, the digestive tract transforms into a highway for toxins and pathogens (bacteria, virus, and yeast) to enter the body and trigger disease, including systemic inflammation and lameness.

The first and foremost objective for your equine partners' wellness program must be a well balanced diet. A nutrient specific supplemental program containing pre-biotics, pro-biotics, digestive enzymes, bioactive immunoglobulins, and Saccharomyces Boulardii (a beneficial yeast) will help assure a healthy digestive tract to optimize digestion and absorption.

Once you focus on your horse's digestive health, you will find that most other health and performance concerns will improve all by itself!

Dehydration

When it's time to sweat, Electrolytes must come to the rescue!

With record temperatures and high humidity plaguing our horses, care must be taken to keep your horse hydrated and healthy. That is when giving your horse Electrolytes is essential.

Sodium, chloride, potassium and magnesium are the primary electrolytes (ions) needed by a working horse. When ions are balanced, they promote water consumption and retention, which can eliminate dehydration and other health problems. Electrolytes will keep your horse well on those super hot days.

A good sugar free electrolyte ensures a balanced blood chemistry level and does not burn or cause hind-gut discomfort.

