

Does this website apply to your horse?

It has come to my attention that this website is making people afraid to graze all horses; not just the ones that are prone to laminitis or obesity. I am very sorry. I was not my intent. The reason I have worked so long and hard to understand the factors affecting the sugar content of pasture is so I can maximize my insulin resistant ponies grazing time when the sugar content is lower. My aim is to empower people to make better decisions about when to graze high risk horses- not to create or feed fear. I don't want horses in dry lots or stalls unnecessarily. Picture me with a Scarlett O'hara hat on, clenched fist raised, saying 'As God is my witness, my ponies will graze'. Fresh green grass is nature perfect food for horses. But sometimes it can be too high in sugar for a few horses. Many horses can eat grass all the time with no problems. Others may need to have grazing restricted to prevent obesity. Some may be able to graze 24/7.

If any of the following describes your horse, then this website applies:

- Has had laminitis or founder.
- Has been diagnosed as being insulin resistant (fasting insulin >20 uIU/mL).
- Is obese, or has abnormal fat deposits at a normal body weight.
- Has had gas colic on pasture during times when nights are cool.

The rest of you: get off the internet and go ride your horse.