

The Roadmap to Resolving Equine Metabolic Syndrome (EMS) Naturally

*with Elisha
Edwards*



Maybe you've been **LOOKING** for new ways to help your horse with Insulin Resistance (IR), Cushing's syndrome (PPID) or PSSM...but you haven't found the answers you are searching for.

OR

Everything you have tried so far hasn't really made that much of a difference (i.e. your horse isn't losing weight and they aren't feeling better).

EITHER WAY, THE ROADMAP TO RESOLVING EQUINE METABOLIC SYNDROME NATURALLY WILL HELP.

TRUTH TIME: When I first started helping horses with metabolic conditions over 12 years ago, the general approach was to lock them up, restrict food, and remove ALL sugar from their diet. And even then, many horse owners were led to believe that there was no hope for a complete recovery.

They were told to pull them off pasture, soak the hay, or even worse, put them on straw and keep them confined until the weight came off.

And while it is indisputable that high sugar diets cause metabolic conditions, what I **DIDN'T REALIZE** back then was how many other factors had an adverse affect on their metabolism and how many options were available to help them (without focusing on sugar alone).

Since then, I have learned **A LOT** about what horses require to be healthy and stay healthy (straight from the horse's mouth).

This roadmap will walk you through the first steps towards getting your horse on a healthy path to recovery from Equine Metabolic Syndrome.

Wishing your horse a lifetime of health and wellness!



In your horse's corner,

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STEP ONE: LIFESTYLE

Adopting the right horse-keeping strategies and feeding practices promotes prevention and recovery by improving digestion, reducing inflammation, and promoting a healthy metabolism.

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STEP TWO: FOOD RULES!

The diet must be addressed for a successful recovery. What you feed your horse can make the difference between promoting wellness and recovery or contributing to illness. Feeding your horse with things that help regulate hormones, such as insulin and cortisol is just as important as removing foods that cause inflammation and slow down the metabolic rate. Supplements do not neutralize unbalanced diets or food intolerances.

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STEP THREE: THERAPEUTIC NUTRITION

Use specific nutrients in therapeutic dosages to not only correct deficiencies essential for a healthy metabolism, but they can also be used to alter the course of metabolic conditions. Nutritional therapy is an invaluable tool for correcting metabolic imbalances and can be the missing piece to the puzzle for many horses.

STEP FOUR: NATURAL REMEDIES

Using well-selected plants and homeopathic remedies can offer tremendous benefit to every EMS program. They can be used to help remove toxicity, restore healthy digestion, and support a healthy metabolism.

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