

Case Study # 2

Insulin Resistant (IR) Horse

Re-Born!

Test Subject: 13 year old Half Arabian Mare

Condition: Diagnosed as Insulin Resistant. The mare exhibited the classic signs— cresty neck, extremely overweight, re-occurring abscesses in all four feet, crabby and touch-sensitive.

- A TSH blood test (thyroid stimulating hormone) also revealed low serum/blood levels of the biologically active thyroid hormone. Attending veterinarian determined a “need” for thyroid medication.

NOTE: 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.

Case Management & Outcome: In an attempt to treat the outward physical symptoms— dental work was done, barefoot trimming implemented and she was also examined and treated by a certified equine chiropractor/veterinarian. Once the symptoms were all ruled out, it was decided to include the mare in this study.

- Starting in November 2010, she was fed daily— 4 oz. of Chia, HS-35, one cup of plain whole oats and grass hay. **NO** medications (including thyroid as recommended) or other supplements were given.
- No changes were observed until 4 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 as she was no longer sensitive to touch or crabby. A completely changed horse emerged!
- In June 2011, the Chia was reduced to 2 oz. daily and thus far has maintained on that amount. She continues to be trimmed by a barefoot trimmer and is on the same diet— Chia, HS-35, oats and grass hay.

Case Opinion: While this is strictly an anecdotal account, the use of Chia at therapeutic and later maintenance doses holds great promise for insulin resistant horses.

2017 update: This mare is now 20 years old, in excellent health and competes in obstacle challenge courses with her amateur rider/owner.