

IntermedXP Newsletter

July 2014

Summertime! It's sunny and hot for many of us. The bugs and insects are out and about searching for what to eat. Outdoor activities are at a peak in summer. It's also a great season for horses to spend plenty of time out of their stables, to be mounted and entered in numerous sporting events.

Generally, two principal dangers prey on horses and animals in summer: insect bites with their resulting nuisance and dehydration. The latter is of course linked to outdoor activities in high temperatures: jumps, races, rides through the countryside. Allow us to elaborate a bit on the dangers of heat and dehydration and how to proceed to prevent undue discomfort for your animals.

It is worth noting that horses like human beings are among the rare animal species which use their sweat to lower the body's temperature. Perspiration or sweat is an effective means to cool down. Sweat is of course, not only water, but also electrolytes, minerals and a protein called latherin which causes white foam on horses which perspire during exercise or races. To wipe or dry off this lather on horses which are sweating profusely is counter-productive, since that only diminishes the effect of cooling from evaporation.

To counter this situation, one should simultaneously give water for the horse to

drink as well as minerals or electrolytes to compensate for the losses sustained during sweating. These minerals/electrolytes include: sodium, potassium, chloride, and small quantities of calcium and magnesium. Horses lose on an average three times the quantity of sodium and chloride and up to ten times the quantity of potassium, compared to humans. Sodium and chloride are important because they regulate the fluids in the organism. Here is a list of some electrolytes available on the current market which we recommend:

Farnam/Central Pet	Electro-Dex, Maxum Crumble, Apple Elite, Orange Elite, OTC Jug, Platform, Acculytes
Peak Performance Nutrients	Perfect Balance Electrolytes, Blitz Pak, Ex Stress, Tie Free, ProVM
Neogen	Stress Dex Sugar base and Salt base
Uckele Health & Nutrition	Stop Stress, Cell-lyte, Pro-Lyte
Finish Line	Apple A Day, Orange A Day

Enjoy the rest of your summer!

The Editor

NB. Substantial elements of this article are from an article of Horseman's Report published in August 2013 by Richard G. Godbee