



Ruggles & Stop it All

....naturally good ideas

Summer Newsletter #7
May/June 2009

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What's in this issue from *Ruggles & Stop it All*? (roll cursor over the following headings)

- **Garlic** – be careful
- **Tail Rubbing** – frequently from bitten undercarriages, NOT tails!
- **Wine Cooler** – brilliantly keeps fly spray/oil warm unsolidified
- **Prone to Laminitis** – probiotics offer help
- **24/7 rugs** – serious worries
- **Charity Shop** – really amusing gift ideas & events
- **Natural Horsemanship Magazine** – FREE offer
- **Serious New Threats to Animals, Large & Small** – what *THEY* can say....
- **New Online Information Centres** – alpacas & pets
- **Other Items** – full names for rewards; multi-purpose testimonials

[VETERINARY MEDICINES COMPLIANT](#)

1. Garlic.....be careful

There is increasing concern amongst the veterinary & complementary worlds about horses & garlic toxicity (whether fed as a supplement or from wild garlic & related plant species in the hedgerow). Whilst not an issue for the majority, it's better to be aware....so you can form your own judgment. Classic signs are lumps, especially on the neck & belly, increased hyperactivity & bad temper. Sadly it can creep up without anyone realisingso this [ARTICLE](#) may be of interest (or [E-MAIL](#) us). The following is from one of our clients:



*"I just wanted to let you know that after talking to you that Fri morning, I **stopped all Ruby's garlic.** After 48hrs, that mare had not one damn lump!!!! I have fed her no more garlic, and have NO intention of ever EVER feeding it again!!!!!!!!!! If I had not spoken to you, I would have taken her to the vets, [REDACTED] & she would have had [REDACTED] [injections]*

[Ruby went on to become European Reserve Champion...just a few weeks after coming off the garlic. Read the full testimonial [HERE](#)]

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2. Itchy Tails = bites on the undercarriage

We've observed that very many itchy tails (and rumps) are actually because the animals are being bitten underneath....it's just that they cannot get to the bite-zone so rub at the next best place. Apply *Stop-it-All* Neat oil & the diluted mix/spray thoroughly on the inside stifle joints 'soft skin' area, the belly button & under belly including around the sheath/teats, between the back legs & the underside of the tail. Hopefully you've enough stocks but if not, click [HERE](#) for order forms or call 01823 259952.

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3. Keep *Stop-it-All* oil & fly spray **WARM** with a **Wine Cooler!**

A customer told us of this brilliant method.....so thank you very much! Most 500ml plant sprayers will fit inside an upright Wine Cooler. Fill it with hot/warm tap water (not boiling) & then put the sprayer or the oil bottle inside (lid done up tight!), zip it up & away you go. Will keep everything unsolidified for many hours even in the coldest months!



7. Prone to Laminitis? Consider *Protexin* Probiotics

The effects of live yeast (*saccharomyces cerevisiae*) on the equine gut has been thoroughly researched & with an understanding of lactic acid production & connections to feet issues, live yeast (probiotics) can be confidently considered for their potentially positive effect on digestive balance. Further research into probiotics & those prone to laminitis is needed but from the animal & human research we've read, in our opinion they offer very great potential with no downsides & potentially outstanding upsides both during an attack & as a 'preventative'. It is such a vicious issue that we wanted to share these early findings with you.

When live yeast/probiotics are consumed it helps keep the gut microflora (good/bad bacteria) at the right ratios, thus helping reduce the peaks & troughs when spring or new grass appears, when under stress, when a diet consists of high starch and low fibre, etc. (Moore B.E, Newman K.E, 1994. *Influence of feeding yeast culture*). Without live yeast/probiotics, a high starch diet (e.g. cereals) could lead to four times more lactic acid than a high fibre diet (Medina B, Girard I.D, Jacotot E, Julliard V, 2002. *Effects of Saccharomyces cerevisiae on microbial profiles & fermentation patterns of horses fed a high fibre or a high starch diet*). In simple language, by helping to maintain the correct numbers of good & bad bacteria in the gut, they support & 'nourish' the immune system which in turn is then free & able to ward off challenges such as the effects of sugars & proteins from spring grass, etc. Click [HERE](#) for probiotics information. Also do not feed carrots, fruit or molasses.

Protexin Quick Fix – intensive 6 day course - £9.98**

Protexin Equine Gut Balancer powder (just dried grass & probiotics...no fillers, cereals, etc) - £23.95 – c2 months supply.

** Quote "PTX509" to claim your **FREE** Quick Fix with any Gut Balancer order.

Click [HERE](#) for PDF order forms, [E-MAIL](#) us for Word order forms, or call 01823 259952.

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4. Vitamin D & Rugs – serious worries

Please be very aware of the potential issues due to lack of sunlight & thus an inability to 'create' sufficient vitamin D when we rug animals 24/7 (horses, donkeys). To create Vitamin D all living creatures **MUST** have natural light....you can't just add in a supplement!



For sufferers of summer itching & fly/mossie/midge bites, being 'protected' from sunlight 24/7 may have detrimental effects on the immune system & vitamin uptake.

Pit ponies ALWAYS had to have 'off time' above ground to allow sunlight to reach their skin & there are accepted studies on children with skin issues who become deficient in Vitamin D because they never have natural daylight/sunshine on their skin.

So as some of our [TESTIMONIALS](#) indicate, horses & donkeys CAN benefit from windows of unfiltered daylight/sunshine with no rugs on (or even exist 'fully naked'). Always use caution as increasing suffering is not our goal (closely follow the Application Notes*)...but with careful observation & initially very small time windows without rugs on when fully loaded with *Stop-it-All* oil & spray, 'naked times' can become a definite reality. Rugs are often a vital part in the management of summer itching ...but sometimes it's too easy just to leave them on without thinking of the knock-on effects of what we're doing. After all, healthy immune systems mean higher resistance to future illness...which might mean lower bills for us!

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6. SWHP Charity

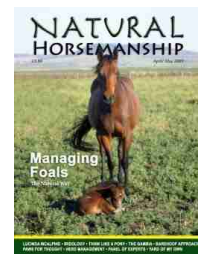
The fantastic team at the Society for the Welfare of Horses & Ponies in glorious Monmouthshire continue to rescue during these challenging times. Some of their 'residents' also enjoy *Stop-it-All* during their gentle recovery.

Any support is hugely welcomed - they're **Open Day** is on 5th July (**west coast Wales in Summer is as good as it gets!**), or perhaps try your luck at some **Frog Racing** in September (superb autumn leaf colours usually on offer for free!), or check out their lovely **online shop** with some **highly amusing & useful items!** Click [HERE](#).

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5. **FREE Offer - the All-New Natural Horsemanship Magazine**

To celebrate the recent re-launch of *Natural Horsemanship* magazine as an A4 glossy, they're very kindly offering **Stop-it-All** customers the opportunity to try the magazine for **FREE!** Subscribe & receive **7 issues for the price of 6**, and if you are not 100% satisfied with your first issue they offer a **full money back**, no questions asked guarantee and, of course, you keep your trial issue.



Founder Lorraine Stanton has teamed up with *Pacemaker* (racing) publisher Alex Wilson....they've big plans for what is an increasingly important element of keeping horses as gently & naturally as possible without compromising their health nor our pockets.

In September, they're holding the **Natural Horsemanship Weekend** at Alden Equicentre near Oxford...a great way to meet & see gentle/natural therapies, products & ideas in one place. See WWW.NHMAG.CO.UK or call 0330 088 2860 (local rate) & be sure to **quote us to claim this offer!**

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7. **New THREATS....what THEY'RE allowed to say**

These are potentially very real threats to many of our animals. Ignorance is not always bliss! As ever, we believe an open mind is 'safer' than a closed one.....

HORSES/FARM/LARGE ANIMALS – *The Soil Association* - resistant 'superbugs' – a **NEW MONSTER** for camelids, farm animals, horses, pets & humans. We already have clients with animals suffering....

PETS - are we damaging immune systems by too frequent use? **CATHERINE O'DRISCOLL** - Canine Health Concern

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3. **NEW Online Information Centres: i) Alpaca & Llama; ii) Pets**

i. BAS approved Cornwall Alpaca & Llama Group (CALG) are a newly formed online group consisting of both experienced & new owners of camelids. **It's not restricted to just those living in Cornwall - they welcome everyone in whatever county or country & it's FREE TO JOIN.** The main objectives are to share advice on camelid health & welfare issues, to share information, ideas & opinions, and to support new & experienced owners on all aspects of camelid keeping whilst having fun at the same time. Learning curves with camelids are still steep as they're 'so new' to living in the UK – we welcome such communities to help speed up awareness... Restricting information & knowledge will only damage the animals... Click [HERE](#) for details



ii. WWW.THEPETFILE.COM - an online community within which to announce 'Lost & Found' Pets, share ideas, give homes to 'abandoned' souls, discuss diets, find pet-friendly holiday locations++

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9. **Other items: new testimonials | full names**

Do check out the web Testimonials section – it's a fascinating read....even if only for other ideas on yet more uses for the oil & shampoo....especially important in these financially difficult times.

* For any clients who have ordered within the last 12 months, if you'd like us to e-mail you the Planners (Summer/Bugs, Mites, Mud), the Application Notes or the dedicated Alpaca Application Notes, just **E-MAIL** us.

As ever, thank you for your ongoing support....and when you tell others about Mother Nature's gentle products, **please urge them to mention your full name** so we can be sure to say 'thank you' to you! With around 3,000 clients, trying to locate a 'Jenny in Herts' is all but impossible!



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