



Beat The Stress

Some horses will be fizzy due to naturally having a more nervous temperament while some horses may become more unpredictable when feed levels are increased or if they are fed an unbalanced diet.

It is important to get the right balance between feeding, daily management and work.

- Ensure your horse is receiving plenty of fibre. Feeding diets high in fibre will ensure slow rates of digestion helping keep the hindgut healthy. High fibre feeds like Forage 'n' Fibre are ideal for horses needing a low energy diet.
- Avoid Cereals. High cereal feeds often contain more starch, which means more breakdown of starch to glucose in the small intestine that creates a rapid rush of energy to the horse that can promote excitable behaviour. Competition feeds will often contain a higher proportion of cereals so if you have a fizzy horse these are best avoided.
- Feed a diet high in oil. Oil can be an extremely beneficial source of slow release energy and feeds like Sumo Original provide twice the amount of energy as carbohydrates from the more traditional cereals. As many horses that tend to be fizzy have trouble holding weight high oil diets will also provide the horse with a higher calorific meal without increasing the volume of feed.
- Feed a well balanced diet. If you are feeding a horse reduced feed quantities a general purpose vitamin and mineral supplement like Sumo Vitem might be needed to ensure your horse is receiving a fully balanced diet to promote general health and vitality.
- Feed to exercise requirements. Overfeeding can make a horse more excitable while prolonged excess energy puts weight on which can lead to a sluggish horse.

Good feeding is the key to success for any horse, however no two horses are alike so if you are unsure on how to get the best from you horse contact Rowen Barbary Horse Feeds for advice.