

# TURMERIC

## Why would you want to feed your horse Turmeric?

Why not when you look at all the benefits that this spice can give not only to your equine friend but also yourself you could wonder why you have not fed it before.

**ACTIONS:** antioxidant, anti-inflammatory, carminative, chemo preventive, antimicrobial, depurative ("blood purifying"), hepatoprotective, antithrombotic

It has Anti Inflammatory effect It is powerfully antioxidant (significantly more so than vitamin E or C) and this ability to neutralise free radicals before they damage healthy cells and cell membranes, in conjunction with its anti-inflammatory effects it can also help with.

**ARTHRITIS:** Curcumin inhibits the breakdown of cartilage and has been shown in some studies to be as effective as hydrocortisone and phenylbutazone (bute) in relieving the symptoms of arthritis such as inflammation, swelling and joint stiffness. Even better, it does so without the significant side-effects of those drugs, and has been shown to be safe at very large doses.

**CANCER:** Curcumin defends the body against cancer via a number of actions: it detoxifies carcinogens thereby preventing the initiation of cancer cells; suppresses the progression of cancerous cells by inhibiting their proliferation while simultaneously increasing their death and removal; and inhibits the spread of cancerous cells to other areas of the body. It can also reduce the side effects of chemotherapy treatment and enhance the action of some chemotherapy agents. Various studies have demonstrated either turmeric (as a whole food or extract) or curcumin/curcuminoids (as isolates) to have beneficial results in preventing or treating a wide range of cancers.

**LIVER FUNCTION:** Turmeric has a hepatoprotective (liver-protecting) action. That is, it both prevents and repairs liver damage. It protects the liver from inflammation and improves the clearing function of the liver when it has been damaged.

**GASTROINTESTINAL TRACT:** In vitro studies have shown extracts of turmeric and curcumin inhibit the growth of *Helicobacter pylori* a bacterium associated with both gastric & duodenal ulcer formation and gastric & colon cancers. Other studies have indicated that turmeric (at appropriate doses) can enhance the healing of gastric ulcers via an increase in gastric wall mucus production. Further, turmeric has been shown to have an antispasmodic effect on the gastro-intestinal tract.

**DIABETIC** animals fed curcumin not only had a significant reduction of blood cholesterol levels (LDL fraction) but also of blood triglycerides and phospholipids (elevated levels of both are associated with the disturbed lipid metabolism characteristic of diabetes).

Curcumin exhibits anticoagulant effects – allowing blood to flow correctly and inhibiting abnormal blood clot formation (thrombosis).

**ALZHEIMER'S DISEASE:** In addition to the anti-inflammatory and antioxidant protection turmeric/curcumin affords against neurodegenerative diseases, curcumin has been shown, after crossing the blood-brain barrier, to inhibit formation of the plaques between neurons (nerve cells) that disrupt brain function.

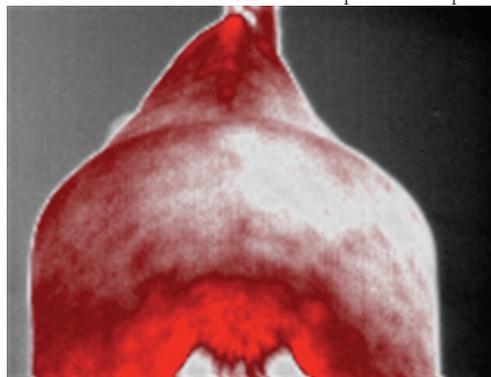
As well as all the above, turmeric has demonstrated the ability to suppress cataract development, promote wound healing and have a topical anti-fungal effect. It is an excellent source of iron and manganese, and a good source of vitamin B6 and potassium.

**CAUTION:** If major surgery is planned, high doses of turmeric should be avoided during the week prior, due to the possible increased risk of bleeding as a result of antiplatelet activity.

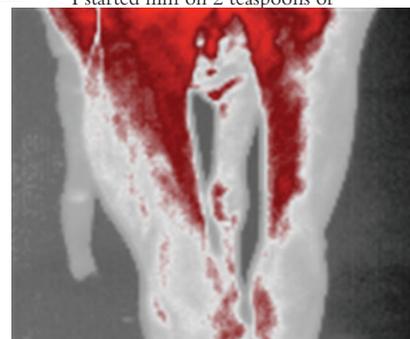
## Michele Primmer continues ...

So with all of this information at hand I decided last October to try my gelding on Turmeric as he had been suffering with stiffness in his joints, tightness across his back and also suffers from Sarcoids (which had been treated 3 times with Liverpool treatment) below is the first thermal image that I had done to see how he was doing as he had been under Physio treatment for a fair few months following a rotational fall the previous year.

LEFT: Extended heat across the left hip with a temperature difference of 4°C, which spreads up the back and across the diagonal to the right shoulder.



BELOW: Heat extends above the hock on the outside of the back rear leg compared to the left, with a temperature difference of 4.2°C



I started him on 2 teaspoons of turmeric mixed with linseed oil and cracked black pepper but did not see much improvement after a couple of weeks so increased his dosage to 1 tablespoon along with the linseed oil and pepper after about a month I started to see an improvement in his movement along with temperament and even physio commented on the improvement within him.

Two months after putting him on turmeric I had him re scanned just to see if what I was seeing was an improvement or just my imagination and we were amazed with the improvement but there was still a long way to go, I had also started to notice that his sarcoids were starting to reduce in size so another bonus of using this spice.

As it is difficult to work out what is the correct dosage to get the best results you find that you have to play around until you find the right level for your horse in the end I found that for Maveric he seemed to need quite a high dose currently on 60g over two feeds.



In February I had a third scan done he was almost back to normal across his back and through his hamstrings so for Maveric using the turmeric has made a such a difference to him, most of his Sarcoids have gone, he is much happier through his back in fact much happier all round.

Will I take him off Turmeric? In short NO and I even use it myself for my hands as I suffer in the cold with sore joints but not on Turmeric.

It is a wonderful spice with so many healing properties that could help either you or your horse so why not give it a go you have nothing to lose.

*Michele and Maveric*

## Turmeric – The Miracle Cure?

By Karen Williams

A friend on our yard told me that she had been researching on the internet the benefits of using turmeric to treat different ailments in animals. She tried it on her 19 year old cob mare who had problems with her joints and felt it had helped free her up. I thought this sounded interesting and that I would also look into it and decided to try it on my ponies. Turmeric has a long list of health benefits and it is actually quite economical to use compared to normal veterinary treatments. I joined the Turmeric User Group on Facebook TUG. You have to ask to join and once accepted you have access to a wealth of information. It is not a site that companies can advertise on so you only get information or research that is available and not lots of people trying to sell you stuff.

I first tried it on Rose who is a 14.2hh pony who had a nodular sarcoid on the inside of her back leg and a flat sarcoid. I started feeding her the turmeric in her dinner and after 4 days I saw a change in the nodular sarcoid which became angry and crusty looking. I then started to put some turmeric mixed into sudocream which is a zinc based baby nappy rash cream and applied it no more than once per day. Then within a couple of days the sarcoid changed shape so that it had a narrow neck where it was attached. Within another couple of days both sarcoids fell off altogether. I was amazed at the results in such a short space of time. We have had horses in the past that have suffered from sarcoids and have dreaded having to get them treated by the vet which normally involves numerous expensive visits by the vet for them to decide the type of cream to use, which is highly toxic and can only be applied by a vet, and requires keeping the horse isolated from others.

My next project was Dougal who is a 28 year old arthritic Welsh pony. I wanted to see if the Turmeric would ease his movement and make him more comfortable. Dougal is my 2 year old daughter Evie's pony and she loves him very much. Well the improvement was so noticeable that we actually saw him do a buck for the first time ever!

After this success and a little more research I decided it would be good to try Turmeric on our miniature Shetland called Toby for his sweet itch. Toby has a terrible time with sweet itch especially in the summer and we normally end up having to put him in a small piece of electric so that he cannot rub himself on anything as he would end up with no coat at all and would be so insanely itchy that he would actually rub himself raw and do a lot of other damage in the process. I started feeding Toby turmeric on the normal starting dose for his size and very quickly within one week I noticed a huge improvement in his condition. I can now leave Toby in the paddock with the other ponies without his fly rug on and not worry that he is going to rub his coat or his tail to nothing. It also meant the other damage he had done with all the scratching also had a chance to heal. The change to his quality of life is immense and he loves being in with the other ponies.

My most recent case is a lovely 12 year old pony called Cracker who some of you may remember as he was at the ApHC UK National Show this year ridden by both Evie and her elder sister Daisy who is 5 years old. We haven't had Cracker very long as he was given to us having been a much loved first pony that had been outgrown. Anyway a couple of months after the show Cracker had an epileptic episode on our yard when he was tacked up and waiting to be ridden. I can honestly say it was one of the most distressing things that I have witnessed and we called the vet out immediately. I didn't really hold out much hope for him but he pulled through and whilst he was convalescing I decided to start him on turmeric because as well as all its other properties it is also an anti-convulsant. Touch wood so far there has been no repeat attacks and we can only hope it continues that way, all the signs are good.

The starting dose for a horse or pony is approximately one teaspoon of turmeric, 5 mls of oil and 6 grinds of black pepper but this does depend on the size of the pony or horse.



The oil must be extra virgin olive oil that has been mechanically extracted (not all of them are but they say so on the bottle). The pepper must be freshly ground black peppercorns and the turmeric must contain 3% curcumin. All of these things are important in helping with the digestion of the turmeric for it to be effective.

There are also some very beneficial side effects from using turmeric for example a nice glossy coat, increased energy and liveliness due to a general feeling of well-being. I know that it is quite common to add oil to feed to improve the coat which I have also done in the past but with turmeric added as well the hair also becomes sleek and softer too.

I have also read that turmeric may have side-effects and one is to slow down the blood clotting process therefore it is not recommended that you feed turmeric if your horse is due to foal or to have surgery. One of the other disadvantages is that they can have bad wind which is not such an issue with horses but could be if you were treating dogs (or humans)!

In ponies and horses there can be an initial over reaction of energy when you start them on turmeric and if this happens you need to reduce the dose.

I would be interested to hear if any of our members have any similar stories. I buy turmeric in large quantities as it is much cheaper (25 kilo sack costing approximately £50) although I have noticed the costs have been going up as it becomes more popular. I am certainly a convert and will continue to use turmeric as part of our normal feeding process which is why my feed room has started to look like a gourmet kitchen with all the herbs, oil and black pepper. The ponies don't seem to mind!  
*Karen*

### From the Newsletter Editor:

I have found the easiest way to feed turmeric to my horses is by using 1 part turmeric with 3 parts **micronised linseed** (I use Simple Systems) and then 6-8 twists of fresh ground black peppercorns, twice daily. My feeding area in the barn, with a commandeered marble-effect worktop balanced on an old chest of drawers, is now a pretty shade of orange/yellow, as are my fingers if I forget to use latex-type gloves! Usually comes off after a couple of washes!

In my experience since August 2014, my 18 year old mare has gone from being crippled lame (farrier puzzled, vet advised possibly arthritis) to kicking up her heels with no sign of lameness, her temperament has improved to the extent that I have put a saddle on her when, I believe, she has never been saddled before (left), my quarter horse was 'clicking' as he walked around the field, now silent, I too have had one horse with sarcoids just drop off, and my youngest Appy seems more level-headed when being trained, just through feeding the Turmeric mixture.

As Karen says care should be taken if your mare is due to foal, or your horse is due to have surgery.

For more information and helpful recipes for those humans who need it too, see the Turmeric User Group on Facebook.

If anyone else has been inspired by this report please feel free to write in for the ApHC UK's Newsletter (Spring by 01.02.15/Summer by 01.05.15/Autumn by 01.08.15/Winter by 01.11.15) and let us know how you are getting on and your experiences using Turmeric (or other remedies).

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