

Outline for Safergrass.org 1 day lectures

Factors affecting Non Structural Carbohydrate levels in forage

- How I learned that a horse is not a cow, and a pony is not a racehorse.
- Basic review of related plant physiology
- Reasons why hay can be up to 1/3 dry weight sugar
 - Plant breeder and natural selection for high NSC
 - Affects of drought stress, cold stress, fertilizer shortage and stage of growth
- Better hay choices for equines intolerant of high sugars
 - What wild horses eat.
 - Why high fiber hay is sometimes high in sugar as well.
- Pasture management to minimize NSC concentration
 - Weeds may be worse than grass.
 - Why you need to learn basics of rotational grazing.
 - When to mow or graze to maximize production *AND* minimize carbs
- Testing grass and hay for non-structural carbs
 - Nomenclature nightmare- BEWARE
 - Sampling procedures to get believable numbers

Holistic Management of the Carbohydrate Intolerant Horse

- Cushing's and IR: Symptoms, diagnosis, testing options
- Holistic treatment options: diet, drugs, supplements, exercise, hoofcare
- Diet: low sugar options for concentrates, need to focus on low sugar hay
- Why straw may be higher in sugar than hay
- Unlikely sources of excess NSC in equine diets
- Soaking hay to remove excess soluble carbs

Soil Minerals: The basis of Nutrition

- Basic review of related soil science, pH, climate affects
- How minerals interact on molecular level to exacerbate deficiency/excess
- Why forage minerals vary so widely across USA
- Why correcting soil pH is the most important thing for your pasture.
 - Focus on individual minerals that can create health problems
- Affects of each on equine health,
 - Impaired glucose metabolism
 - Impaired immune function
 - Developmental Orthopedic Disease
 - Hoof/skin/hair affects
- Why commercial mineral supplements may not meet your needs
- Need for custom regional mineral blends- Cooperative effort?

How can we fix equine nutrition for the average backyard horse?

- We got problems: we all share the blame.
- Epistemology of horse owners: where do we learn these myths?
- What can **YOU** do to raise awareness, cause a ruckus, help a horse, get what we need to feed.
- Make your needs known. List of folks to nag.

The first two talks are more detailed, updated versions of the Safergrass CD's Forage and Pasture Management for Laminitic Horses, and Dietary Management of the Carbohydrate Intolerant Horse. People say that having seen these CD's first gives them a better opportunity to retain more detail from the lecture versions, and lessens the risk of head explosion.