

Healing Ulcers

Feed the following once daily:

Slippery Elm	1 T. powdered bark
Marshmallow	1 T. powdered root
L-Glutamine	1 T. This is an amino acid.
Fennugreek	1 T. powdered seed
Aloe Vera Juice	¼ - ½ c. Used to moisten the mixture.
Bentonite Clay	Mix 1 T. clay into 1 cup of water. Let sit 30 minutes or more. (Use for 1-2 weeks only)

Further Care

Acute Relief

For acute discomfort, combine **1 T. slippery elm powder and enough aloe vera juice** to make a paste. Syringe this to your horse 1 -3 times daily 5-10 minutes before feeding to soothe the stomach. Especially useful if your horse lacks an appetite.

Feeding

Ulcers respond best to 24/7 forage. Do not feed concentrates. Provide grass or alfalfa hay as much as possible as this allows them to chew continuously, producing saliva that contains bicarbonate. Hay nets are useful. **Alfalfa hay is high in calcium** which acts as a natural antacid to buffer against stomach acid. Pasture is another option and provides necessary minerals. Grazing lowers stress levels which is also beneficial.

Stress

This is basically the primary cause of equine gastric ulcers. Stress increases stomach acid and reduces blood flow to the stomach lining. Common stressors include **confinement to a stall, trailering, intense training, loss of pasture mates** and **sudden changes in routine.** **Long term NSAID use** can also disrupt the stomach's natural defenses.

Prevention

Bentonite clay and the **slippery elm/ aloe vera syringe** can be used to prevent ulcers from occurring during high-stress activities. **Providing forage** is especially important when trailering or before riding. Make it a habit to feed your horse hay as you tack up.