

APRIL 2025

# EQUINE TRIAN HUB magazine

## Chasing rainbows

**Magic Million winner**

## Shooting stars

**It's not all glamour**

## Nicole Tough

**The dressage mindset**

## Maximising the benefit

**Five top training tips**







## Equi-Jewel®

## Research-Proven to Support Body Condition and Gut Health

Equi-Jewel® is the ideal conditioning supplement to increase body condition, topline, and coat quality in breeding horses, performance horses, and horses being prepared for sale.

Equi-Jewel is a high-fat, cool-energy supplement that provides a safe source of calories for horses requiring a low-carbohydrate diet or horses that are intolerant to grain due to tying-up or gastric ulcers.

Equi-Jewel contains KER BMC™, research proven to double the acid-buffering capacity of the stomach, which moderates stomach pH and reduces the risk of gastric ulcers. KER BMC also increases the buffering capacity of the hindgut by 54% to promote improved digestion and feed utilisation.

Learn more about Equi-Jewel at [ker.com](http://ker.com)



03 8562 7000 | [ker.com](http://ker.com)  
Nutrition Consultation Service  
1800 772 198 | [advice@ker.com](mailto:advice@ker.com)

Developed by Kentucky Equine Research®  
World Leaders in Equine Nutrition™



## Contents

APRIL 2025

- |    |                                             |    |                                         |
|----|---------------------------------------------|----|-----------------------------------------|
| 5  | Behind the shot: Emma Mason                 | 22 | Life After Racing: Chasing the rainbow  |
| 6  | Hanging Tough: The dressage mindset         | 26 | Nutrition: The benefits of feeding oils |
| 8  | Five tips for improved training outcomes    | 31 | What we're loving: Hold tight           |
| 10 | Feature: Shooting with the stars            | 32 | Property Central                        |
| 14 | Vet Vibes: A deeper dive into enteroliths   | 36 | Equestrian marketplace                  |
| 18 | Feature: Osteoporosis - the silent epidemic |    |                                         |

### Editor

Amanda McWhinnie  
[amanda@equestrianhub.com.au](mailto:amanda@equestrianhub.com.au)

### Advertising Enquiries

Fiona Todd  
0414 760 067  
[fiona@equestrianhub.com.au](mailto:fiona@equestrianhub.com.au)

### Website

[equestrianhub.com.au](http://equestrianhub.com.au)

### Published by Equestrian Hub

PO Box 13, Tintenbar NSW 2478  
0414 760 067  
[info@equestrianhub.com.au](mailto:info@equestrianhub.com.au)

### Follow Equestrian Hub

[f equesthub](https://www.facebook.com/equesthub) [@equesthub](https://www.instagram.com/equesthub)

### On the Cover

Makaylah Fenwick and Rainbow Man, winners of January's QOTT Cup Final held at the Pacific Fair Magic Millions Polo and Showjumping Day (Image by [Michael McNally](#)).





## OUR CONTRIBUTORS



### Amanda Mac

As editor of *Equestrian Hub Magazine*, Amanda's two long-standing loves, one for horses the other for writing, come together perfectly. In this issue she speaks with equestrian photographer Michelle Terlato, and finds out why shooting with the stars is not all glamour, and with Makaylah Fenwick, a budding young show jumper passionate about OTT Thoroughbreds.

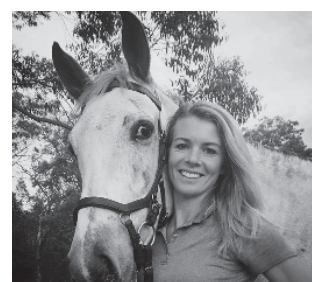


### Nicole Tough

An EA Level 2 Dressage Specialist Coach and National A Level Judge, Nicole has over 30 years experience in training, competing, judging and coaching. She enjoys presenting seminars and masterclasses, has trained in Germany, Spain and The Netherlands, and has produced nine very successful FEI horses. This month she delves into the dressage rider mindset and why it's so very important.

### Christine Armishaw

Christine is a qualified EA Level 1 Coach and horse trainer who specialises in building confidence in women returning to riding and young riders getting started on their equestrian journey. Based at Otford Valley Equestrian, she runs clinics in NSW and NZ, and is a keen show jumper. In this issue, she shares five tips for improved training outcomes and dispels the idea of training quick fixes.



### Michelle Terlato

Michelle grew up with horses and has always loved them. When she's not travelling the globe photographing the world's top equestrian athletes, she's home riding her own horses. It's the behind the scenes and the unexpected shots that she likes the best, and in our Behind the Shot feature, she shares her favourites and explains what makes them so special.



### Makaylah Fenwick

Makaylah has been riding since she was a child. It didn't take her long to realise she had a talent for show jumping, and a passion for OTT Thoroughbreds. She currently owns a string of six ex-racehorses, including Rainbow Man, her 2025 Magic Millions QOTT winner, and Grace And Glory, who she rode to victory last year at the Ekka's QOTT 1.20m event. Find out more in this month's Life After Racing.



### Dr Jennifer Stewart B.V.Sc., B.Sc., Ph.D.

With over 40 years' experience as a veterinarian in mixed and equine practice, Jennifer's special interest is equine nutrition. She was a Senior Veterinary Officer with the Australian Department of Agriculture, Water and the Environment for 10 years, and a Biosecurity Veterinarian with the ACT Government for two years. In this issue, she takes an in depth look at osteoporosis, the silent epidemic.

### Dr Clarissa Brown-Douglas

A rider all her life, Clarissa's career as an equine nutritionist has taken her around the world, working with horse owners, breeders and trainers to provide nutrition advice for their equine athletes. She is a member of the Kentucky Equine Research team, and in this month's nutrition article explores the benefits of adding oil to a horse's feed, and why all oils aren't equal.



### Dr Caroline Spelta

Caroline specialises in equine medicine. Boarded with the European College of Equine Internal Medicine and a Member of the ANZCVS, she has extensive expertise in Australasian equine internal medicine and toxicology, with special interests in ophthalmology, neonatology, and intensive care. In this issue she explains what causes enteroliths and how they can be treated.



## BEHIND THE SHOT

# Emma Mason

One of Australia's top equestrian photographers, **MICHELLE TERLATO** travels the world capturing equestrian athletes in action. Each month she shares one of her favourite shots.

**Rider:** Emma Mason

**Horse:** Poker Face

**Event:** 2012 Melbourne International 3 Day Event

**Location:** Werribee Park, Victoria

**Camera & Settings:** Canon 7D, Canon EF 70-200mm, f/4, ISO 250, 1/250 sec

**Challenges:** When I attended the 2012 MI3DE, I was still early in my career and not yet an official event photographer.

The Werribee Park mansion, gardens, and parklands are spectacular, and I spent most of my time wandering from jump to jump, experimenting with different angles and perspectives - although interestingly, this image is not of a fence but of the galloping between them.

I was standing in the Mansion paddock, contemplating whether to head to the

Rose Garden, but with horses coming through every couple of minutes, I wasn't going to make it in time. Instead, I found myself in the forest area and realised that from this position, the mansion was framed perfectly in the background.

I decided to stay in place and wait for the next few competitors. The first shots didn't quite capture the movement in the way I'd envisioned, so I adjusted my shutter speed to introduce a subtle blur - just enough to convey a sense of motion. I also crouched down to get the feeling of being at ground level. It worked perfectly for this shot of Emma as she passed by. She was leading the CCI2\* after the dressage phase, adding even more significance to the moment. The light was a bit low and in hindsight, I probably should have increased the ISO, but that's something you learn with experience.

**Why this shot is special:** I often wish I could experiment more with my shots, but the pressure of capturing that perfect image is overwhelming. However, this shot turned out better than I had imagined. I love how it captures the parklands so beautifully and the horse action so close to the mansion.

The scattered dirt and bark flying behind Poker Face, along with the slight blur of his hooves, create the sense of fast motion as Emma maneuvers between the trees, while the 70-200mm lens makes the subject seem closer than they actually are.

At the time, I knew this image was special, but I didn't realise how special! It ended up being featured on the 2014 MI3DE program cover and tickets, and to my amazement, it was nominated as a finalist in the FEI World Photo Grand Prix alongside only seven other photographers worldwide. While it didn't win, I was thrilled to receive such global recognition and keep the program in my study to this day! 🐾

*Michelle is available for event, commercial and private shoots. Visit [Michelle Terlato Photography](https://www.michelleterlato.com.au) to view her impressive portfolio.*





## HANGING TOUGH

# The dressage mindset

A positive and resilient mindset is crucial to success in sport, and dressage is no exception. As **NICOLE TOUGH** explains, mindset can make or break an athlete.

Success in dressage requires a love of horses and a positive and resilient mindset, which is vital for maintaining motivation and overcoming the challenges that come with the sport. It's a mindset that includes perseverance, self-belief, attentional control, quality preparation and being involved for the right reasons.

Crucial to this mindset is the understanding that we are in it for the long haul - nothing happens overnight, or even in a few months. Dressage

sport training is about physically conditioning and suppling a body of muscles in our horses. We can't ride once or twice a week, once a month, or for a few weeks in the summer to develop these muscles, because we lose what we gained while not training. Neither the horse nor the rider will be posturally strong, supple, or fit enough to do the work, or to evolve and improve.

It is perseverance that leads to success. That dogged commitment to do what

has to be done, when it has to be done, and as well as it can be done every time we do it. All it takes to be proficient in dressage is discipline, proper preparation, focusing and practise – and the best thing is that we alone are responsible for our own proficiency. If we can accept that, we can be winners, and by winning, I'm not referring to blue ribbons.

'Taking on a challenge is a lot like riding a horse ... If you're comfortable while doing it, you're probably doing it wrong' – this classic line from *Ted Lasso* sums up dressage nicely: if it's easy, we're probably doing it wrong. And wishing it was easier will get us nowhere! Instead, in the words of Jim Rohn, "don't wish it was easier, wish you were better."

Getting better is completely within our control. We can study the rule book, the tests, and their directives. We can know the letters and dimensions of the arena, read articles and text books, take lessons, attend masterclasses, and

**Dressage is a sport of development that takes years to improve and a lifetime to master, so if we want to get better, we should *never* miss an opportunity to learn (Images [L] Amy-Sue Alston Photography [R] EK Photography).**

watch other riders' lessons. Dressage is a sport of development that takes years to improve and a lifetime to master, so if we want to get better, we should *never* miss an opportunity to learn.

Key to a positive mindset is what it is that fosters our motivation to train. Motivation can come from external or internal sources, or a balance of both. The human need for external validation can fuel our motivation through competitions, trophies/awards, feedback from judges and coaches, the scores we achieve, prize money, titles, social media compliments and so on. While all these external factors can confirm if we're moving in the right direction, problems arise when there are no competitions to train for, or our performances fail to meet expectations.

The truth is, rosettes and who we compete against don't matter. It is healthier to put personal improvement above competing for accolades, which can easily lead to being daunted by

circumstances that are out of our control.

Riders perform better and cope better with failure if they are self-motivated to train, so that instead of feeling frustrated or deflated, their mental dialogue allows them to recognise that they did the best they could and there is always a next time.

A few tips to help develop a healthy mindset;

- Surround yourself with positive people who want the best for you.
- Set goals that are internally motivated.
- Chose a reward for yourself for when you reach your goal.
- Review feedback: read your test sheets and the judges' comments (even if it hurts), and if you disagree, ask yourself why it might have looked that way to the judges
- Let go of judgement: riding in balance, on the hindleg, in self-

carriage and with an open throat is really, really hard. If we could all do it, we would! But in the meantime, we keep training and trying to improve.

- Find a coach who tells you the truth, adds to your toolbox, and helps you form building blocks to fall back on when needed.
- Turn your losses into learning opportunities, gaining strength and knowledge from mistakes.

Success isn't measured by ribbons and trophies. It is about being better than you were yesterday, and that comes from planning, preparation, discipline, effort, persistence and patience. There is no elevator to success, we all have to take the stairs - all the while keeping in mind author Paulo Coelho's words: "The highest reward for our hard work, is not what we get for it; but what we become by it." 🐾

For more information on lessons or a clinic with Nicole, visit [Nicole Tough](https://www.nicoletough.com).





## TOP TIPS

# Five tips for improved training outcomes

Sending your horse to a trainer was never meant to be a quick fix. And as **CHRISTINE ARMISHAW** explains, being aware of possible pitfalls is critical

It's not uncommon to hear of someone who has sent their horse to a trainer, and for the first two or so weeks after the horse's return, all is well. And then things begin to go pear shaped! But it's possible to minimise, if not eliminate altogether the return of unwanted behaviours with these five tips:

**1. The holistic approach:** A pony was brought to me just before Christmas, and as always, I focussed

on the whole horse rather than just the obvious problem. I wanted to establish whether he was being naughty because he didn't want to work, or if there was an underlying issue. So, we made sure all his gear fitted properly, confirmed he'd had his teeth attended to, and checked to see if any bodywork was required. He'd previously had laminitis and was unshod, and after a week of groundwork and riding him, I was pretty sure his behaviour was to do with sore feet. We

subsequently called in the farrier and after being shod the pony's behaviour improved considerably.

The value of selecting a trainer who takes a holistic view of your horse can't be underestimated. Not only will any underlying issue be identified and dealt with, but when they're sent home it will hopefully be with a plan for their ongoing health and care, including in this instance switching from barefoot to shod, and the really big one, diet.

**2. They are what they eat:** What a horse eats will change them. If your horse's trainer has had them on a hay-based diet, then you turn them out into a lush green paddock when they arrive home, I would be surprised if their behaviour *didn't* change! And that shift from nice to possibly quite 'naughty' will generally happen after they've been grazing on all that sweet green grass for just a few days. So ask the trainer what your horse has been eating, what feeding plan they would recommend going forward, and follow the plan.

The connection between diet, behaviour and training is so critical that when a

horse comes to me for training, I take them off grass and include salt and magnesium (both of which help a horse relax physically and mentally) in their feed, as well as a toxin binder. I always discuss what their horse is being fed with my clients, and explain what the right type and correct amount of feed should be to match their workload once they arrive home.

There's a big difference between feeding a horse when they're burning off energy in full work at the trainer's, as opposed to only being ridden lightly a couple of times a week at home. It really is important that you follow the trainer's advice, because with too much food in and too little energy out, unwelcome shifts in behaviour are all but guaranteed, and the calm horse you brought home may vanish surprisingly quickly!

**3. It's all about habits:** Training is the building of new habits. If your horse has behavioural issues, a trainer will eliminate them by creating new habits. For example, you've sent your horse to the trainer because when you put your leg on, the horse not only refuses to go forward, they also try to either kick out or buck. The trainer then establishes a new habit by teaching the horse that pressure from the rider's leg means they should go forward immediately with no resistance, bucking or kicking.

If a horse I'm training hasn't gone forward off the leg aid, I will put my leg on and continue to squeeze while continuously tapping them with my whip behind my heel until they move forward. What I do not do is take the pressure from my lower leg off and then reapply it, or start kicking, because that does nothing to reinforce the new habit I'm teaching them, which is to move forward as soon as leg pressure is applied.

But after the horse goes home, what often happens is that the rider lets little things slide (they'll start kicking again for example) and they gradually stop following the exact same habit-creating process the trainer has established, which sends a clear message to the



**ABOVE:** Turning your horse out into a lush green paddock after being on a hay-based diet will change their behaviour. **LEFT:** Find a trainer who is happy to train you along with your horse (Image by Melissa Goodson).


horse that they don't have to respond right away, and so they won't. You need to find out exactly how they've been trained so that you can reinforce the new habit at home – and if you don't want the trainer's good work and your money to be wasted, this is absolutely critical.

**4. Lessons with the trainer:** Find a trainer who not only has a good reputation, but one who also offers rider lessons either throughout or towards the end of the training. It's one of the very best ways to learn how they've trained your horse. I usually give at least two or three lessons so the rider understands what the horse has learned and how it has been achieved. That way everyone is on the same page - and ideally, if your trainer is located near you, it's well worth having a lesson every so often to prevent the little slips that will let those bad habits creep back in.

**5. Don't expect the impossible:** Training is not a quick fix. People often have the idea that when their horse comes home from the trainer, they can

continue to ride the way they always have and everything will be rainbows and butterflies – but no rider should ever expect their horse to be better than their own skills encourage that horse to be.

I've known riders who've spent a lot of money on fantastic horses, but suddenly the horse has stopped going well - and it turned out that they were having the same issues with their previous horses. So you have to wonder if the rider had overestimated their own abilities and had been buying horses who really needed someone more experienced.

In this scenario, don't expect the trainer to be a miracle worker - it's up to you too. To get the best out of your horse, work on your own skills, learn all you can from your horse's trainer, and have lessons whenever you can. Improving your knowledge and skills as an equestrian is a journey – there is no quick fix! 

*Christine Armishaw Equestrian* offers a variety of coaching and other equestrian services at her [Otford Valley Equestrian Agistment & Training Centre](#).





**ABOVE: (LtoR) Germany's Richard Vogel and United Touch competing at Aachen in 2024; Michelle focussed on another busy day at Hickstead. LEFT: Jessica von Bredow-Werndl and TSF Dalera BB sand dance their way to Olympic gold with the fabulous Palace of Versailles as a backdrop (All images courtesy Michelle Terlato).**

## FEATURE

# Shooting with the stars

There's nothing like a great image of horse and rider to inspire us, and those images are thanks to photographers like Michelle Terlato, writes **AMANDA MAC**.

For well over a decade, photographer Michelle Terlato has travelled the world capturing images of the best-known equestrian athletes competing in the sport's most prestigious events. Her portfolio includes Chris Burton, Charlotte Fry, Andrew Hoy, Boyd Exell, Shane Rose, Charlotte Dujardin, Hilary Scott, Edwina Tops-Alexander and Kevin McNab, and that's just scratching the surface.

Michelle's images, and those like them, touch our hearts - and there's no doubt about it, we'd be poorer without that glimpse into the inspirational world of top-class equestrian athletes. But how often do we think of the photographers? The professionals behind the camera who bring us the spine-tingling moments we would otherwise never have witnessed. In many ways the job of the equestrian photographer sounds glamorous, and

it is - but it is also, Michelle assures me, extremely hard work. "When you're standing out in the pouring rain or 40° temperatures, and you've still got another 30 dressage tests to go, I do sometimes think, why am I not a food photographer?" She's joking of course - not even for one red hot minute would she change what she does.

Horses have always been a big part of Michelle's life. The only horse-loving member in her family - "my parents still wouldn't know one end from the other" - she rode at Pony Club as she was growing up, participating in all the disciplines as well as trail riding through the countryside around her home.

But as much as Michelle loved horses, she also had a deep interest in photography, which she studied at school, learning the basics of the craft with film and in the dark room. After leaving school, she later completed a part-time course which delved deep into photography's technical aspects.

Marriage followed and for a couple of years her camera was put to one side while she and her husband were busy running their own business. And then their young daughter showed an interest in horses. Michelle bought her a pony and not surprisingly, Pony Club and competitions were back on the agenda. "So I got my camera out and started snapping away," she says.

But that's a long way from working as an accredited equestrian photographer covering the sport's best-known events - and although the road ahead was a long one, Michelle knew by then that this was something she wanted to pursue professionally. "I was lucky," she recalls, "because early on, I had a contact who worked at an equestrian magazine. She asked me whether I'd be interested in covering a relatively small event for them, and that was the very first time I was given an assignment."

Intent on honing her skills, in the following months Michelle attended a

number of competitions, including the 2012 Melbourne International, where she wandered the cross country course experimenting with different techniques. It was then that she captured a shot (see p.5) that she knew was special, but didn't realise how special until it was featured on the event's 2014 program cover, and was nominated as a finalist in the prestigious FEI World Photo Grand Prix.

Now a professional with many years' experience covering events such as the Olympics, World Equestrian Games, Hickstead, the Adelaide International, and the Longines Global Champions Tour, amazing as it sounds, Michelle still suffers from imposter syndrome. "Sometimes when I'm with the other professionals, I feel like I'm not really a photographer because they have been doing it for such a long time," she muses. "I find their work a mix of inspiring and intimidating, and I recognise that I'm always learning."

For Michelle, one of the things she loves most about her craft is her innate ability to capture the emotional connection between horse and rider. "If you're covering an event, you need to get the competition shots. But sometimes it's the little candid moments that are so beautiful," she explains. "I often think the best things happen behind the scenes, and I've learned over the years never to put my camera down, because I might miss something I really wish I'd captured." Things like young riders kissing and hugging their ponies after completing their dressage tests at a recent competition, or Jessica von Bredow-Werndl bursting into tears when she realised she'd won gold at Versailles.

And they're the moments that are the pay-off for some serious slog, not to mention financial investment. Getting ready to go overseas to shoot a competition, for example. "It's not just popping your camera in your suitcase and off you go," Michelle explains. And





**ABOVE:** Feeling the love (LtoR) a kiss for Mysterious Star, William Matthews Paris Olympics dressage ride, from owner Stephanie Goller; Shane Rose gives Virgil his signature hug at WEG 2022 in Pratoni, Italy.

why would it be when you're travelling with two or three camera bodies, and three or four lenses – which, by the way, are valued at many thousands of dollars, a significant outlay that obviously needs to be insured (an additional expense), but still does not guarantee your precious equipment won't be lost or damaged on the flight, leaving you unable to do the job you came to do.

Then there's arranging accreditation with the event organisers, which sometimes needs to be locked in many months in advance. "For the Paris Olympics it was two years ahead, so that takes a lot of planning, as well as paying out in advance for travel and accommodation, which for big events can be hard to come by and also very expensive," she adds.

And let's not forget the post-production. "Not so glamorous," Michelle laughs.

"You can sometimes spend ten to eleven hours photographing the event, and then you've got thousands of images to sort through and edit, a job which is more often than not time sensitive."

Keeping fit is also critical, Michelle tells me. "I'd actually put that at the top of the list. I work really hard on my fitness. For example, Paris was 13 days back to back. They were long days and it was very hot, with lots of walking and lots of heavy gear to carry. I was probably the fittest I've ever been there and it made all the difference."

Researching the competitions you're thinking of going to is also important. In return for attending an event, some organisers expect photographers to give them as many as 15 high resolution images for use in future advertising at no charge. "I do feel that's unfair," Michelle says. "If you're providing 10 images for commercial use, that represents thousands of dollars to the photographer. Most photographers are happy to give some images, but usually don't make thousands of dollars from an event, so giving away that many just isn't viable."

Although Michelle no longer has horses of her own, something she misses terribly, she recently started volunteering with the Sunshine Coast Riding for the Disabled, and so gets a weekly equine

'fix'. And then there's her work, which keeps her around horses as well as giving her some career highlights, one of which was the Paris Olympics. "The venue itself was absolutely magical, and to meet the cream of sports and equestrian photographers was wonderful and big learning curve."

Another favourite is Aachen, which, Michelle says, is like a Disneyland for horse lovers. "You've got all the disciplines in one venue. I'm very sad that I can't go back this year, but I'm planning to go in 2026 for the World Equestrian Games."

Despite some of the difficulties and drawbacks, Michelle is adamant that there's nothing else she would rather do. "I consider myself so lucky that I get to combine the photography I enjoy, with the animals that I love, and the competition I love to watch. Just to see the connection between horse and human. It warms my heart, I love it."

Visit [Michelle Terlato Photography](#) to view her impressive portfolio.

Omega Feeds has formulated a palatable, high fibre, low starch feed that contains a balanced blend of vitamins and minerals to ensure optimum health and vitality. No-Grain Gold is suitable for ponies, spellers and horses in light to medium work.

- ✓ High Fibre: For gut health and cool energy.
- ✓ Non Pelleted: Horses spend more time chewing which stimulates saliva production and in turn buffers the stomach and protects it from ulceration.
- ✓ Low Starch: Reduced risk of digestive upsets and metabolic conditions.
- ✓ Balanced blend of vitamins and minerals: For optimum health and vitality.

*100% Australian, proudly supporting Australian farmers*







VET VIBES

## A deeper dive into enteroliths

With the potential to create considerable pain and discomfort, **DR CAROLINE SPELTA** explains what causes enteroliths and how they can be treated.

The image of a horse peacefully grazing is a symbol of pastoral tranquillity. Yet, within the complex digestive system of these magnificent animals, a hidden threat can silently develop: an enterolith. These mineral masses, often undetected until

they cause severe distress, pose a significant challenge to equine health. So let's delve deeper into the formation, clinical signs, treatment, and prevention of these intestinal stones.

### The genesis of a stone

Enteroliths are primarily composed

of struvite, a mineral compound of magnesium ammonium phosphate. Their formation is a gradual process, often beginning with a small foreign object, or nidus, lodged within the horse's large colon. This could be anything from a grain of sand or gravel to a stray piece of hair or baling twine. Over time, layers of minerals gather around this nidus, much like the formation of a pearl, slowly but surely increasing the size of the enterolith.

While they are small, they may pass out through the intestinal tract and never cause a problem, or even be noticed. If the stone stays in the large colon and continues to expand in size, they only start to cause problems if they become very heavy, move into one of the smaller diameter colons and get wedged there (the pelvic flexure and small colons are common locations).

More commonly they are in the left ventral colon and move forward to the start of the pelvic flexure where they act like a ball valve blocking it, then they roll

away and back again. This can happen over days, weeks, or months resulting in a chronic/repeated colic.

Several factors contribute to this mineral accumulation:

#### Dietary influences:

- Lucerne hay, a popular feed choice, is a significant culprit due to its high mineral content, particularly calcium and magnesium.
- Imbalances in other dietary minerals can also play a role.
- Horses fed hard feeds generally get a diet higher in minerals compared to those only on pasture.

#### Genetic predisposition:

- Certain breeds, notably Arabians, exhibit a higher incidence of enteroliths, suggesting a genetic component.

#### Environmental factors:

- Geographic location can influence mineral content in soil and water, potentially increasing the risk. Sandy and loam country both have a high mineral content. Horses that Hoover scraps from the ground are more likely to ingest sand particles which act as the nidus to start the stone.
- Gut PH levels and gut motility are also very important factors.

### Silent symptoms

The insidious nature of enteroliths lies in their ability to remain asymptomatic for extended periods. However, as the stones grow, they can cause a range of clinical signs, culminating in potentially life-threatening colic.

#### Colic: a spectrum of distress

- Colic, abdominal pain, is the hallmark symptom. It can manifest in degrees of severity: from mild, intermittent discomfort to acute, intense pain.
- Affected horses may exhibit behaviours such as pawing, kicking at their abdomen, rolling, and restlessness.

#### Subtle indicators

- Chronic, recurring episodes of mild



**ABOVE: Enteroliths (TOP) and faecoliths (BELOW) vary in size and consistency. LEFT: High-quality grass hay may be preferable to lucerne hay, a significant culprit in the formation of enteroliths.**

colic: stretch out, paw, occasionally roll, but recover with minimal interventions (1-2 drenches and pain relief).

- Weight loss and decreased appetite.
- Changes in manure consistency.
- In some cases, very small enteroliths are passed within the manure, without the horse showing any clinical signs.

### Diagnosis

Unfortunately, there is no single test

that will diagnose the presence of an enterolith with certainty all of the time. An enterolith is often suspected in horses with a history of recurrent colic, or recurrent mild pelvic flexure impactions. Radiographs of the ventral abdomen can sometimes be rewarding to visualise the enterolith in the ventral colons, as can ultrasonography. Most times though, definitive diagnosis is made at surgery.



Apiam's equine veterinary credentials are well-founded with a growing number of purpose-built dedicated Equine Vet Clinics and Referral Hospitals located in Victoria, New South Wales and Queensland, working alongside our network of mixed practice clinics in delivering quality equine veterinary care.

Scenic Rim Veterinary Service  
Beaudesert QLD

Agnes Banks Equine Clinic  
Agnes Banks NSW

Hunter Equine Centre  
Scone NSW

Victorian Equine Group  
Bendigo VIC

Gippsland Equine Hospital  
Maffra VIC

Southwest Equine Veterinary Group  
Warrnambool VIC

Find out more by visiting the Apiam Animal Health website  
& view the equine product range on Country Vet Animal Supplies



COUNTRYVET.COM.AU



**Country  
VET** | ANIMAL  
SUPPLIES



APIAM.COM.AU



### Intervention and management

When enteroliths cause significant colic, surgical intervention is typically the only effective treatment. Once of a size that the stones are causing colic, medical management is rarely, if ever, successful.

#### Surgical Removal:

- The procedure involves entering the abdomen and surgically removing the enterolith from the affected portion of the intestine.
- Early detection and prompt surgical intervention significantly improve the prognosis.
- Age is not a prognostic indicator of a successful recovery from surgery.

#### Post-Operative Care:

- Post-surgical management focuses on pain control, monitoring for complications, and dietary adjustments.
- Dietary modifications are crucial to prevent recurrence.

### Preventive Measures

Proactive management is essential to minimize the risk of enterolith formation

#### Dietary Strategies:

- Reduce or eliminate lucerne hay from the diet.
- Provide high-quality grass hay.
- Avoid excessive mineral supplementation.
- Maintain a balanced diet – use a feed ration calculator, or consult an equine nutritionist to make sure your horse's diet is balanced.

#### Management Practices:

- Ensure regular exercise and turnout.
- Use feeders to prevent ingestion of sand and other foreign materials.
- Some horse owners have found positive results with adding apple cider vinegar to the feed.
- Regular manure observation.

#### Veterinary Consultation:

- Consult with a veterinarian for personalised dietary and management recommendations.

### Be aware

Horses can also make faecoliths



**ABOVE:** Compared to pasture only, a diet including hard feed is higher in the minerals that can play a role in the formation of enteroliths.

(rock like faeces) which can have a similar presentation to a horse with an enterolith, with moderate to severe signs of colic. Miniature ponies and Shetlands are more likely to have multiple faecoliths at any one time causing colic.

“It is vital to emphasise the importance of early detection and veterinary intervention. If you suspect your horse may be suffering from enteroliths, seek professional veterinary assistance immediately.”

Horses as young as one year of age can develop a faecolith (enteroliths are more common in older horses as they take time to form). Horses and ponies can also form up new faecoliths within twelve months.

Similar to the genesis of enteroliths,

faecoliths can form around a nidus (piece of gravel, sand or twine).

Occasionally, faecoliths can be managed medically with intensive veterinary care, fluid therapy and pain relief - but like enteroliths, sometimes surgery is the only treatment option.

### A word of caution

It is vital to emphasise the importance of early detection and veterinary intervention. If you suspect your horse may be suffering from enteroliths, seek professional veterinary assistance immediately.

By understanding the factors that contribute to enterolith formation and implementing preventive measures, horse owners can play a crucial role in safeguarding the health and well-being of their equine companions. 🐾

*Dr Caroline Spelta has extensive expertise in Australasian equine internal medicine and toxicology, and can be found at [Clermont Veterinary Surgery](#) in Clermont, Queensland.*





FEATURE

# Osteoporosis – the silent epidemic

Because of difficulties associated with diagnosing bone density loss, osteoporosis has been called a silent epidemic. **DR JENNIFER STEWART** explains.

Horses are prone to a range of musculoskeletal injuries with a range of signs and symptoms. In some there is swelling, pain or lameness, in others the only signs may be decreased performance, behavioural problems, reluctance to stop or turn hard, dropping leads, shortened stride, flat-footed or toe-first landing, stumbling, back pain (which most often arises

secondary to front or hind limb pain), sweating or an elevated heart rate after exercise. In young growing horses there may be changes in conformation, leg abnormalities or growth anomalies. Although swelling and pain are usually self-evident, lamenesses can be difficult to detect: they may affect more than one leg; there may be more than one

problem; there are difficulties associated with observing lameness in short, high-speed events; or the footing may be soft and the lameness less obvious than on a hard surface. Riders can often feel that something is 'not right' but it's difficult to pinpoint exactly where the problem lies. Often the reasons are obscure and a definitive diagnosis difficult.

Loss of bone density is one condition that is difficult to diagnose. Reduced bone mineral density (BMD) means the bones don't contain as much mineral (primarily calcium) as they should, they are weaker and the risk of fractures is increased.

Osteoporosis is defined as a severe loss in BMD, predisposing the individual to spontaneous fractures; osteopenia, on the other hand, describes a decrease in BMD that is not associated with spontaneous fractures. Osteopenia is halfway between healthy bones and osteoporosis (Figure 1). Osteoporosis literally means 'porous bones' and describes bones that have lost sufficient

calcium and have become weak, brittle. and prone to fractures. Tests on the tensile strength of normal and osteoporotic horse bone has shown that 31% less weight is required to cause fractures in horses with osteoporosis.

Recognised in humans as a silent epidemic, osteoporosis in horses is similarly difficult to diagnose – until a fracture occurs. However, there are many symptoms of osteoporosis that alert owners can pick up on – including dental or chewing problems; intermittent shifting lameness; tendon or ligament pain; general tenderness of the joints or joint pain; a stiff, stilted gait; a mild shortening of stride in front and/or hind limbs and a preference to canter rather than trot.

## Causes of osteoporosis

Similar to humans and other species, osteoporosis is linked to low calcium intake, lack of exercise and certain diseases. A low calcium and/or high phosphorus intake in horses is caused by excess phosphorus and/or inadequate calcium or poor calcium availability in the diet. Demand for calcium may also exceed supply, during pregnancy and lactation for example. The amounts of calcium and phosphorus and the ratio of calcium to phosphorus in the diet needs to match that found in the bones and needed by the body.

However, diets low in calcium and high in phosphorus are not uncommon. Cereal, grassy/meadow and teff hays are often low in calcium and high in phosphorus and diets based on these are almost always calcium-deficient. Similarly for pastures: the amounts of calcium and phosphorus vary with the stage of growth and soil levels. During certain stages, rye grass has more phosphorus than calcium and studies in Victoria found even good quality pastures, including suitable grasses and legumes, don't meet the calcium requirements of horses in hard work, aged horses, pregnant/lactating mares,

or horses with dental issues. Other minerals can also be deficient. If you'd like to know more, [Don't guess: test!](#) is an interesting read.

In addition, fertilising paddocks with manure and stable bedding can easily lead to excess phosphorus – especially during droughts or in dry climates where rain/irrigation are insufficient to leach the excess out of the soil. Published figures for mineral levels in pastures and hay can be very different to what is actually in the plants - a roughage analysis combined with a whole diet analysis is the only accurate way to assess calcium intake.

Poor calcium availability can occur on any pasture, but grasses high in oxalate further compromise calcium availability. All plants contain soluble and insoluble oxalates and both forms are capable of reducing calcium absorption by horses. Insoluble calcium-oxalate doesn't dissolve in the gut and the calcium is not available to the horse. Soluble oxalates (mainly magnesium, potassium and sodium oxalates) do dissolve in the gut. The minerals are released from the oxalate and become available for absorption. However, the oxalates are now free to bind to any free calcium in the gut, reducing its availability. They can also be absorbed into the blood from whence they are filtered through the kidneys. Oxalate deposits in the kidney are a not infrequent cause of kidney failure in older horses.

Osteoporosis occurs in all horses grazing pastures dominated by high-oxalate grasses. Called nutritional secondary hyperparathyroidism, it causes enlarged facial bones and is often misnamed Big Head. These enlarged bones occur in around 10-15% of affected horses (Figures 3 & 4) and the risk is that if a horse doesn't have signs of Big Head, it is natural to assume it doesn't have osteoporosis. However, the most common symptoms are a vague, shifting lameness; joint

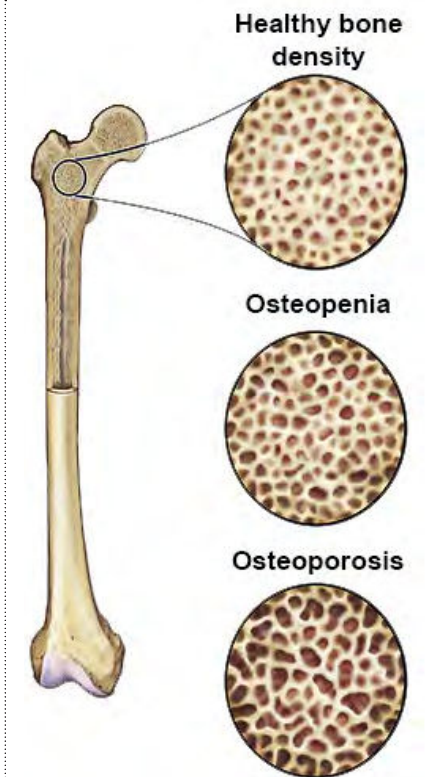


Figure 1. Osteopaenia/osteoporosis (Courtesy Cleveland Clinic ©2024)



Figure 2: Bones must lose 30% of their calcium before changes can be seen on an x-ray.

LEFT: One short sprint per week is enough to prevent mineral loss in the bones.





Figure 3: Skull showing enlarged bones of the head.

tenderness; a stiff, stilted gait; weight loss; a rough coat; less voluntary movement; more time spent lying down; frequent shifting of weight; difficulty rising; pica (dirt eating); chewing problems (due to loosening of the teeth); tendinitis; bursitis; spontaneous fractures and avulsion of ligaments. All bones are affected – and variation in severity is thought to be due to external influences and mechanical loading.

### Signs of osteoporosis

Osteoporosis is often confused with arthritis, bursitis, ringbone, joint sprain, spavin or an undetermined lameness. It may be mild or severe, acute or chronic and involves all the bones of the body. Osteoporosis should be suspected when lameness, shifting or intermittent and without apparent cause, is present – even if other conditions are concurrent. Pain and lameness result from tearing of the bone surface, fractures, strain in tendons and ligaments, thinning and/or

hairline fractures in the vertebrae and discs, cannon bones or hock and loss of bone underlying the joints.

### Diagnosing osteoporosis

Our eyes are a blunt instrument - but even X-rays won't show any changes in bone density until the bones have lost 30% of their calcium (Figure 2). Detecting changes in bone during growth, training, spelling or disease requires imaging techniques that have a high level of accuracy and precision. Currently, most imaging techniques used in horses do not possess such characteristics and are more suitable for detecting end-stage disease rather than subtle changes.

### Other contributing factors

Other factors that can contribute to osteoporosis include lack of sprinting exercise, stabling, antacid ulcer treatments, foot trimming and PPID.

Conditioning and training involves

many factors such as behaviour modification, cardio-vascular fitness, muscular fitness and skeletal strength. Of these, the most difficult to assess is skeletal strength. While proper nutrition is critical for bone health, it does not guarantee it without appropriate exercise. A decrease in bone mineral content is associated with stabling and exercise restriction – it is also affected by paddock size. Relatively short sprints, between 50 and 82 metres are necessary to maintain bone strength and as little as one sprint per week is enough to prevent mineral loss.

Omeprazole has been commonly provided to aid in healing or preventing gastric ulcers in horses, but there have been concerns as to whether the suppression of gastric acid may inhibit absorption of calcium and impair skeletal health. Long term use at higher dose rates could pose a risk.

Foot trimming has a significant impact on distribution of load through the feet – and hence bone density. Both incorrect and infrequent trimming are associated with pedal osteitis – a form of osteoporosis. And again, if you'd like to know more, read [Osteoporotic Coffin Bones](#), and [Understanding Laminitis: How We View "Normal" Function](#).

Horses with Cushings (PPID) are easy to identify – they have long hair coats that don't shed normally. But this isn't the only side effect of PPID with which our horses must cope. They are also at risk of fractures, which are caused by loss of bone mineral density. Most common in non-weight-bearing bones (mandible, pedal bone, pelvis, and ribs), it is thought to be linked to lack of exercise and loss of muscle mass and strength.

### Gender and age

Mares do not experience menopause and their bone microstructure is equivalent to that of geldings and stallions. Neither is there any scientific evidence of age-related osteoporosis, and younger and older horses have a similar incidence of fractures. In horses, bone strength peaks at about four-and-a-half years of age, and bone mineral density increases until around six years of age and then remains unchanged.

In osteoporosis, bone loss is generalised but the bones are not uniformly affected. The hierarchy of bone loss is, in decreasing order, the jaw bones, especially the alveolar bone; other skull bones; ribs; vertebrae; and finally, long bones.

### The silent disease

Osteoporosis is often called a silent, insidious disease because bone loss occurs without symptoms – and breaking a bone may be the first clue of osteoporosis. It is obscure in the initial stages, slow to develop, and easily confused with, and intimately associated with other conditions (arthritis, bursitis, ringbone, joint sprain, spavin or undetermined lameness) that result in disturbed locomotion. To add

General Symptoms of Osteopaenia/Osteoporosis
Marked lessening of voluntary movement
Perverted appetite
Intermittent and shifting lameness with no obvious cause
Lameness increased by weight-bearing
Lameness may disappear on rest only to reoccur in some of the joint
Frequent shifting of weight
Shoulder and hip joints pain
Tucked up appearance of the flanks particularly when the horse is required to trot
Narrowing of nasal passages
Abnormal growths on the bones
Lordosis in advanced cases
Depression of ribs causing chest deformity
Shoulder joints appear displaced forward
Sternum may appear sunken; enlargement of the ribs at the costochondral junction
In the early stages animals can appear well-nourished but may become poorer with a rough hair coat, loss of appetite and difficulty rising as the disease progresses
Some cases show bilateral enlargement of the facial bones at an early stage while others do not present this sign even when the disease is well developed
5% of cases may show changes of the facial bones, known as 'bighead' (See Figures 3 and 4).

to its complexity, it is difficult to assess the strength of the horse's skeleton until a problem develops. Often the first assessment of skeletal strength occurs when injuries arise and skeletal weaknesses become evident. Although many things including genetics, hormones, physical exercise and diet influence bone density, the importance of calcium cannot be overemphasized for protecting correct growth and development in young horses, and soundness in mature horses. 🐾

*Dr Jennifer Stewart BVSc BSc PhD is an equine veterinarian, a member of the Australian Veterinary Association and Equine Veterinarians Australia, CEO of [Jenquine](#) and a consultant nutritionist in Equine Clinical Nutrition.*

All content provided in this article is for general use and information only and does not constitute advice or a veterinary opinion. It is not intended as specific medical advice or opinion and should not be relied on in place of consultation with your equine veterinarian.



Figure 4: A case of nutritional secondary hyperparathyroidism showing the enlarged facial bones that give the ailment the common name Big Head.





## LIFE AFTER RACING

# Chasing the rainbow

With her string of six OTT Thoroughbreds, Makaylah Fenwick is a talented retrainer and successful show jumping competitor, writes **AMANDA MAC**.

**M**akaylah Fenwick is a huge fan of off the track Thoroughbreds, and for good reason. The 18-year-old show jumper is making quite a name for herself in the ring, with much of that success down to her considerable skill in retraining off the track horses, combined with her recognition of the Thoroughbred's

versatility, athleticism, and ability to transition to a successful new career once their racing days are over.

Currently with a team of six retired Thoroughbreds, her most recent triumph was at January's Queensland Off-The-Track Cup Final held at the Pacific Fair Magic Millions Polo and Showjumping Day on Queensland's Gold Coast.

Following their qualifying round at the Sydney Summer Classic in December last year, Makaylah and Arrowfield Stud graduate Rainbow Man successfully battled it out going double clear for the win, ahead of Louise Day and Amoretti in second place, and Natalie Siiankoski and A Golden Alibi in third.

With \$75,000 in prize money and a field of 18, the competition was fierce and Makaylah reckons her win still amazes her. She went into the event with the idea of having a fun experience, but it became so much more! Not that success is in any way new to her. At last year's Royal Queensland Show (the Ekka), she won the 2024 Queensland Off The Track Program Showjumping Showcase 1.20m class aboard Grace and Glory, yet another Arrowfield graduate.

In total, Makaylah now has three Arrowfield bred horses, Rainbow Man, Grace and Glory, and Let It Bee. There was a fourth, Jutland, but despite her

**ABOVE: (L-R) Makaylah Fenwick with Rainbow Man, 2nd place getters Louise Day and Amoretti, and Natalie Siiankoski aboard A Golden Alibi who claimed 3rd spot. LEFT: Makaylah and Rainbow Man on their way to a 2025 Queensland Off-The-Track Cup Final win (Images by Michael McNally).**

self-confessed attachment issues, Makaylah recently sold him, albeit very reluctantly. Her three other OTTs are The Garret; Outlandos, who's proving to be a very capable and scopey jumper; and new boy on the block, Silver Trip.

And let's take a minute to appreciate the success Makaylah has had with her horses at Equimillion alone. At the 2023 inaugural event, she won the 1.00m Open with The Garrett, while in the 90cm Open, Let It Bee came in 2nd and Rainbow Man took 3rd. Just to prove his versatility, Rainbow Man also secured 5th place in the EVA 65 Junior Eventing. In 2024, Team Makaylah followed up with a win for Rainbow Man in the 90cm Junior event with Let It Bee in 3rd place, while The Garret jumped into 2nd in the 1.10m Open PS.

Inheriting her passion for horses from her mother, Makaylah's riding career began early. "I started riding pretty much as soon as I could walk. My mum

rode so I've been riding almost my whole life. I was a member of Mount Sugarloaf Pony Club, and I did do some Pony Club last year just to get the younger horses out and about. But now I concentrate on the open competitions and Thoroughbred events."

Makaylah arrived at show jumping as her discipline courtesy of some interesting twists and turns. "When I was at Pony Club I had a sports horse, so I was into more of that type of riding. To begin with I wasn't really interested in Thoroughbreds, but my sister got one and started to get into jumping and really enjoyed it. So, because my mum jumped too, I sort of got pushed into it a bit. Anyway, eventually I liked it and now I've taken over – I'm the only one in my family who does it!"

A very successful competitor on the Thoroughbred jumping circuit, Makaylah has produced a team of young horses largely, but not exclusively, sourced from

the Newcastle stables of Paul Perry. "We get them straight off the track and then I retrain them. I give them a little bit of a spell, get them back into it with some flat work, then maybe poles on the ground followed by some jumping," she says. If it turns out that the horse doesn't have a talent for show jumping, Makaylah then rehomes them with suitable new owners.

However, when Rainbow Man – an eight-year-old gelding by Kentucky Derby and Dubai World Cup winner Animal Kingdom – arrived in Makaylah's yard four years ago, things didn't go entirely smoothly. Unlike Grace and Glory, who she says was "very scopey" right from the start, jumping didn't come as easily to Rainbow. "Although he was pretty straightforward, he was a bit clumsy, he couldn't get himself over a cross rail to save his life! He just didn't know what to do with his legs," Makaylah laughs. "I had to let him work that out by himself."



# Jenquine

BRINGING SCIENCE TO YOUR FEED BIN

Recommended by Veterinarians



A UNIQUE  
COMBINATION OF  
**ORGANIC &  
INORGANIC  
CALCIUM**

For all horses especially, those  
grazing pastures with soluble &  
insoluble oxalates

DR JENNIFER STEWART'S

**BONE  
FORMULA®**

FORTIFIED CALCIUM  
SUPPLEMENT FOR HORSES  
FOR ADMINISTRATION IN FEED

**FORTE**PROUD  
MEMBER

5kg & 10kg  
NETT  
FOR ANIMAL  
USE ONLY

[www.jenquine.com](http://www.jenquine.com)


**ABOVE:** Makaylah with her Arrowfield OTTs (L-R) Grace and Glory, Let It Bee, Rainbow Man and the recently sold Jutland (Image courtesy of Arrowfield Stud). **BELOW:** Makaylah triumphed at this year's Magic Millions (Image by Michael McNally).

But, as the saying goes, practice makes perfect and the gelding eventually got the hang of leaving the rails in the cups. Then, after his surprise win in last year's Equimillion 90cm Junior class, Makaylah realised that Rainbow Man might have untapped potential. "I really didn't think he was going to win that class because he doesn't always have clear rounds. I have to ride him perfectly for him to have a good round," she explains.

But now, with a track career of 17 winless starts and just three placings (not stellar by anyone's standard) well behind him, he's settled into his new life as a show jumper and is absolutely thriving. "He's a very sweet horse," Makaylah says "He's got a lovely personality. I love him."

With more competitions pencilled into her calendar, Makaylah is particularly looking forward to a Stonewall Equestrian event towards the end of the year. For this competition, she has The Garret in mind. "He's been doing really well," she says. "We're starting to move up the classes, and the 1.3m at Stonewall will be good experience for him."

But show jumping isn't Makaylah's only love. Currently riding track work, becoming a jockey is next on her list. "I want to be able to do both show jumping and racing," she says, "but for jumping it will probably be the bigger shows like Equimillion and Magic

Millions, and I want to go to the Ekka again, it was so much fun."

And with an ever increasing number of OTT dedicated events popping up, for which she is very grateful, the future for Makaylah and her team of Thoroughbreds is looking bright. 🐾







NUTRITION

# The benefits of feeding oil

Many of us now add oils to our horses' diets. **DR CLARISSA BROWN-DOUGLAS** explores the benefits and explains why not all oils are created equal.

Adding oils to your horse's diet is common practice these days. There are lots of oils available and the market is flooded with choice. Vegetable oil, canola, rice bran, corn, soy, flaxseed, fish oil ... so how do you decide what oil to use? And are all oils the same?

**Why add oil to your horse's diet?** Oils are a source of fat which can be used in a horse's diet to improve performance, maintain weight, improve coat and skin condition, improve behaviour, reduce inflammation, or increase the energy density of the diet. Oil is especially useful for hard working

horses that need a high energy diet and yet often have limited appetites. A concentrated energy source, oil allows for a lower grain intake for weight maintenance, or increased body condition in a spelling horse, show horse or a yearling being prepared for the sales.

We often view oil as a foreign ingredient for horses when this is not necessarily true. There is actually a small percentage of fat in the basic horse diet of pasture grasses (1-4%) and even in the modified diet of oats (4-6%) and hay (1-3%), so adding oil to their diet is not completely contrary to the way their digestive tract has evolved. Research has shown that horses can tolerate up to 20% of their diet as fat, although in practice, this much is rarely fed and high oil content often reduces palatability of a feed.

Fat is an important part of the diet for all horses. It facilitates the absorption of fat-soluble vitamins A, D, E and K, and is a source of the essential omega-3 and -6 fatty acids that are linked to inflammatory response. In addition to their effects on inflammation, omega-3 and omega-6 fatty acids aid in the maintenance of cell membrane stability, the development and function of central nervous system tissue, bone development, oxygen transfer and immune functions.

## A slow energy source

There are numerous benefits to including oils in the diets of performance horses, especially ones exercising for long periods of time, or those that are prone to being reactive. Fat as an energy source is utilised during periods of long, slow work and is released gradually over time. The slow-release energy that fat produces can improve undesirable behaviour in many horses. Because oil is metabolised slowly and does not cause a spike in blood sugar, it is viewed as a 'calm' or 'cool' source of energy – great for those hotter horses who don't do well on cereal grain. Oils are also a safe energy source for horses that are intolerant to cereal grains, including those with muscle myopathies including tying up and PSSM, and also those with gastric ulcers, PPID (Cushings) and laminitis. Adding a source of fat to the diet also has an additional benefit: if fed over a long period of time, horses can switch to utilising it as their predominant energy source and adopt glycogen-sparing properties, and therefore spare muscle and liver glycogen for use in high intensity exercise. For horses working over long periods of time, such as those competing in endurance or eventing, this is an invaluable tool. To fully utilise this mechanism, 8-10% of the diets of performance horses should consist of a fat source such as oil or stabilised rice bran.

Table 1: Research proven health benefits from fish oil for horses

Increased plasma and red cell levels of EPA and DHA
Reduced inflammatory markers in joints, blood and muscles
Increased insulin sensitivity and glucose tolerance – laminitis!
Enhanced fertility in sub-fertile mares and stallions
Enhanced immune responses to vaccines and disease challenge
Reduced allergic reactions in skin
Improved equine asthma with reduced airway inflammation and cough
Reduced oxidative stress to improve recovery
Better colostrum Ig levels and enhanced passive transfer to foals
Lower heart rates in exercising horses

Feeding oils has also been found to increase the amount of oil in the horse's skin and most horse owners know that feeding a little oil will give their horse a sleek and shiny coat.

## What oil do I choose?

Although oils contain the same amount of energy by weight, they vary widely in their composition and benefits to the horse.

Oils are made up of fatty acids joined together in different length chains. Researchers have focused their attention on two distinct types of fatty acids, the omega-3 family and the omega-6 family, because of their involvement in body inflammation. Omega-3 and -6 fats are considered essential fatty acids because they must be obtained from dietary sources. In contrast, omega-9 fatty acids can be produced by the body, and are therefore not considered essential. In general, omega-3 fats are linked with resolving inflammation, whereas omega-6 fats are pro-inflammatory.

Many of us eat fish regularly or take fish oil supplements, and fish oil continues to gain popularity as an equine nutritional supplement, benefiting an

array of body systems and organs. This benefit comes specifically from the long chain omega-3s known as docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These are the biologically active omega-3s that research has shown to have many health benefits in mediating and resolving inflammation in people and also for horses (Table 1).

## Omega balance

Modern equine diets tend to provide a skewed ratio of omega-3 and omega-6 fatty acids, underproviding omega-3s and oversupplying omega-6s. Grains and premixed feeds, as well as many vegetable oils including corn, soy, rice bran, and copra are high in omega-6s, while hay and pasture provide short chain omega-3s despite being low in total fat content. Canola oil has an adequate short chain omega-3 content, although still lower than the amount of omega-6 it provides.

**FACING PAGE: Adding fat to the diet has an additional benefit: over time, horses can switch to using it as their predominant energy source, thus saving muscle and liver glycogen for use in high intensity exercise.**





# Targeted Nutrition for World-Class Performance

For over 30 years Kentucky Equine Research has continually developed innovative solutions to the health and nutritional challenges inherent in modern equine management. The results of studies conducted at its research farms, as well as advances in equine nutrition from institutions around the world, are applied and thoroughly tested in the creation of KER products.

Proprietary ingredients and science-based solutions characterise KER Targeted Nutrition. Top equestrians worldwide in a variety of disciplines know they can rely on KER to fuel world-class performance.

*Discover science-based products or your closest retailer at [ker.com](http://ker.com)*



1800 772 198 • [advice@ker.com](mailto:advice@ker.com)

Developed by Kentucky Equine Research®  
World Leaders in Equine Nutrition™



**ABOVE:** A concentrated energy source, oil allows for a lower grain intake for weight maintenance, or increased body condition in a spelling horse, show horse or a yearling being prepared for the sales.

Flaxseed oil (also known as linseed oil) contains short chain omega-3s (ALAs), which must then be converted to DHA and EPA in the body, but this process is very inefficient and studies have shown that flaxseed or vegetable oil does not lead to an increase in EPA and DHA levels in tissues (links to the study results are provided at the end of this article). For this reason, finding a source of dietary EPA and DHA from marine derived oils is recommended for increasing the biologically active omega-3 fatty acid levels in the body.

## How much oil and how to feed it?

Oil should be used as a supplement and not as the basis of the horse's diet. The horse must still have an intake of 1.5% of its body weight in fibre to ensure a healthy digestive tract, adequate protein, and balanced vitamins and minerals. For energy and conditioning, added oils can make up to 10-20% of the total energy in the diet

During digestion, fat is broken down into its most basic structures, fatty


acids. An increase in the amount of fat fed will therefore create an upsurge in circulating levels of fatty acids. Fatty acids are prone to oxidation, the byproducts of which can be harmful to cells. As a result, nutritionists typically recommended that an antioxidant such as natural vitamin E be supplemented when a diet is high in fat.

If you're purchasing a commercial feed, check to ensure that the fat content is listed on the bag label. In general, a higher percentage of fat will indicate a higher energy feed. High fat feeds for horses are those with more than 8% fat, usually from added vegetable oil, or high fat ingredients such as rice bran, soy, sunflower seeds, copra, or flax.

If you want to add oil-based calories to your horse's diet, feed canola oil, flaxseed oil, or stabilised rice bran. Recommended intake varies, but adding a cup of oil or 250g to 1kg of stabilised rice bran is common for added calories. However, if you want the health benefits

of long chain omega-3, you only need to supplement with 30-60ml of fish oil per day. Fish oils are fed at lower daily intakes than oils fed principally for energy.

Feeding fat can be a valuable addition to your horse's diet, so if you think your horse could benefit from a boost in topline, an increase in stamina, a shiny coat, and calm behaviour add a source of oil, and consider the addition of long chain omega-3 fats from fish oil.

To learn more about the research into the use and value of oils in a horse's diet, follow these links: [Colorado State University](http://ColoradoStateUniversity.edu), [University of Florida](http://UniversityofFlorida.edu) and [Kentucky Equine Research](http://KentuckyEquineResearch.com). 

*For a tailored diet analysis or advice on optimising nutrition for bone health, contact Kentucky Equine Research at [advice@ker.com](mailto:advice@ker.com), and for information on all topics related to equine nutrition visit [EquineNews™](http://EquineNews.com).*





Listen - Learn - Enjoy

## EQUESTRIAN HUB PODCAST

Hosted by all-round horseman **Charlie Brister** of **Brister Equestrian**, we interview the top riders, trainers and industry experts, gaining insights and insider tips you won't want to miss.

Choose from more than 70 informative interviews, including:

*Stuart Tinney*

*Sonja Johnson*

*William Fox-Pitt*

*Will Mathew*

*Oliver Lazarus*

*Brett Parbery*

*Sarah McMillan*

*Shane Rose*

*Shenae Lowings*

STREAMING FREE ON



Apple  
Podcasts



Spotify Google Podcasts

Proudly sponsored by



WHAT WE'RE LOVING

## Hold tight

Splash the colour or keep it classic, the choice is yours with these on-trend silicon seat grip riding tights.



Teal Riding Tights by  
[Obsession Beats Talent](#)




[Eqcouteure](#) Competition  
Riding Tights

**Obsession Beats Talent** riding tights feature a premium figure enhancing four-way stretch fabric that offers the ultimate in comfort and support with maximum flexibility and freedom of movement. Moisture wicking technology keeps you dry and comfortable, while OBT's superior silicone grip helps you stay stuck in the saddle. With wash and wear longevity, a spacious phone pocket positioned for easy access, and a hidden zippered pocket for small valuables, OBT tights come in eight stunning colours.

**Plum Track's** riding tights have two spacious phone pockets to handle even a large phone in a case. Generous belt loops let you pair these tights with your favourite belts for even more style. They're fast drying, so even if it rains you'll dry quickly, and the extra wide waistband ensures your total comfort. Machine washable for easy care, they're available with or without silicone grip, sizes 6 to 28, and in assorted colours.

**Eqcouteure** competition riding tights are super soft, body hugging, and extremely comfortable. Minimally detailed, they're suitable for all competition disciplines. Featuring a full seat silicone grip, the embroidered waist band is wide and high, keeping everything just where you want it. Made from high quality, fast drying material with a stretchy Lycra cuff that slides easily over your feet. Available in a range of colours and sizes.

**Delzani® Isabella RX** riding tights feature a wide, super comfortable waistband and full seat silicone print for maximum grip, plus a sensibly sized phone pocket. Made from high performance non-see-through fabric, they're designed to accentuate your natural body shape. With four-way stretch, high breathability, and moisture wicking properties, the Isabella is built for comfort. Crafted in eye-catching Grey Melange and Alaskan blue. 



Alice Riding Tights  
by [Plum Track](#)



[Delzani® Isabella RX](#) Two-Tone  
Riding Tights





The equine facilities include 19 spacious paddocks with individual shelters and automatic water troughs.



## PROPERTY

# Ready and waiting for you

This thriving equine centre is located just 40 minutes from Noosa at 1 Busby Street in Amamoor, Queensland.

Comfortable, open plan living is a hallmark of this delightful home.



With tack rooms and wash bays, the equine facilities are comprehensive.



The picturesque Mary Valley is home to Amamoor Equine Centre. With 26 acres (10.92 ha) of prime land and top-tier equine facilities, this property is already a thriving equestrian centre, with the potential for additional income through a variety of ventures including camping or horticulture. The stunning natural landscape, featuring

Amamoor Creek and surrounding forests, enhances the property's peaceful ambiance and offers ample opportunities for trail riding. Only 50 minutes from Sunshine Coast Airport, there's a perfect balance of seclusion and accessibility. Whether you're interested in running an equestrian centre, or you're simply searching for the perfect home for you

and your horses, this property epitomises the ideal blend of privacy, convenience, and natural beauty. The residence is four bedroom - two with built-in robes and air conditioning in the master - and is positioned to take full advantage of the property's relaxing views. The light-filled open plan lounge and dining area is air-conditioned for

year-round comfort, and there are two bathrooms, the second of which is fitted with a bathtub, laundry, and external access for added convenience. A large covered patio designed to capture the breeze makes outdoor entertaining an absolute pleasure. The equine facilities are comprehensive, with 19 spacious paddocks, each with

individual shelters and automatic water troughs; a 60m x 40m sand arena for training or competition; a 25m round yard with shelter; three wash bays; and a large riding area with creek access for picnics and water fun. The property has solar electric fencing throughout, storage and tack rooms, and a three bay shed for vehicle parking

and extra storage. With the potential for diversified income streams, plus access to essential services, schools, and a vibrant local community, Amamoor Equine Centre is the ideal place to call home. Visit the [property listing](#), or call Damon Gore on 0401 115 816, or Connie Gore on 0429 432 199 to arrange an inspection.



Buy • Sell • Connect • Swap  
• **Jobs** • Saddles • Gear •  
Accommodation • Farm  
Equipment • Fashion •  
**Farriers** • Supplements •  
Art • Sculpture • Services •  
Vehicles • PR • Bookkeeping  
• Website Design • Real  
Estate • Crafts • Training •  
Therapies • **Horses** • Riding  
Groups • Tractors • Horse  
**Floats** • Portraiture • Puppies  
• Horse Gear • Agistment •  
Buy • Sell • Connect • Swap  
• **Jobs** • Saddles • Gear •  
**Gear** • Accommodation •  
Farm **Equipment** • Fashion •  
Farriers • Sculpture •  
• PR • Bookkeeping •  
Design • Training •  
• Riding • Horse •  
• Puppies • Agistment •  
• Swap • Gear •  
Farm **Equipment** •  
Farriers • Saddles •  
Sculpture •  
• **Saddles** •  
Real Estate •  
• Therapies •  
Groups • Tractors •  
**Floats** • Portraiture •  
• Horse Gear •  
• Buy • **Sell** •  
**Swap** • Jobs • Saddles •  
Gear • Accommodation •  
Farm **Equipment** • Fashion •  
• Farriers • Supplements •  
Art • **Sculpture** • Services •  
Vehicles • PR • Bookkeeping •  
Website Design • **Real Estate** •  
• Crafts • **Training** • Therapies •  
• Horses • Riding Groups •  
• Tractors • Horse Floats •  
Portraiture • **Puppies** • Horse  
Gear • Agistment • Buy • Sell •

# EQUESTRIAN HUB IS THRILLED TO LAUNCH THE ULTIMATE ONLINE COMMUNITY & TRADING PORTAL

LIST YOUR EQUESTRIAN  
& RELATED GOODS & SERVICES  
**\*FREE FOR 3  
MONTHS!**

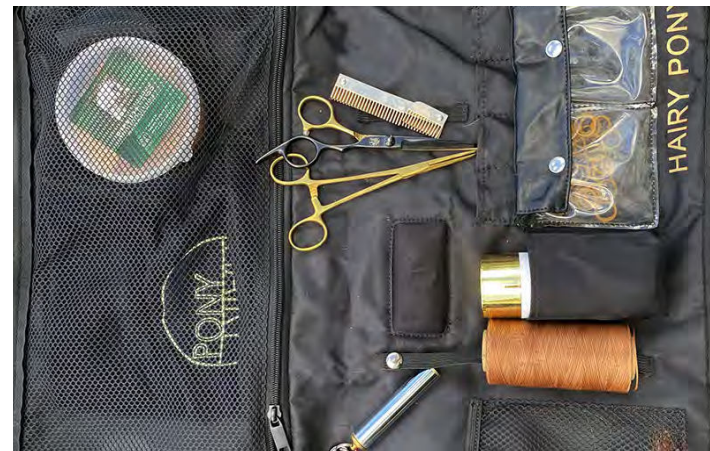
**\*TO CELEBRATE, ALL MARKETPLACE LISTINGS BOOKED BEFORE 30TH  
APRIL 2025 ARE FREE! DON'T MISS OUT! START SELLING NOW!**

[equestrianmarketplace.com.au](https://equestrianmarketplace.com.au)





Middle Walk – A Premier Lifestyle Property



Hairy Pony Plaiting Kit & Brush Set



PSoS Competition Brushing Boots



Power Cartel (Annie)



Keiffer Lech Profi Dressage Saddle



Eventing Schoolmaster



Ultimate Eventing Gelding



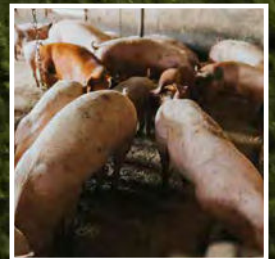
Eurofloat 2HSL L600

[CLICK HERE](#)



# WE KEEP BOOKS SO YOU DON'T HAVE TO

Specialist bookkeeping services  
for equestrian, stud & agricultural  
businesses



ATO Compliance • Virtual CFO • Day to Day Bookkeeping  
Cashflow Forecast • Bank Reconciliation • Accounts Payable  
Accounts Receivable • Budgeting • Xero Conversion