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Horse Nutrition, Equine Pre-Biotics, Pro-Biotics & Digestive Enzymes; Nosodes, Homeopathics, Herbal Blends, Hoof & Joint Care Supplements, Herbal Wormer, Natural Fly Spray, Magnetic Products and Natural Equine Supplies

Special EHV-1 Newsletter!

At this time there is no need to panic --- be proactive instead of in fear mode, and for those of you who take particularly good care of your horses, including feeding either Equine Zyme or Equine Zyme Plus you are ahead of the game!

I am including two articles from two different holistic vets so that you can see what is being recommended by each. Go to this link for updates as they change constantly and there is a lot of rumor <http://www.aphis.usda.gov/vs/nahss/equine/ehv/> - but the question needs to be asked, how many cases of this virus were present in what states last year? Then we would know if we really had an "outbreak" or not, this is not a new virus, and it comes up every couple years, or so...

There are Equine Herpes cases all the time, but this virus seems to have mutated somewhat, and the horses coming down with this neurological form are stressed from training, competition and travel, are all tracked back to the Cutting Horse Futurity, and may be fed diets high in sugars or bag feed for the competitions so are stressed all the way around.

The best course of action right now if you live in the affected/effected counties or areas are to stay home for two weeks, and do things to up your horses immune systems , your best defense , with good nutrition, good quality hay, clean water, Vitamin C, Zinc, Colostrum, or Beta Blend, and use Equine Zyme or Equine Zyme Plus 1-2 times per day, and do what you can to prevent any contact with horses that may be sick or have possibly been exposed.

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DO NOT Vaccinate your horse for Rhino or anything else right now (per UC Davis), until we see where this all goes, it will compromise their immune health and the likely hood of your horse surviving if he is exposed is greatly reduced.

The first article following here was posted on Face Book this week and I did not have time to seek permission to reprint, but assume that the vet who posted it would not mind given the circumstances and all the people who own horses that are concerned. The second today was sent by Dr Ward via email.

Please make sure you have homeopathic remedies Belladonna at least 30c, Aconitum 30c, Gelsemium 30c and any other remedies you feel may be necessary. Ginseng, Echinacea, and Golden Seal are always good to have on hand no matter what.

Please know that we put some Vitamin C, Ginseng, Colostrum and Beta Glucan in the Equine Zyme and Equine Zyme Plus as part of their normal formulas for maintenance, and always have, that is why I have always said that this is an immune boosting formula with the highest CFU's of 9 horse friendly probiotics on the market! Because it is!

Right now my horses are on 10,000 mg of Vitamin C (1tsp), Equine Zyme Plus 2xz's per day, and a scoop of Beta Blend as well one time per day, as it never hurts to boost their immune systems. Where I live, we do not have horses coming and going from the property, although there are 10 horses here, but we are close to two horses who are on watch/quarantine that were at the cutting about 20 minutes away, and a whole group of horses exposed to that horse on voluntary quarantine.

My horses also get some fresh veges, dandelions included, and some raw fruit everyday which also is a good practice. Following are the articles and if any of you need any resources for herbs or supplements like Vitamin C just email me.

UNDERSTANDING AND MANAGING THE NEUROLOGIC FORM OF EHV-1 (RHINO)

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Chinese Veterinary Herbalist (Cert IVAS)

There has been another recent outbreak of the neurologic mutation of the common EHV-1 (equine herpes 1) virus. It is believed that the virus exposure began at the Western National Championships (Nat'l Cutting Horse Assoc) held in Ogden, Ut (April 29-May 8). Word of sick horses being hospitalized in California, Nevada and Canada have been reported, but as of Monday, May 16, the only confirmed cases have been in Colorado.

AND as of Monday evening, there are NO state borders closed...however, there are farms, counties and, even the veterinary school at Washington State, that are closed or quarantined. People need to STOP panicking and start thinking rationally to help prevent the spread of this disease. Be properly informed by direct information sources, rather than listening to rumor...especially if the people passing on the rumor themselves don't understand illness, disease and medicine.

There is a great deal of conflicting and outright incorrect information being circulated, so this note is to try and clarify information for horse owners. Additionally, recommendations made by the general veterinary community take on a pretty much a wait-and-see approach because there really isn't much more that they can say. That leaves holes for non-medically trained individuals to step in and offer home remedies that may or may not be effective. This note is meant to educate horse owners from a professional, integrative medicine perspective so they can make appropriate choices for their animals depending on their situations, locales and the status of their animals.

What is the neurologic herpes virus (EHV-1, rhino)?

The neurologic variant was first identified in a serious outbreak at a college in Ohio in 2003. Since then there have been numerous outbreaks in farms and show grounds ranging from the East Coast (CT, VA, and FL), mid-East states (KY, OH) and California.

The majority of EHV infections in horses are EHV1 or 4. EHV1 is much more prevalent and more serious. There are three forms: respiratory, late term abortions in pregnant mares or, rarely, the neurological form. EHV4 only causes STRICTLY respiratory infections. The neurological form is the most serious and often progresses to recumbancy and death. Treatment is limited to supportive help and some direct anti-viral medication. Survivors may become chronic shedders of the virus.

Initial symptoms may include vague symptoms such as: fever, lack of appetite, lethargy to rapid onset of neurologic symptoms such as incoordination, paralysis and eventually an inability to stand. The incubation period is approx 3-7 days. Direct horse-to-horse contact is the most common exposure with fomites (hands, brushes, blankets) being another method of transmission. The virus can survive in the environment for days to a couple of weeks depending on environmental conditions.

Like any herpes virus, it can remain latent in the body until times of stress. The difference in perspective on addressing infectious disease between more conventional medical practitioners and more integrative ones is the emphasis in the body's role in preventing disease. Conventional medicine often has to rely on either vaccinations to prevent, and if that isn't an option, a more wait and see approach in order to have symptoms to treat. Integrative medicine has many nutritional, herbal and homeopathic options to help prevent and also to combine with standard treatments should symptoms appear.

My horse is vaccinated...isn't that enough? If not, should I vaccinate again?

There is controversial evidence about vaccinating in the face of an outbreak. The standard EHV1 probably does NOT stimulate cross-protection, although the jury is still out regarding the vaccine Calvenza. The following excerpts were taken from a presentation given at the American Association of Equine Practitioners meeting in December of 2005. The author is Dr. Julie Wilson, board-certified internal medicine equine veterinarian from the University of Minnesota's veterinary school. In addressing the question of vaccinating in the face of an outbreak, Dr. Wilson states,

"Conventional IM (intramuscular) vaccines usually require at least 1 wk for measurable humoral (antibody) responses to a booster or a second dose and similar time period in naive animals. This time lag has discouraged the use of vaccines in exposed animals, yet vaccination has been successful in protecting adjacent groups not yet exposed." (Wilson)

Also from Dr. Wilson's article,

"In a California outbreak of neurologic EHV1 infection, horses vaccinated with either type of vaccine within the previous year were 9–14 times more likely to develop neurologic signs than non-vaccinated horses. Because the vasculitis associated with the neurologic form is immune-mediated, vaccination after exposure raises concerns of producing a more severe disease. Consequently, vaccination in the face of a confirmed outbreak of EHV1 neurologic disease has been controversial."

And, in the 2003 Finley University (Ohio) outbreak, Dr. Stephen Reed (top equine neurologist from Ohio State) discovered that animals heavily vaccinated against EHV1/4 had both a higher morbidity (attack rate) and mortality (death rate) as compared to the horses that had no vaccinations at all.

What Can I Do to Protect My Horse?

First and foremost, you should avoid exposing your horse to areas where transmission with multiple, transient horses can occur. Remember that the virus can survive in the environment for several days and can be passed by mechanical objects like bridles, halters, brushes and blankets.

Second, remember that the animal's own immune system is the best protection around. Sometimes, it just needs a little help, especially if it has been worked too hard by vaccinating too frequently, feeding overly-processed chemical and mold-contaminated feeds and dealing with too hard of a training and work schedule. There

are two ways to support an animal's immune system. You can diminish those things which can inhibit the immune system, such as stress and suppressing medications (steroids, non-steroidal anti-inflammatories, etc), and you can stimulate the immune system. It's not an either/or...to maximize your horses health, you need to do both.

MANAGING STRESS: There are many things to consider in managing your horse's stress load. If your horse is overwhelmed by trailering, travel or leaving his/her herd, try to avoid too much if there has been a potential exposure. Be aware of your training schedule and be sympathetic to when your horse might need a break....even if you don't (remember a baby horse less than 5 may be more susceptible to training stress than an older one). Also use caution in overusing Non-Steroidal Anti-Inflammatories (Bute, Banamine), as well as steroidal medications such as prednisone and dexamethasone, as these medications can inhibit the function of immune cells or cause additional inflammation and stress in the digestive system (location of 80% of the body's immune cells). Did you know that when you have a joint injected with a steroid it has been shown that some of that steroid does go systemic which may suppress immunity in the face of an infection? Last but not least, vaccinations create a transient drop in immunity within 3-10 days after vaccination. The more viruses that are combined into one vaccine, the greater the transient drop. If you are unsure whether you can skip or postpone a vaccination, Cornell University's diagnostic lab performs affordable and accurate vaccine antibody titers for West Nile, EEE and WEE which can allow you to determine whether your horse has adequate antibody levels to forego a vaccine, at least temporarily. As much as drug companies would have you (and your veterinarian) believe it, vaccine protocols should not be set in stone. Flexibility and common (?) sense are critical in the face of a potential crisis.

STIMULATING IMMUNITY: There are many ways to stimulate the immune system. While there are products on the market that advertise that they boost the immune system, they are very general and crude ways of stimulating a system that is complex and specifically fine-tuned. In my experience of treating chronic immune deficiencies, these products can cause chronic health problems and immune sensitivities that can last long past the initial immune need. It is much like an usher getting a smoker to put out his cigarette by yelling "FIRE" in a theater. While the smoker has now put out the offending burning object, there are now people running around screaming and causing undirected havoc and unintended damage all around. *The best way to boost the immune system is by doing it from the ground floor, through nutrition. Give the body the raw materials and it can best decide how to use them for its needs. After that, you can use immune-supportive herbs that show specific ability to supplement and aid what is naturally there. (It is also about the horses gut health and feeding probiotics as well!)*

NUTRITIONAL SUPPLEMENTS (feeding with whole, clean, quality grains and foodstuffs is important – be cautious using overly processed feeds with ingredients made from by-products and damaged, rancid fats as these actually increase oxidative stress in the body):

1. Vitamin C (Pure C): double the dose if there has been a recent, potential exposure. Vitamin C is a water-soluble antioxidant and may have other supportive effects not yet described.

2. Vitamin E: give a minimum of 4000 IU/day. Vitamin E, a fat-soluble antioxidant, has been shown to act as an anti-inflammatory to nerve tissue. If a virus tends to attack fatty-covered nerve tissue, why not give it as much help as possible with this vitamin?
3. Omega 3 fatty acids: flax seed (whole seeds, or *Horse Tech Nutra Flax*): O-3 fatty acids have proven ability to support and boost the immune system as well as serve as the foundation for the production of the anti-inflammatory chemicals of the body.
4. Zinc: found in supportive levels in many hoof and skin supplements.
5. Carotenoids are the precursors to Vit A, a vitamin which boosts the activity of virus-fighting killer-T cells. What better excuse to feed your horse lots of carrots?

HERBS (WESTERN & CHINESE):

1. Ginseng (Korean/Panax or Siberian/Eleuthero – is already in *EquineZyme and Equine Zyme +*): both of these types of ginseng are supportive to the adrenal glands (American Ginseng/Panax quinquefolius is weaker in regards to this function), which when stressed or exhausted, are unable to support the stress functions of the entire body. Ginseng is expensive and is often replaced with Codonopsis..also known as 'poor man's ginseng'; it still boosts immunity but only at higher dosages.
2. Echinacea: needs to be on-board at the time of exposure. Also, to be effective, it needs to be given at least 3 times a day. Human research has shown that Echinacea is more effective if given as a water extract (tea).
3. Goldenseal: has antiviral activity but can only be used for short-term - no longer than 10 days.
4. Astragalus: this Chinese herb is extremely effective as an immune booster especially when it is combined with Ligustrum. Astragalus and Ligustrum formula has been used in Chinese Medicine for almost 1000 years. Today it has been shown to be very effective in treating HIV and Epstein-Barr virus and preventing secondary infections in people undergoing chemotherapy.
5. Gan Mao Ling: a traditional Chinese formula shown to be effective in preventing or reducing the symptoms of the rhino virus in humans.
6. Garlic: has been shown in several studies to increase the activity of virus-fighting lymphocytes. Since it is a 'warm' herb in the Chinese pharmacy, if you use garlic in your horse, make sure you combine it with other herbs that are a bit more cooling such as mint, elderberry or lemon balm.

HOMEOPATHICS: these don't work well as preventatives, but might be extremely effective in treatment of initial stages, especially combined with conventional supportive care. During the serious cholera epidemic of WWI, homeopathic hospitals in Philadelphia had a 16% mortality rate vs 60% for the general hospital population. OTC remedies can be purchased at Whole Foods, Good Earth, *Jimbo's, Sprouts, or Henry's* and Dave's Health & Nutrition or online at Boiron and Hylands. Remedy potencies are 6C or 30C.

1. Belladonna: the best remedy for sudden onset of high fevers with neurologic symptoms.
2. Aconitum: sudden, vague fevers with lethargy
3. Gelsemium: initial stages of viral infections with neurologic symptoms and fatigue.

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NUTRITIONAL/HERBAL SUPPLEMENTS:

If you need resources for herbs, Homeopathics, or nutrition, etc email me at Jessica@earthsongranch.com and I can help you with these. Stay calm, common sense must prevail, if you are in an area of outbreak keep your horses home, boost their immune systems, check with professionals coming on to your property to see if they have been around any of the sick animals and what precautions they have used ie changing clothes, antiviral soap for hand washing, et al. Do not give in to the rumor mills, most of it will be fear based and not at all accurate!

This too shall pass, and we will have learned much from the process and how it is all tracked, and I hope everyone will revisit their nutritional programs for their horses because as my granny used to say "An ounce of prevention is worth a pound of cure!"

Holistic Options for Treating EHV-1 by Dr Madalyn Ward, Holistic Horse Keeping

While there are no conventional treatments for the disease, those of us who practice holistic horse health care have a few options should our horses start showing signs of infection. [ImmuSun](#) from Simplexity Health is a form of beta-glucan, and this product can help trigger the immune system of the horse to be on high alert. I take this product myself at the first sign of a cold sore or respiratory infection. The dose for a person for immune support is one capsule a day. For a horse, two capsules per day works well. I double the dose if the infection has already progressed. (*Earth Song Ranch has pure Beta Glucan Powder!*)

Vitamin C is also helpful for immune support in the face of viral infection. I like [Citrus C/Q](#) as a natural source of vitamin C. (*Earth Song Ranch has pure buffered Vitamin C*).

The tinctures of [Lemon Balm](#) and Scullcap can help fight the virus. Homeopathic remedies to keep in mind for acute neurological symptoms include aconite and belladonna. Body work such as network chiropractic, Bowen, or equine touch can be helpful. Acupuncture is an option if a horse has symptoms and it is safe to be close to him.

A quiet, low stress environment is also important. As always, the best defense is a good offense. Educate yourself and stay up on the latest information, don't travel with your horse or bring in new horses without ensuring that there is a low chance of infection, support your horse's immune system, and have a plan in place if the worst happens and your horse becomes infected.

Pray for all the horses currently affected that they may recover quickly and this outbreak will end. Madalyn

So in closing, if you need Vitamin C, pure beta glucan, I do have it on my web site, go to the products section of our web site to [Individual Feed Additives](#) and you will find them there! We can ship on Monday if you order over the weekend. If you want the Herpes Nosode, it is on the site, but showing not for sale, we are selling to our regular customers only, not to new customers, so you just need to phone me at 951-514-9700 and I can tell you how to order.

Again the most important thing is to remember this is not an epidemic, and it is being watched closely, we have resources and be proactive and just be prepared.

Jessica