

June 2008

October 2009



Willow 2009

Angela joined the ECIR group in 2004 looking for help with her mare, Willow, who had been exhibiting classic Cushing's Symptoms. Willow also has seasonal photic headshaking behavior and was on cyproheptadine. Angie worked with Dr. Kellon to design a tight, mineral-balanced diet. Dr. Kellon suggested adding Spirulina for the headshaking and Chaste Tree Berry to increase shedding. Over the years, Angie moved to pergolide and Willow's ACTH tests stayed in normal range.

### *Angie writes...*

A few years after I had joined the ECIR group, after following all the posts, I noticed my cresty Morgan might be IR. When she was younger, she handled grass turnout well, but about the time she turned 5, she gained tons of weight and got fat pads everywhere from being turned out 12 hours a day on a not-so-lush pasture. I balanced her hay with minerals with help from Dr. Kellon, put her in a dry lot, and only occasionally tested my hay, finding NSC around or below 10%. I bought it from the same farmer, but I was ignorant to the fact that it was cut at different times from different fields and that it might impact the sugar and starch content. It took a long time before I thought Krystle's symptoms were anything more serious than being an easy keeper. I actually tested her in spring of 2009, and the test confirmed her IR with a G/I ratio of 2.92, Glucose 106 mg/dl and Insulin 36.26 uIU/mL.

## Highover French Krystle and Willow

**An Astute Owner Catches the Details for  
her World Champion**

**Meet Krystle and Willow**

**Morgan Mare - foaled 1999 - 15 hands**  
**Thoroughbred Mare - foaled 1984 - 15.2 hands**

## *Angie continues...*

Luckily for Krystle she never had any bouts with laminitis, but boy did her body condition change when I started soaking her hay after getting those results.

While we had some success at training level dressage prior to her diet change, we went to Oklahoma to win the 2009 1st Level Dressage Amateur World Champions!

Here are the captions for the pictures:



June 2008 (top left page 1) prior to diagnosis at Granite State Morgan. At this point she was getting balanced minerals and exercise, and I was under the assumption that her hay was low in NSC because I tested some cuttings but not all.

June 2009 (at left) Also Granite State Morgan. I started soaking her hay in late April 2009, six weeks before the June 2009 picture. Her work level was about the same both years — one hour per day, six days a week of moderate to heavy exercise. We are slowly getting more collection and balance.

October 2009 in Oklahoma (top right page 1 and top page 2), after about six months on the full recommended diet.

Our story is not as terrible as others, luckily with no laminitis, but the transformation is amazing to me and others around me. I have enlightened many people who came up to me this year and said, wow your horse isn't fat anymore (including my vet)!

