



PARASITE CONTROL CHEAT SHEET

CONTROL - CLEANSE - CUSTOMIZE



CONTROL

Ensure you're taking steps to control the parasite population by taking action to clean both the internal environment and the external surroundings.

EXTERNAL

Cleaning manure from paddocks and pens, regularly.

Pasture maintenance and rotation.

Introducing beneficial fungi (hopefully available in the US soon... [Bioworma](#))

INTERNAL

Clean and appropriate nutrition

Proper digestive support

Natural remedies for parasite reduction



CLEANSE

Whether you decide to use chemical dewormers, and even if you don't... supporting your horse through a cleanse is supportive to their health and well-being. This is another way to reduce morbid waste and "trash" from the body. Creating an internal environment less likely to get imbalance with parasites.

NUTRITION SUPPORT

Prebiotic, probiotic, and digestive enzymes - my top options include: Forebasics, ForeDigest, Stomach Soother, Aloe gel or juice.

Amino Acid Support - Spirulina or Equinety

Trace Mineral - Fore74

Oxidative Stress Reduction - Nrf2 Activation (1 to 2 capsules per day)

Earth Element - Stomach and Spleen Meridian



CLEANSE

GENTLE LIVER CLEANSE OPTIONS

Wild Fed Horse Herbal Liver Cleanse

1 Tablespoon Dandelion Root once daily

1 Tablespoon Milk Thistle Seed Powder

Helichrysum Essential Oil - Topically or Aromatically

Rosemary Essential Oil - Topically or Aromatically

Wood Element - Liver Meridian and Gallbladder Meridian



CLEANSE

GENTLE URINARY TRACT CLEANSE OPTIONS

1/4 cup to 1 cup - Dried Dandelion Leaf 10 to 14 days

Juniper Essential Oil - 1 to 3 drops Topically or use
Aromatically

Water Element - Kidney Meridian and Bladder Meridian



CUSTOMIZE

Use one of the following options in the Spring and Fall... or any time you're concerned of a parasite imbalance. You will likely have a "favorite" option over time. Make sure to read your horse and change if they don't like or if you don't feel like it's effective.

NATURAL REMEDIES TO DETOUR PARASITES

¼ cup Ground Pumpkin Seeds once or twice daily 10 to 14 days

¼ cup Food Grade Diatomaceous earth once or twice daily 10 to 14 days

1 to 3 drops of either Nutmeg or DiGize blend essential oil (once daily for 7 days)

Herbal options available from Silver Lining Herbs and Earth Song Ranch (use as directed on the label)

Utilize acupuncture point BL 19 to help expel parasites more effectively while completing your natural parasite control remedies.

KEEP UP THE GREAT WORK ON SUPPORTING
YOUR HORSE'S HEALTH NATURALLY!

HAVE QUESTIONS OR SOMETHING TO SHARE...



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