



Guiding Principles of Natural Horse Care: Powerful Concepts for a Healthy Horse

Stephanie Krah

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In *Guiding Principles of Natural Horse Care*, Stephanie Krah teaches horse guardians the foundational concepts necessary to enhance and optimize their horse's overall health and well-being.

This is not a book about cookie cutter approaches, nor does it tailor to the silver bullet mentality, but rather it's a practical guide that provides valuable information if you're wanting to keep your horse naturally. Natural horse care has become a popular approach to maintaining your equine partner with the goal in mind that she'll have both quality of life and longevity. Additionally, guardians are finding it to be an excellent approach to decreased horse keeping expenses and to having the potential for decreased veterinarian bills.

Although the hurdles to starting a natural horse keeping program appear to be minimal, without an experienced guide it's easy to become frustrated when you feel your expectations are not met.

This book was written by the creator of Soulful Equine, a leading resource on natural horse care, and takes the reader through the key principles for maintaining a naturally healthy horse.

Guiding Principles of Natural Horse Care provides practical advice and results based on the author's own experience of what works through tried and tested strategies.

Inside this book, the reader will learn:

- To understand the dreaded feeling of fear and how to manage it when it relates to your horse and to your horse's care. If fear arises, you'll be more prepared to deal with it if a challenging situation presents itself.
- The role foundational nutrition plays in having a consistently healthy horse. A consistently healthy equine partner helps you feel confident that you're making the right decisions about your horse's overall care.
- Details regarding common health concerns for guardians and why implementing a well-rounded natural horse care program may prevent, if not eliminate, most concerns. You will feel confident and less fearful.
- What to consider if you want to take your horse barefoot and what to consider in order to maintain a sound barefoot horse. By setting your barefoot program up for success, you will feel more at ease and less confused when it comes to lameness concerns.
- Points to consider when deciding to trim your own horse. Having all the facts up front allows you to feel confident in your decision with little doubt and few, or no, regrets.
- To think of the word "expert" differently. Many times, it's hard to know who to trust and believe when it comes to horse care. Knowing how to navigate through information when seeking out an individual for help will be empowering for you as a horse guardian.
- Guidelines for creating a natural habitat that saves you time, space, money and improves the health of your horse. Learning effective ways to allow your horse to move and interact with other horses, like nature intended, will help you have peace of mind like nothing else.
- What's necessary to implement a foundational program that promotes a naturally healthy equine partner. By understanding foundational principles, you'll feel more confident about your horse care decisions.

- What is necessary in order to be a great caregiver and partner for your horse. Being able to make informed decisions about your equine companion's care will help you be more in control of your horse's overall health, well-being and your future together.

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