

the quarterly journal of wholistic equine care

Natural HORSE

M A G A Z I N E

dedicated to your horse

FARRIER TRIM vs. NATURAL TRIM

**DETERMINING
AGE by TEETH:
What Counts,
What Doesn't**

**ACUPRESSURE
for Kids!!
Fun, Safe, Powerful**

**WILD HORSES
LOCKED OUT:
Will the Fence
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Inside!**



Fenugreek

by Katharine Lark Chrisley, NHC, RMT

FENUGREEK, *Trigonella foenum-graecum*, is one of the oldest medicinal plants and is used for humans, horses and dogs. Fenugreek has profound blood sugar balancing properties but should only be used by insulin-dependent diabetics with supervision of a health care practitioner. It is also a uterine stimulant so is NOT to be used during pregnancy.

The seeds are used as a culinary herb in Middle Eastern cooking and are sprouted for a delicious addition to salads. The sprouted seeds, added to a horse's bucket feed, add important enzymes. Fenugreek seeds are fed to horses as a digestive aid, to reduce flatulence and to balance weight gain (it is adaptogenic - will help stabilize the body's weight whether too high or too low). It is considered for all types of inflammation, to help clear the lungs and for stomach pain. The ground seeds can be added to a poultice to help remove infections and swelling.

Fenugreek contains mucilage, diosgenin and coumarin. It has levels of vitamins A and D that are comparable to fish oils. It is a source of the amino acids lysine and tryptophan, which are important for horses, especially those who have foundered or who have laminitic tendencies.

Fenugreek seeds will increase milk flow when fed to lactating mothers. It is a good choice for horses with Cushings Disease who are hard crested and prone to laminitis (the blood sugar balancing effect helps in these conditions) and can help dogs with blood sugar imbalances. Horses are fed a tablespoon once daily; medium size dogs would receive a 325 mg. capsule every other day.

A Fenugreek infusion makes a wonderful tonic rinse for the skin. This skin tonic is especially safe for dogs who might lick and ingest the medicine. It has a very distinctive aroma - I remember its smell from my childhood in West Virginia. I used to buy a horse supplement in small, green cardboard boxes with the powder held inside waxed paper. The aroma was wonderful. I did not know until much later when I studied herbalism that the ingredient that smelled so good to me was fenugreek! ♡♡

About the author:

Katharine maintains an herbal stable yard and now offers the ebook, "The Herbal Guide for Stables" through her company's online store:
www.dharmahorse.info

