

the  
dynamite

## digest

A newsletter promoting the well-being of all living creatures and the planet

SPRING 2016 | Vol 34 No 2

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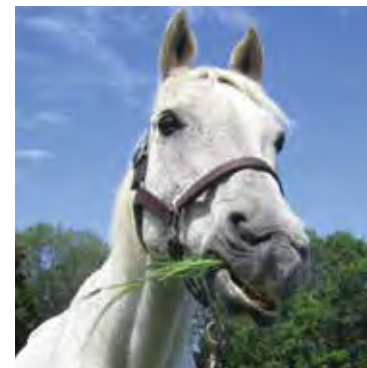
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Insulin Resistance in Horses:  
Not So Sweet

Judy Sinner, Dynamite Gold Director

Pick up any equine journal the last few years, and you will see an article on **Insulin Resistance**. It has become a major syndrome and a very real health challenge for our horse population.



Let's examine this metabolic syndrome in plain English. Horses that are insulin resistant tend to gain weight very easily. They are the "air ferns" who seem to just look at food and gain weight. Many people try to starve them, putting them on scant and crummy grass hay, dry lot and more exercise. But, they stay fat. I remember years ago being at a nationally-known trainer's barn and seeing an obese mare waddling round on a hotwalker, sweating in the hot sun for hours. I finally asked if he was trying to turn her into Tiger Butter, and he responded, "That (bleep) is going to stay on that walker until she ovulates!" This particular trainer was into halter horses and fed straight alfalfa, flax and sweet feed. Big "duh". We have all seen mares and some geldings and stallions like this—cresty necks, fat pads around the tailhead, blubbery shoulders, lumpy "cellulite" dimpled fat instead of smooth covering, bulging supraorbital hollows above the eyes. All horses that eventually manifest with Cushing's Disease, based on elevated ACTH levels in the blood, have underlying insulin resistance (IR). ACTH is driven up by elevated insulin levels. In the final stages of Cushing's, weight loss and muscle wasting often occurs but IR is still at the root of this health challenge as well. Not all IR horses are Cushing's, but all Cushing's horses are IR.

So, what's up here? Basically, control of blood sugar is fundamental for healthy life. If blood sugar goes too low [you have] hypoglycemia. Sweating, shakiness, confusion, even death can result. You all know people who are hypoglycemic, who have to eat often or they get all weepy or belligerent. Hyperglycemia, or high blood sugar, is the other end of the scale. Tom Cowan, MD, writing in *Well Being Journal* for March/April 2005, states that "hyperglycemia is a relatively new phenomenon in human history", and I would submit it is the same in equine history. Physiologically, horses are well equipped to deal with times of drought and food scarcity that existed through the millennia, by using feed efficiently. Times of overabundant food with little exercise are not the norm through either equine or human history. One farrier commented, "They were the survivors", literally selected by nature for their easy-keeping qualities. They survived during drought and scarcity while their higher metabolic rate friends were wolf bait from diminished body stores during a hard winter. Enter the human race, who has foisted upon the horse population the "super size it" mentality, eat like a feedlot steer: high-protein alfalfa hay, molasses-laced sweet feed, grains in general, and lots of all of it. The body has many hormones developed over history that kick in when blood sugar drops too low, but only [has] two ways to deal with blood sugar that goes too high. Exercise is the first way to deal with it. Exercise drives the sugar from the blood into the muscle cells, which is then used as fuel. The production of insulin is the second way in which the body copes. Insulin helps the body remove sugars from the blood and stores it as fat. Dr. Cowan comments that consumption for many years of foods that drive the blood sugar high and chronically exceed the amount of sugar needed by the muscles for exercise, leads to more and more insulin production. Diabetics actually have too much insulin, not too little as the medical community would have us believe. What happens is a phenomenon called insulin resistance. The blood sugars are chronically elevated and insulin levels are rising so the cells build a shield around themselves to slow down this flood of excess sugar. In other words, the cells close the gates and refuse the insulin. The situation gets worse, since the

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# Insulin Resistance in Horses: Not So Sweet (CONTINUED FROM PAGE 1)

cellular sugar levels are low, so the body perceives that as low blood sugar. The person (or horse) has low energy and feels hungry so they eat more. More and more fat is stored and fluid retention occurs. We have all seen the “soggy fat” horse that “wibbles” when it walks like a Jello mold. This fluid retention can lead to hypertension, circulatory problems (laminitis) and all sorts of degenerative disease.

Proteins are broken down into amino acids for use in rebuilding the various protein components of bodies. Fats are broken down into fatty acids and used to produce hormones, prostaglandins and cell membranes. Carbohydrates are used for one thing only—energy generation. Carb consumption should be tailored to the activity level of bodies. Runners or endurance racers and other working horses need carbs; the rail horses, weekend trail mounts, couch potatoes or pasture ornaments not so much. It is actually pretty difficult to overeat on proteins and fats as the appetat tends to shut down. Merely cutting down on carbs will result in blood sugar lowering. High carb foods also tend to be acidic in the ash residue they leave, and as Dynamite Gold Director Dr. Regan Golob has reminded us so many times, diabetes or insulin resistance is a disease of over-acidity. Cutting grains way down or out completely is where he usually starts in treating diabetic humans and in dealing with insulin resistant horses as well.

Minerals are also an important factor. According to Dr. Cowan, the minerals chromium, zinc and vanadium are important in insulin production and absorption. Without vanadium, sugar in the blood cannot be driven into the cells. Chromium regulates carb metabolism and proper function of insulin receptors. Zinc is a co-factor in insulin production. Magnesium is important in blood sugar regulation and for thyroid support as well. B6 is a vitamin that is essential for carbohydrate metabolism. High levels of vitamin A are important since diabetics are unable to convert the carotenes in plant foods into vitamin A. Vitamin D is essential for insulin production as well.

## So, how does all this translate to management of our IR horses?

- **TAILOR GRAIN FEEDING TO ACTIVITY LEVEL.** The less grain you can feed the better and most relatively inactive mature horses don't need grain at all. Even growing babies should be limited on grain meals as blood sugar spikes have been proven to affect bone and joint development in a negative way. Small amounts of grain spread over several feedings a day and fed after hay work best for all horses who get grain. Stay away from the sweet feeds. Use **Dynamite Pelleted Grain Ration (PGR)** or a plain dry cob (corn, oats, barley) mix. If the horse is already IR or laminitic or showing tendencies, grain should be avoided altogether.
- **FOR TOPLINE AND HEALTHY WEIGHT GAIN, SUBSTITUTE DYNAMITE HES PELLETS** (our non-GMO whole extruded soybean pellets) for healthy protein and fat without the carbs found in grains. Most horses do well on just a cup or two of **PGR**, if they need grain at all, and then a cup or two of **HES** pellets depending on weight and activity levels. We have some Dynamite show/performance horses who get **HES** and their supplements only, no grain, especially if they tend toward EPSM.
- **TEST YOUR HAYS FOR NSC** (non-structural carbohydrates). For problem horses, try to stay at or below 10% NSC. Equi-analytical.com is a great testing resource. Many of the newer species of grass hays are extremely high carb—great for fattening cattle and other livestock, but the literal kiss of death for many horses. One researcher calls perennial ryegrass, “the quintessential founder fodder”. Bermuda and timothy are usually lower in carbs than many other grasses. Bluegrass, orchardgrass, rye and fescue are innately higher in carbs. Even weather plays a part. Cold sunny weather causes the grasses to store more sugars in the bottom 3” of the plant as they can't use the sugar for growth. Spring and fall pastures and hay crops can be leached and deadly! Cloudy days will drop the sugar levels in the plants, as will active growth during hot weather, especially when pasture is being fertilized and irrigated. Don't graze or mow pastures lower than about 4” for insulin resistant horses as most of the sugar is in the plant stems. There is huge fallacy in grazing the IR horse on the “down to the nubs” fields, as those are actually higher in sugars. Grazing muzzles are a good thing if the horse needs exercise but

needs to be limited in grass intake. Safergrass.org is a great website for more info on which hays and grasses are safer for horses with this metabolic syndrome. If you must feed higher carb hay, such as first or third cutting or the higher carb varieties, soak the hay. Soaking for an hour in hot water, then draining and feeding, will siphon off about 50% of the sugar. Buy rained-on hay if you can (as long as it is not moldy). Rain between cutting and baling takes out a lot of sugar.



- **USE A SLOW FEEDER.** Anecdotal evidence points to continuous slow feeding of hay for optimum blood sugar balance. This can be achieved by use of hay nets or grids that limit each bite to just a few stems which cuts hay consumption to a more natural level while still providing the physical and psychological benefits of free-choice hay. This method also stops the blood sugar fluctuations that accompany even a few hours without hay followed by large bites. Frank Reilly, DVM, states that horses may have a 1000 times jump in insulin upon being fed in the morning when they have been without hay for a while. One resource is slowdownhayfeeder.com which offers a combination slow feeder/soaker. My personal recommendation is the Hay Wise feeder (haywisefeeders.com). Do NOT try to dry lot or starve a fatty IR horse by restricting forage. The stress reaction of being hungry and accompanying high cortisol levels actually cause a rebound reaction with further slowing of the metabolism. Dr. Juliet Getty writes, “Cortisol tells the tissues to ignore insulin's attempts to get glucose into the cells. So insulin increases to try to overcome this, but not very successfully. When insulin is elevated, the cells hold on to body fat.” High cortisol from stress also hinders the conversion of T4 thyroid hormone into the active form of T3, so a horse may show normal T4 levels on a blood test, but still be woefully low in actual thyroid function. Note that high insulin levels make horses (and people) ravenously hungry. It may take some time for appetite to become more normal as the hormones balance out so using the slow feeder is mandatory to break the vicious cycle of gobbling a small meal and then being even more hungry and fatter than ever.
- **PROVIDE HIGHLY AVAILABLE MINERALS AND VITAMINS.** **Dynamite TNT** is made to order for IR horses. It contains a synergistic combination of **Dynamite for Horses**, **Free & Easy** for joint support and to combat inflammation, **Excel** for digestion, **HES** pellets that provide fat and protein, **Izmine** (trace minerals), and **Easy Balance** for extra magnesium which support thyroid function and healthy circulation as well. If not feeding **TNT**, be sure to use **Dynamite** rather than **Dynamite Plus**. **Dynamite** provides higher levels of antioxidant vitamins and chelated minerals that horses with Metabolic Syndrome need—higher selenium in particular.
- **ADD A LITTLE MORE EASY BALANCE** to the ration even if feeding **TNT**. This supplement of chelated magnesium, B vitamins, chromium, organic cinnamon and iodine from kelp is tailor-made for the nutritional needs of Metabolic Syndrome/Insulin Resistant horse.
- **HIGHER LEVELS OF OMEGA-3 FATS AND ANTIOXIDANTS** are important for these horses. **Oxe Mega** provides vitamin E and **Hiscorebodyne** (vitamin C in the form of Ester C and bioflavonoids), especially important if your IR horse tends toward laminitis. Healthy omega-3 fatty acids are provided in the form of chia seed, the highest plant-based source of omega-3, without the thyroid-

inhibiting action of flax. **OxE Mega** also contains our proprietary **SOD**—enhancing mix of copper, zinc and manganese amino acid chelates.

- Another potential option, if needed, is to **ADD A LITTLE BREEDER PAC TO SUPPORT PITUITARY FUNCTION**, especially in mares.
- **BALANCE DIGESTION AND BUILD B VITAMINS IN THE GUT WITH DYNA PRO**. Stable and beneficial gut flora goes a long way toward supporting horses with laminitic tendencies.
- **CONSIDER ADDING ADDITIONAL WHOLE-FOOD FATS** for these horses. **HES**, contains whole extruded soybeans which add soy oil in the original and unfractionated form. Black oil sunflower seeds (a cup a day or even less) will add more fatty acids though these are higher in Omega 6 fatty acids so ideally balance with **OxE Mega** which contains chia seed. An important note here: do NOT feed oils to horses. They need a whole-food fat source like **HES**, chia seed or **BOSS**. Horses do not have gall bladders, the organ in other species that emulsifies (breaks down) fats for easier digestion. Oil is thus absorbed in horses directly by the lacteal ducts in the gut which also happen to house the fat soluble vitamin receptor sites. These become “slimed” and blocked with the un-emulsified oil. The fat soluble vitamins are A, D, E and K, and are important for immune support, proper blood clotting and metabolism of calcium in particular. In nature, the only fats horses ingest are grass seed heads in the spring. They are not high-fat eaters by physiology. Interestingly, many vets and conventional nutritionists recommend oils as a fat source. Not a great idea for a couple more reasons. Vegetable oils such as soybean, corn and canola oils are made up of long-chain fatty acids which can actually decrease the cells’ ability to absorb blood sugar and aggravate diabetes or insulin resistance. These oils are also usually extracted from the seed using hexane, a petroleum distillate, and they are high in Omega-6 pro-inflammatory prostaglandins as well.
- **BE REALLY, REALLY CAREFUL WITH VACCINES AND CHEMICAL DEWORMERS** on IR horses. They qualify for the “underlying health issues” exemption from vaccines. They tumble over the edge into laminitis and founder so easily. Pyrethrin fly sprays are endocrine disrupters and holistic vets feel they should not be used on horses with metabolic issues and should be used with care on any horse. A good natural alternative is Dynamite **DynaShield**.
- **EXERCISE THEM MORE AND DAILY**, and let them live outside instead of in a stall. Manage feet for optimum circulation, ideally keeping them barefoot if possible, or at least shod for easy break-over and maximum heel expansion. Long toes put harmful pressure on the Triple Heater meridian ting point, which is just above the coronet band in the midline of the front legs. The Triple Heater meridian is considered the master of the endocrine glands (pituitary, adrenals, thyroid, and sexual organs). We have seen fat, hairy, laminitic, Cushing’s horses drop the heavy haircoat and be running comfortably again just by getting rid of the long toes with proper (ideally barefoot) trimming.
- **PROPER DENTAL WORK IS ESSENTIAL** to the optimum working of the TMJ and cranial bones, which can affect the pituitary gland. Cushing’s and IR horses may benefit from cranial balancing and chiropractic work.
- **ADDRESS “SWEETNESS OF LIFE”**. Just like with diabetic people, metaphysical causation can enter into health problems big time. Is the IR horse sad? Is he or she rejecting the sweetness of life, wanting a new owner, another job to do, needing more attention, mirroring issues in your life? Some judicious work with **Relax** or **Tranquil**, listening to your intuition about the horse’s needs (or yours!) or consulting an animal communicator can be a big assist to balance.

With careful management, our IR horses can live long and healthy lives.

## Dynamite IR Horse Testimonials

### LYNN EBERHARDT, DYNAMITE DIRECTOR, WI:

Lynn’s IR horse has been on the Dynamite TNT program for 5 months and she just had his blood work done. We saw amazing physical changes over this time period, but now the true test...the blood test!

**5/24/2007: Insulin: 39 / Thyroid (T4): 16**

**12/19/2007: Insulin: 5.8 / Thyroid (T4): 14.5**

*\*normal range for insulin is 2 to 25 and T4 is 12 to 40.*

Lynn is thrilled! Her horse is on Dyna Pro, TNT, Free Choice Minerals and went thru a 3-day Miracle Clay regimen for suspect ulcers. He is also on Chromiacin by Solaray. Note: that was our recommendation before we introduced Dynamite’s Easy Balance, which contains Chromium that is niacin-bound. His cresty neck is gone and everyone she knows thinks she got a new horse—that is how drastic his physical changes have been!

### SPONSORED CLINICAL TRIAL:

Dynamite sponsored a clinical trial in 2008 on an IR, badly founded mare. In 60 days her insulin went from 50 down to 8.5 on the program of TNT (full dose) and 2 oz of Easy Balance. Her glucose also dropped from 88 to 64. A normal insulin range is 10-30 on this particular scale and normal glucose is 65 - 110. These are early morning, fasting levels. The vet came out both times at 7 a.m. before her breakfast.

Her muscle enzymes dropped from 318 to 250 (normal range 120 - 470). The higher they are the more sore and tight the horses is.

Her liver enzymes dropped significantly indicating less toxicity, and thyroid (T4) increased from 1.3 to 1.8 (normal range 1.0 - 2.8 on this scale).

All in all, it was quite a dramatic change. The attending vet commented at her second check, “I am impressed!” She is also almost completely weaned off the Bute, only 1/2 gram once a day (she was previously on 2 grams daily for some time and was still dead lame at the start of the trial). Her platelets are also up into the low end of normal, from 63 up to 102 (normal is 100 - 400). That is thanks to the Trace Minerals that we have also had her on to stop possible intestinal bleeding (from the Bute) and the ulcer protocol with Miracle Clay. She has also been on 2 oz OxE Mega for E and Omega-3s since she does not get pasture. The owner is over the moon!

### MARDI GRAS (SEE PHOTOS BELOW)

Check out another success story of IR mare Mardi Gras on our blog: [dynamitesblog.com/mardi-gras-dynamite-fight-against-ems/](http://dynamitesblog.com/mardi-gras-dynamite-fight-against-ems/)



Before and after of IR mare Mardi Gras. Read her full Dynamite success story on our blog.

# How great is TNT?

## Hear it straight from the horse's mouth!

Paradoc's Tivio, aka "Tucker", and Dynamite Silver Director Judi MacDonald of Maple Valley, WA and Prescott, AZ, won both go rounds of the Dixie Challenge (2010) in Hurricane, Utah. Barrel racers in the northwest already know the 13-year-old, 15.1-hand buckskin as this win put him over 100K in lifetime earnings. Just a few of Judi and Tucker's accomplishments include two time

Columbia River Circuit Qualifier, Northwest 5D Trailer winner for two consecutive years, and Brand Top 20 Shoot Out Qualifier.

The Dynamite products Tucker gets every day are: PGR, TNT, Free Choice Minerals and MSM. He gets Dyna Pro and Miracle Clay every few weeks as needed.

He has a mix of timothy and grass hay with a handful of alfalfa mixed in three times a day. He has been the best barrel horse I have ever had. He loves his job and gives 110 percent every time. He will be with me forever. He is a true Dynamite horse and by the way, he is barefoot, too!"

DYNAMITE SILVER DIRECTOR JUDI MACDONALD, AZ

This is a picture of my 4th generation Dynamite Arabian gelding, SA Khompadre, aka Hemi. He has been raised on all of the Free Choices [Minerals], TNT, HES, and Dyna Pro. I feed virtually no grain, unless he gets a handful of PGR once in a while. He gets 1 cup of soaked grass pellets to mix his supplements into. I boost his immune system before and periodically throughout the show season with SOD, and feed a ball of activated Miracle clay, in a handful of either PGR or HES, to keep him from getting ulcers while we travel. Thank you Judy Sinner for letting me "borrow" VF Summer Love aka Brandy (Hemi's granddam) to be my foundation mare, and to Dynamite for the products to keep these generations of awesome horses so healthy!"

DYNAMITE SILVER DIRECTOR TERRI OLSON, WA



This is my 2 year old filly Our Clementine (owned in partnership) winning last fall at Emerald Downs. She gets daily TNT and Dyna Pro, and Super Stress for three days before each race."

DYNAMITE GOLD DIRECTOR DR. REGAN GOLOB, ID

My 24-year-old rescue miniature donkey FFOM Molly has not had even one estrus cycle in the 8.5 years I've owned her. Molly has some health challenges, including COPD (heaves), missing teeth and very likely the beginnings of Cushing's Syndrome (though not "officially" diagnosed). After being on the TNT for about six weeks, Molly came out of her stall frisking and dancing around, then mounted one of the other jennets! I've NEVER seen breeding behavior from her. Of course I wouldn't breed Molly, but the fact that she was having a hormone rush of any kind is encouraging. Her weight is more consistent as well."

DYNAMITE SILVER DIRECTOR CANDI JOHNSON, LMT, OR

I can't tell you how much I love the TNT! My mare, what can I say—she has really settled and has just become such a pleasure. She was always so flighty. I haven't been on her back riding her for nine months. I have been exercising her in the round pen but not riding her. Well I got the chance to get on her and ride her last week. It was like she took a day or two off not NINE MONTHS! She was doing lead changes and everything. She felt so solid that it was hard not to do too much with her. She would have jumped a full course and not missed a lead if I had asked her to. Now that's Dynamite!"

RACHEL BUSH, CA



“Being involved in rehabilitative therapies for animals, TNT has proven itself over and over again as my “co-healer in a bag.” For horses under stress from training, from an accident, or injury recovery, it has the best component parts to assist the “healer within”.

In the day and age of chem trails, environmental assaults to the immune system, and everyday wear and tear, the body has so many more incoming signals to recognize. It is much easier for there to be a chink in the armor of good health and wellness. Providing TNT, even at a low dose, and adding in some additional Dynamite, to cover the basics, gives the body a myriad of building blocks with which to balance everything from blood sugars to the immune system. For athletic horses, the slow burning fats help keep the sugars from spiking and dropping while at work, and during the recuperation phase.

I have included a picture of my stud horse, Gangster Chex (aka to his trainers and those who love him as The Couch, The Green Grocer, and Chunky, among other things). He is a sturdy lad, being a reining-bred QH. He is about 14.1,

tapes in at 1130 pounds and would wear a size 1 shoe if he ever had shoes on the fronts. He is a life long Dynamite horse (no vax, no chemicals) who has never had a bad day in his life nor has he missed a meal.

He is Fat, with a capital F. However, on closer examination, you can see that he is simply fat. He is not IR, nor diabetic. When he is working, he does trim down but then he muscled up even more. He still carries a bunch of weight over the top line and hip. He’s cheeky, but not cresty, in the neck. I am careful to monitor this simply because he has the body type that could predispose him to having sugar issues.

His training mix is Dyna Pro, TNT, some extra HES, and a mix of Easy Balance, OxE Mega, and Hiscorbadyne. I send this to the trainers with all the ones that leave home. I have never had a trainer refuse to feed the supplements daily because I keep it simple. It is also one of the questions I ask before I choose the trainer. If they can’t do it. It’s a deal breaker.”

SILVER DIRECTOR TRACIE SEAVEY AUDETTE, OK



## LIMITED TIME TNT SPECIAL

**Order 60-pound Dynamite TNT and receive a limited-edition, classic, square bucket while supplies last.**

For you “seasoned” Dynamite distributors you will remember these from about 6 years ago. They are great refillable container with an easy-access hinged lid. We only have a limited supply of these buckets, and when they’re gone, they’re gone.

**While  
Supplies  
Last!**

**60-POUND  
TNT BUCKET  
PROMOTION  
STARTS NOW!**

<b>WHOLESALE PRICE:</b>	\$ 321.60
<b>RETAIL PRICE:</b>	\$ 427.20
<b>SHIPPING:</b>	\$ 20.00
<b>PV:</b>	180

### WANT TO GET FREE SHIPPING TOO?

Add a 64 oz Dyna Pro & get FREE SHIPPING with your 300PV\*\* order!

*\*Dyna Pro is a suggestion. Free shipping is based on 300PV free-shipping program. See Distributor Manual for exclusions.*

# Quality vs Quantity

## WHY WOULD I WANT TO USE HUMI-ZYME OR VIGOR?

There is an old adage that says “an apple a day keeps the doctor away.” At Dynamite we understand that that adage only works if you know how and where said apple was grown. If you are trying to keep that doc away with a conventionally grown apple, good luck. Modern agricultural practices, imbalanced fertilization, poor or no crop rotation and over grazing of the land

have drastically depleted our soils of organic material and trace minerals. The result of this is crops, or an apple, with little to no vital nutrients. That apple isn't going to do you much good. Our food isn't feeding us.

Take that same apple tree and place it in soil that has been replenished of its organic matter through sustainable farming practices and proper organic fertilization and the result is a nutrient dense fruit that delivers

what is promised. Dynamite's basic philosophy of building a strong foundation first also applies to our fertilizer products. When you build a strong foundation of soil health, you will see healthy plants that are able to ward off disease. These plants will produce abundant crops that are packed with the nutrients that they were provided in their life span.

Both Humi-Zyme and Vigor were developed to provide plants with nutrients in a form which works cooperatively with the plant and the soil. Providing plants with the nutrients they need in the form that they can use allows the plant to achieve natural growth and maturity for a higher quality crop.



“Ideally, your horses would obtain everything they need from the pasture they feed on. If your pasture is treated with Humi-Zyme, your horse(s) will be eating those nutrients the best and most natural way. Horses on Humi-Zyme pastures often consume less of Dynamite's Free Choice Minerals.”

Jos Zamzow  
Dynamite Specialty Products,  
COO

## Safe for Kids & Animals? Absolutely!

When Dynamite creates any product its vision is to improve life never to harm.

This holds true even in our fertilizer products. Humi-Zyme and Vigor are safe for all animals, adults and children, wildlife and the environment. You do not need to keep animals or children away while applying or after applying our products. Don't worry if they roll around in it or even consume it by accident. It is 100% safe!

We are pleased to offer such effective products that are truly making the environment healthier while keeping our animals and children safe.



### PUT NUTRIENTS BACK IN THE FOOD YOU GROW!

## THE ADDED BENEFITS OF VIGOR



*Lettuce plants from the Dynamite test garden. Plant on the left was treated with concentrated compost factor.*

Vigor is an amazing product and should be on the shelf of every home gardener. Vigor will create robust house plants, potted plants that are the envy of your neighbors and a garden full of lush vegetables.

Vigor is built on a base of Humi-Zyme but has the added benefit of a concentrated compost factor—a mushroom extract added for plant growth. Vigor also has a complete and balanced mineral and trace mineral package added. Vigor's focus is on making healthy, happy plants that, in turn, produce sweet, delicious fruits and veggies with incredible flavor.

### WHILE SUPPLIES LAST!

## HUMI-ZYME IS BACK Just in Time For Spring!

Available as 5 gallon buckets (in MLM program\*) and 55-gallon barrels (outside the MLM program). Humi-Zyme is available as single barrels or a skid of 4 barrels.

**For more info or  
to order, contact  
customer service  
at 800-697-7434.**

*\* 5-gallon buckets  
qualify for the 300PV  
free freight program!*



# Dynamite Easy Balance™ for Metabolic Balance



Cushing's disease and laminitis are usually classified together as Equine Metabolic Syndrome. They originate from the same fundamental metabolic issues, namely pituitary imbalance which causes the body to increase secretion of ACTH and then to overproduce cortisone. Insulin Resistance also fits this category of EMS and many horses with pre-Cushing's symptoms but with normal ACTH levels are actually IR instead. These horses have high insulin levels as a result of their muscles' inability to absorb glucose for fuel, which causes the body to produce more insulin in an effort to use the glucose. Insulin Resistant horses are analogous to human Type 2 Diabetics. Symptoms of EMS imbalances may include:

- Drinking and urinating excessively
- Fat deposits in the shoulders, rump, above the eyes, and cresty necks that can get thick and hard
- General obesity, until the latter stage of the disease when there is weight loss and muscle wasting
- Depression and lethargy
- Sensitivity to touch in the flank and barrel
- Thick curly coat which is slow to shed, sometimes patchy shedding and odd sweating patterns, especially in the Cushing's horses, but may also be present in laminitis and IR
- Impaired immunity and lowered resistance to infections—to skin and dental infections in particular
- Tendency to founder, also toward winter laminitis episodes
- Varying degrees of muscle tightness or even tying-up

General care of EMS horses includes a low-carb, high-fiber diet, with no grain and a low NSC (low sugar/starch) hay. High-quality protein, anti-oxidants and fatty acids are needed, such as those found in Dynamite HES™ pellets and OxE Mega™, and a top-quality supplement high in available minerals, amino acids and vitamins such as Dynamite® or more ideally TNT™. Dramatically increased levels of two particular minerals, magnesium and chromium, have also been found to be invaluable in dealing with EMS.

Magnesium levels in particular should be increased well over the needs of the average horse. Magnesium relaxes the blood vessels for better circulation, especially important in the small blood vessels of the feet. In humans, magnesium has also been shown to lower CRP (C-reactive protein) which is a sign of inflammation in the body. Blood sugar stabilization and thyroid support are two other functions for which magnesium is invaluable. Magnesium deficiencies exhibit as nervousness, muscular tightness, irritability, excitability and poor memory retention. Most of the soil in the United States is deficient in magnesium especially on both coasts and anywhere there is clay soil. The high-stress lifestyle of many horses leads to an increased need for magnesium, and mares are notoriously deficient in magnesium due to estrogen levels. Since it is impossible to overdose magnesium and it is non-toxic, it makes sense to supplement generously, as the deficiency may even be a predisposing factor to the development of EMS.

Chromium helps the body to use insulin more effectively so that insulin and blood sugar levels do not rise abnormally. Anecdotally, we have seen reductions in neck crestiness and obesity with the addition of 1,000 mcg up to 3,000 mcg (1 to 3 mg) of chromium daily to the diet of an EMS horse, or even more if necessary. Chromium has the unique ability to balance blood glucose—it lowers high blood glucose in diabetics and corrects low blood glucose in hypoglycemics. Low blood sugar is a leading cause of anxiety and nervousness and chromium has stabilizing effects on the emotions as well. Building lean body mass and preventing the breakdown of muscle tissue in human athletes is another ability of chromium. This appears to translate into the maintenance of EMS horses as well. Easy Balance™ contains just under 1 mg (1000 mcg) of niacin-bound chromium per ounce. This is the most expensive source but the only source of chromium that is definitively proven in research to balance blood sugar levels.

Cinnamon has been discovered to be valuable in the treatment of Type 2 Diabetics and appears to have the ability to balance blood sugar. Easy Balance™

contains pure, fresh-ground, organic cinnamon for palatability as well as for blood sugar balance.

Thiamine plays a vital role in carbohydrate metabolism. A study at Warwick Medical School in the United Kingdom states that researchers "have discovered that deficiency of thiamine (Vitamin B1) may be key to a range of vascular problems for people with diabetes."

Diabetes researchers know that previous animal research has already established such a link. The author of the article, Kathryn Mays-Wright, begins by comparing thiamine to a positive role model that can actually "teach" cells how to overcome the bad influence of glucose. Ms. Mays-Wright notes that when the vitamin is deficient, "your cells are literally soaking in a toxic glucose bath. This gives glucose ample opportunity to move in and cause all sorts of problems, from fatigue to neuropathy."

Easy Balance™ is an offshoot of our wonderful magnesium supplement Easy Boy™, which has been used successfully for calming as well as for assisting IR and Laminitic/Cushing's horses. Our previous recommendation was to add 1 mg to 3 mg or more of health food store-bought chromium to the Easy Boy™. Now, it is done for you in one convenient supplement. Here's to Balance—Easy Balance™!

**DIRECTIONS:** Feed 1 to 3 ounces daily, or as needed, with Dynamite® for Horses or TNT™, and a low glycemic diet. For optimum results, add OxE Mega™ for antioxidants and omega-3s, and HES™ pellets if weight loss is a consideration.

**INGREDIENTS:** Magnesium Amino Acid Chelate, Thiamine Mononitrate, Riboflavin Supplement, Lysine, L-Tryptophan, Montmorillonite Clay, Organic Cinnamon, and Chromium Nicotinate. Kelp has also been added, as a source of iodine for thyroid support.

## The proof is in the results!

"Easy Balance is FABULOUS! My mare dropped 70 lbs. in a month on it. She was already on chromium and magnesium before that but the Easy Balance sure had some dramatic results. I just can't stop looking at her. I am amazed!"  
ALINE ADSIDE, DYNAMITE DISTRIBUTOR, CA

"I have had great results with the Easy Balance. I have a 14-year-old brown Arab mare. In April, our vet did some acupuncture and chiropractic work on her. The vet was concerned that the mare might have slight onset or symptoms of Cushings disease. She had a pot belly and her winter coat is coarse and curly. Thankfully, Dynamite just came out with Easy Balance and I started her on it right away. She can be a picky eater when I add something new to her grain but she licked up the Easy Balance without a problem. It must be the cinnamon. Normally, it takes a long time for the mare to shed out and it is usually very patchy. After taking Easy Balance for a few weeks she dropped her winter coat with ease and is now shiny. She still has the potbelly, but that is the way she has always looked. I think it is just that short backed Arab thing. The mare looks great and feels great. Thanks Dynamite."  
ANNETTE PILLON, DYNAMITE DISTRIBUTOR, MD

"I noted that THIS combo of magnesium and chromium had eliminated Tess' cresty neck issue. She was developing a little tendency, and she's always had rock hard muscles. Easy Balance does the job when other product combinations did not."  
KATHY MCCARTHY, DYNAMITE BRONZE DIRECTOR, WA

# the dynamite digest

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and more. Check us out on

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# CONGRATULATIONS! Dynamite Iditarod Champs 2016



**Congratulations are in order for Dynamite distributors Dallas and Mitch Seavey for their first and second place finishes in the 2016 Iditarod!** Dallas's finish in this year's race brings him his **THIRD** consecutive win, and a total of four first place finishes. Mitch has two wins under his belt as well. These two Dynamite teams were the ones to beat in this year's race but through preparation and strategy, helped them come out on top once again, even pulling into Nome in record time!

For more on Dallas and his Dynamite dogs, check out our blog at [dynamitespecialty.com/iditarod-champion-has-dynamite-dogs/](http://dynamitespecialty.com/iditarod-champion-has-dynamite-dogs/).