

## Hoof Care for the Winter Months

### Now is a Great Time to Transition to Barefoot

You've had another magnificent summer with your horse. Invigorating rides, countless trips to the barn, canters through the emerald green countryside, the sun streaming, shadows through the forest, the sweet scent of horseflesh on supple leather, lazy picnic lunches as your trusty mount grazes succulent sward nearby - dips in the ocean, pond or simply under the hose to rinse away the brackish sweat of another fiery ride. It's been a fantastic season and it is now coming to an end.

Maybe you've considered pulling the metal shoes off your horse for the winter. Perhaps you've heard about the benefits of re-establishing proper hoof mechanism. You like the idea of allowing blood to flow freely into the live tissue of the brilliant structures that support your horse. You are well aware of the axiom - no hoof, no horse and you want to do the best you can for your horse's health and well being. You want fresh blood circulating to provide nourishment and oxygen to your horse's feet. You want their weight and the shock of impact to be properly absorbed. And you know all about those debilitating conditions that so many horses are plagued with. Navicular disease, laminitis, ring bone, side bone, splints, arthritis and chronic thrush can all be deterred by a practice that is simple, beneficial and cost effective. Have I got your attention?

Now is the time to pull off those metal shoes. Allow the frog to make contact with the ground and pump fresh blood through all the coriums of the hoof. Allow shock to be properly absorbed by the hoof, rather than referred back up the structure by the impact of jarring metal. Studies have concluded an 800 Hz frequency vibration as metal impacts a hard surface at a trot. Now is a good time to relieve those debilitating effects and encourage the hoof to expand and contract as it should. What we call "hoof mechanism" is the pumping function that restores hoof health to your horse; absorbing shock rather than delivering it. Your solution is to simply pull off those metal shoes and use Cavallo Hoof Boots to keep your horse comfortably free and natural. The benefits far outweigh the basic knowledge you'll require to employ a skilled trimmer who will keep that regenerating hoof tissue in check. And of course the costs of hoof boots, even with trimming costs included will amount to less than regular shoeing. But here's the real savings - Veterinary fees! Your horse's overall strength, respiratory, circulatory and immune system will benefit. Yes, a poorly functioning hoof can bring down the entire system, while alternatively, a properly functioning hoof has the effect of nourishing and revitalising the whole horse.

Most of us don't ride as frequently during the winter months, so this time can be used to rehabilitate from the dangerous effects of nailing metal shoes into your horse's feet. Hoof boots can be the most useful, practical and no-nonsense tool to assist in returning those feet to their rightful healthy state. Use Cavallo Hoof Boots for riding in winter. If you need extra traction, studs can be applied. The boot soles will deter snow and ice from balling up inside the sole concavity. You can keep your horse moving all winter with the assistance of well fitting and well made hoof boots. If you need to apply poultice, hold a bandage or medicate to remove any thrushy bacteria issues, you can even leave boots on for turnout. Tape up the aeration slots to keep the hoof dry in wetter weather. Use them to combat the effects of ice shards or any other aggressive terrain. The use and benefits of Cavallos are indeed multiple. And if you need any support or assistance for your new program, please contact [liz@horseandmore.co.uk](mailto:liz@horseandmore.co.uk) or [info@cavallo-inc.com](mailto:info@cavallo-inc.com)

Take responsibility and be non negotiable with your horse's comfort and well being.



*Carole Herder has a genuine passion for educating horse owners worldwide, especially on all matters related to natural horse care. Given her strong belief that keeping horses barefoot assists to alleviate hoof problems, Carole designed and developed Cavallo Simple, Sport and Trek Boots. In 1993, she also designed and developed Total Comfort System Saddle Pads to address the other "hot spot" for horses ridden under saddle – sore backs. Providing comfort for horses is Carole's passion. In 2010, she won the Royal Bank of Canada western division Trail Blazer Woman Entrepreneur of the year award. Carole is an author of several publications and is currently finalizing her first book. She presents training at numerous horse events worldwide. [www.cavallo-inc.com](http://www.cavallo-inc.com)*