

AANHCP PRACTITIONER LINDSAY SETCHELL HOOFING MARVELLOUS



**HORSE & HOOF CARE
NATURALLY**

Kids learning to be Barefoot & Natural

It's been another busy month for Hoofing Marvellous, with new buildings nearly finished at Hoofing Central and the acquisition of a much needed poo hoover!! Another great meet of the Barefoot & Natural Pony Club happened again this month and was the last one until September, so we finished it off with a fab BBQ. We had Tori

Garnsworthy, 1 star Parelli Instructor, come along to help teach the kids & ponies and we had some wonderful moments - 2 of which we caught on camera (see above). Henry (7) with one of our current rehabs, Chance (more of him in a later issue), happy and sound; and Poppet, jumping as if she was in the Grand National!

This month's issue of the newsletter is positively bursting with articles, all with such interesting stories to tell, as well as the Hoofing Marvellous herd update and new this month is the start of our diary of how to set up a Paddock Paradise from scratch! We hope to make videos as well, all of which you will get to see. So read on & enjoy!



ZOE & ELLA'S STORY

Articles this month



CREATING MY PADDOCK
PARADISE



HOOFING MARVELLOUS HERD
UPDATE



CONFESSIONS OF A HARMLESS
LOONY



MY HERD. MY TRACK. MY LIFE.

Confessions of a harmless loony!

by owner, equine behaviourist & author **Mark Hanson**

Read Mark's 'eye opening' book - 'Revealing Your Hidden Horse, a revolutionary approach to understanding your horse'

I first met Lindsay several years ago when due to a back problem I was looking around for help with trimming my horse's hooves, up until that time I had done my own trimming, not because I wanted to, but because there didn't seem to be anyone out there doing this stuff, and well, - it felt like the right thing to do - I also had other rather odd ideas about horses.

In those early days and in some people's eyes the idea of allowing a horse to go barefoot made me a dangerous heretic, then when I told them my horses also lived in herds, never saw the inside of a stable, didn't wear clothes and were banned for life from eating cereals or molasses, they decided I was probably an equine anarchist as well - the kinder ones just wrote me off as a harmless loony.

Ho-hum.

This was not anything new, it had all happened before, like the time, years before, I discovered a young American cowboy called Pat Parelli who seemed to be saying that horses could actually think for themselves and, that human beings should really try to see the world from the horse's point of view for a change. I liked that - a lot.

JAIME JACKSON WROTE HIS GROUNDBREAKING BOOK...PADDOCK PARADISE...AND HE SENT ME A SIGNED COPY - NICE BLOKE!

I signed up immediately, in those days you got a membership card, the first in the UK, mine was number 52. (The entire Parelli system by the way, was a 15 page photocopied A4 booklet - we 'ad it tough in them days!) Even though I've moved on in my personal journey since then away from natural horsemanship and gone my own way with my horses all my work is still based on the principle of seeing the world as a horse sees it. However I am still on good terms (I hope), with the movement that became Natural horsemanship, in it's many forms.

Then there was the whole track system idea. At the time I was doing my own trimming, I took my responsibility seriously so I began to read and study everything I could in books and on the

internet, I discovered the work first of Jamie Jackson and then Pete Ramey and others. I got hold of any videos or if I was lucky the new DVD format all ordered and dispatched from the USA and eagerly awaited. Then of course Jamie Jackson wrote his ground breaking book explaining the idea of Paddock Paradise and my eyes were opened once again - and he sent me a signed copy - nice bloke!

For a long time I had been thinking of keeping horses in an 'environment', rather than something designed for human convenience and based on tradition. I wanted to keep my horses in a way that actually created mental and physical health as a side-effect of keeping horses. From the day I got my first two horses I have always kept them in herds 24/7. I believe horses must interact quite naturally with other horses every day and night of their lives and that this is fundamental to their good health and well being. I also believe horses should decide on the structure of the herd, and that structure should not be based on me deciding this horse was 'aggressive' or 'greedy' or 'lazy' or 'mare-ish' or frightened or even that a horse could be labelled in accordance with some sort of system, as I have seen other people doing. Of course my interpretation could be entirely wrong and horses might be just like that, but to my mind - this didn't matter. Just like Pat Parelli years before, I figured that horses knew a whole lot more about being horses than I did - so I just let them (all four of them) get on with it - and it worked.

Then along came this other American, Jamie Jackson who just said, "it's easy to do that - just put up a track around the field, voilà! Paddock Paradise".

Well actually in fairness it wasn't quite like that. I discovered this lady on the internet who lived in East Cornwall and even though I was convinced she would never travel all the way down to the West of the county to deal with my horse's hooves, I gave her a call...

And that was how I met Lindsay and some years ago she started to trim my horses hooves. On her first visit we were chatting about keeping horses barefoot and she said have you ever heard of this guy in America called Jamie Jackson and his idea of Paddock Paradise? "Do you know", I replied, "As a matter of fact I have..." And the rest, as they say, is history.

Visit: <http://hiddenhorses.com>

REVEALING YOUR HIDDEN HORSE



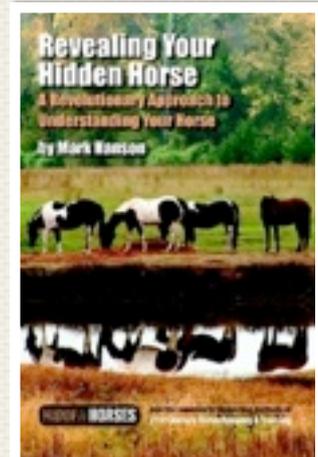
MARK WITH TED WHO WAS WRITTEN OFF NOW HAPPY & SOUND



HORSES HAVE A BASIC NEED TO LIVE IN HERDS



MARK'S TRACK



MARK'S BOOK

My Herd. My Track. My Life.

by owner **Simone Sains**

My small herd of four
Tonts, Corrie, Fern & Kya

All Amazing, all totally bare and we love it!

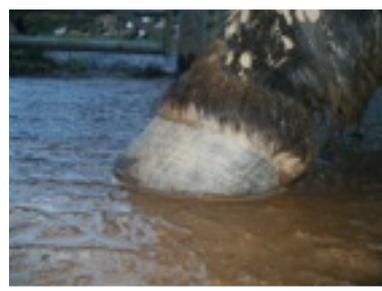
After lots of research into the confusing and conflicting world of the barefoot horse, I finally made a decision to go barefoot and have never looked back. It's taken nearly two years to get the whole thing working in harmony, with regards to nutrition and turnout, boots or no boots, which boots blah blah. I am constantly learning and I hope that will never change. Lots of trials with herbs and supplements.



TONTS, ON THE DAY HIS SHOES
CAME OFF FOR GOOD

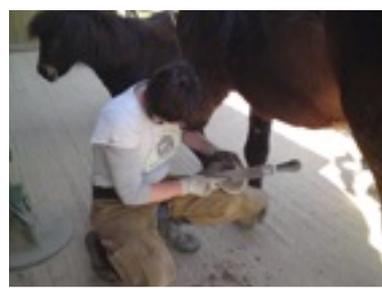
My early experience with horse care was a very traditional one. The horses were stabled until needed, bitted to the max, wearing all the gear with very little turnout – which never really bode well with me. God how differently I do it all now.... Out 24/7, no extra feed, hay put out in piles twice/three times a day around my track, which follows the perimeter of my fields, though my yard past the shelter.

To encourage lots of movement, salt and mineral blocks are put in different places, water in another, as many different surfaces as I can think of and tree trunks and rocks placed randomly about. Anything to make their captive lives more interesting and less sterile.



ONE OF TONTS'S HOOVES JUST 3
MONTHS LATER

The only thing I am having trouble cutting out is raincoats (rugs) for my thin skinned babies. But I am getting there, slowly...maybe next winter I'll tell myself they will be rugged less. However, when Lindsay arrives, I assure her their rugs haven't just been on before she turned up! (Wink wink) even though they look suspiciously clean and dry on those very wet and muddy winter days! I know she knows. She just gives me one of those Lindsay looks.



SIM LEARNING TO TRIM HER
OWN HORSES HOOVES IN
BETWEEN VISITS

Winter is the most challenging time with horses no matter how they are kept. I usually put the hay in tractor tyres, again to encourage them to move and also to save it from being trodden on and blown onto the moor, which has proved to be really successful. I also have a sheep hay feeder which is brilliant. It has wheels so it can be moved easily when the ground gets really muddy.

Now I am in the swing with the commitment of having barefoot horses and have an organised system which is really no more time consuming than any other system, but sometimes seems to cause more stress getting enough hay for continuous hay feeding – however the cost is really no more when you take the extra unnecessary feed and vet bills out of the equation.



IT'S SO IMPORTANT TO TRIM
FOALS HOOVES TOO!

I use roughly three round hay bales per month in the summer and one a week in winter. My goal now is to make my own hay and cut out the middle man. Maybe one day.



FERNIE THE MINIATURE
SHETLAND

KEEP THEM BARE
KEEP THEM OUT
KEEP THEM NATURAL

Thanks Lindsay
You enlightened my life

Simone

The Hoofing Marvellous herd

This month I'm introducing you to the next 3 to make it into the herd. Last month I introduced you to Sunny, Crockett & Poppet, my first 3 Shetlands and this month, we're going to go up a little in size!

I FOUND OSCAR ON A PROJECT HORSES WEBSITE

I wasn't really looking for Oscar, he sort of found me.....

I was browsing through a project horse website - a website where people can advertise their horses and be honest about all of their 'issues'. I wasn't really looking for a horse but then I saw Oscar's face and something went ping in my stomach and the next thing I knew he was turning up and meeting my Shetlands. He had several head shaking issues, a questionable confirmation with weak, locking stifles and napped on rides....hmmm he was certainly a project! Now, however, we have reached Level 3 with Parelli and I just have the best fun with him and never want it to end!

...and then I visited that darn website again! and who should I find but Sam, in desperate need of relocating from his pretty, but fly ridden canal side paddock, to our windy hillside by the coast...and from the moment he arrived he never itched and scratched himself ever again. He had been found and rescued as a 2yr old, locked up in a chicken shed covered in filth. It took his then owners 4 baths to clean the worst off him. Now he thrives in his herd and fly rugs are a thing of the past for him.

Then came Snoop - Snoop arrived a couple of years ago, a chronic seriously overweight laminitic pony, who spent his time in and out of stables, on and off drugs, starved, shod....you name it, it happened to him! He ended up with a friend of mine and then he eventually came to me to ensure he stopped his laminitic attacks. Now he is very sound and very happy in his herd and ridden often.



OSCAR

OSCAR, MY 12 YR OLD APPALOOSA. HE'S MY LEVELS HORSE (THE ONE WHO HAS PUT UP WITH ME LEARNING PARELLI ON HIM OVER THE YEARS!) WE'RE CURRENTLY AT LEVEL 3 AND HIS FAVOURITE SAVVY IS LIBERTY. PROBABLY BECAUSE HE GETS TO CHOOSE WHEN WE SHOULD FINISH PLAYING! HE HAS GREAT BAREFOOT FEET.



SAM

SAM, NOW 8, A SHIRE X COB, IS JUST BEING STARTED TO HARNESS AND IS ALREADY A RIDING HORSE. HE'S ONLY 14.3 BUT VERY WIDE AND STRONG WITH AMAZING FEET. HIS FULL NAME IS MR SAMUEL WHISKERS AS HE DOES GROW THE MOST AMAZING LONG WHISKERS! YOU CAN CERTAINLY HEAR HIM 'CLIP CLOPPING' UP THE ROAD & THERE ARE NO SHOES INVOLVED!!



SNOOP

SNOOP, 12 YR OLD WELSH SECTION A IN DISGUISE! IT SAYS SO ON HIS PASSPORT BUT HE'S THE BIGGEST I'VE EVER SEEN....IN HEIGHT AND WIDTH....WITH AN ENORMOUS LAMINITIC CREST! HE WAS A VERY POORLY CHRONIC LAMINITIC BUT AFTER BEING REHABBED WITH THE HOOFLING HERD, IS NOW RIDDEN BY MY 8 YR OLD DAUGHTER GEORGIA... BOTH OF THEM ARE QUITE A CHEEKY PAIR!

Ella's transition from shoes to Barefoot

by owner **ZOË MILNE MMCP**

I originally crossed-paths with Lindsay a couple of years ago through our mutual interest in Natural Horsemanship.



ZOE & ELLA

At that time, I was at the tail end of my studies with Jim Masterson from the USA and about to Certify as Practitioner of his Method of Integrated Equine Bodywork. My own horse had unexplainable physical challenges and inspired what has now become a fairly major change of career. Whilst I was passionate about anatomy and understanding the mind-blowing ways in which the horse demonstrates with every ounce of its being, precisely where it he/she is holding tension and discomfort (if we know what to look for), I was recognizing in so many cases of horses that I was working on – how many issues relating to the horses body, was in fact originating from pain or discomfort in their feet. Often, as a result of human intervention and dare I say it, 'shoes'!

My friendship with Lindsay has therefore been pivotal to me in more ways than one. Not only is she hugely knowledgeable and experienced where the equine foot is concerned, she also has an unrivaled passion to share her knowledge with us beloved owners, for the ultimate benefit of the horse.

In my own personal quest to do my best for my own horse and help ensure her ongoing comfort, I therefore felt confident with Lindsay's support and guidance, to brave-it and transition my horse from years of (what I now recognize as) poor farriery, to barefoot.



ELLA'S RH BEFORE THE SHOES CAME OFF FOR THE LAST TIME

My horse (Ella) was transported from Hertfordshire to Cornwall, to spend four months with Lindsay's herd, on her track system where not only did she enjoy the amazing view and new piggy friends (oh, and lovely haylage), but regular pedicures and day-to-day attention for what I (the owner!) was anticipating to be a horrendous transition.



RF AFTER FIRST TRIM, LF STILL WITH SHOE ON

We simply haven't looked back! The worst part of it all (for Ella) was having her burnt-on shoes taken off in the first place! Apart

from the big freeze last winter when most of the horses were challenged by frozen ground (and she had her special slippers on to help with that anyway) she has taken it all in her stride and now has the best looking feet I've ever seen her have. It's been worth every minute of helping her go back to being natural and anatomically, without a doubt, I continue to see improved levels of comfort throughout her body.



ELLA ON THE TRACK CLIMBING ONE OF THE MOUNDS

Our horses are great teachers – we have much to learn, to help them better. Thank you Lindsay, for helping me learn more about mine.



ELLA'S HINDS 6 MONTHS INTO HER TRANSITION

Editors note (When Ella returned to Hertfordshire, her care was handed over to our wonderful Steve Vendyback, AANHCP Qualified Practitioner who is now Ella's Hoofcare Specialist and doing a great job!)

How the Masterson Method Works

by **ZOË MILNE MMCP**

Certified Practitioner & Instructor

The Masterson Method™ of Integrated Equine Bodywork

The Masterson Method™ of Integrated Equine Bodywork



NO HORSE IS SYMMETRICAL

Why would your horse benefit?

No matter how perfect the conformation on a horse, no horse is symmetrical. Tension patterns in the muscles and connective tissues of the joints can form simply from any repetitive work (and of course from any injury or pain). These tension patterns create restrictions in the junctions of the horses' body which can then restrict movement and affect performance.



TENSION PATTERNS CREATE RESTRICTIONS

The horse reaches a point where he can't completely release this stress or tension on his own, even after the work, injury or pain that caused the pattern is gone. This bodywork searches out those tension patterns and facilitates the release of those restrictions, helping to restore overall wellness and ultimately, improve performance.

How does it work?

The Masterson Method is based on response to stimulus. Being guided by the horse and using various techniques and pressure, I help the horse release tension and restriction in key junctions throughout the body.



THE MASTERSON METHOD IS BASED ON RESPONSE TO STIMULUS

Tuning in to the horses' behaviour and subtle but clear responses, it really is a fascinating, gentle, non-invasive and effective method. The requirements of each horse is different and every work is tailored to the individual throughout each session.

How is this Method different?

This method of bodywork involves no 'force' at all, yet it is completely effective at helping horses at a structural level. Horses have two responses to pain/ pressure: they either flee or brace. Since we don't allow them to flee, most horses brace against pain to the point of even blocking it out. They also often brace against our attempts to help them. By observing the horses' responses to the work we are doing and by being sensitive to the level of pressure each horse can comfortably tolerate, we stay 'under the radar', allowing the horse to completely relax.



BEING SENSITIVE TO THE LEVEL OF PRESSURE EACH HORSE CAN COMFORTABLY TOLERATE

We simply haven't looked back! Using a variety of techniques, we then facilitate the horse to release the restriction and tension for themselves.

Client testimonial

"I was intrigued to note any improvement of any kind that this technique may give to Rollo, and as pleasantly surprised that he had responded with such positive results. I can recall a lot of relaxation around his tail area. He normally clamps it right down but after his session he was comfortable for the first time for me to lift it! There has also been an improvement to his flatwork. He is working in a softer more sustained outline than before (also noted by my trainer). I would be happy for you to see him again especially to look at saddle fitting issues. Many thanks, Karen Purvis and Rollo"

Based in Hertfordshire, Zoë travels throughout the UK and Europe to work with horses and teach the Masterson Method through introductory 1-Day Seminars. If you are interested for your horse to be seen, or to learn more about the Masterson Method by hosting or attending a Seminar, please contact Zoe:

Tel: 07879 623304 or by Email: zoemilne@hotmail.com
www.mastersonmethod.com

CREATING MY Paddock PARADISE

sharing the experience from start to finish
by owner & Hoofing Marvellous Admin Control Sarah Parrot

JULY 14th 2011 I've seen a field that is waist high in brambles and stinging nettles and clearly hasn't been used for grazing anything other than rabbits and the odd deer for several years. Behind an enormous gate there are two dilapidated 12'x12' stables and an equally shaky looking hay barn made from rusty corrugated iron sheets. The field is long and thin and looks, to my untrained eye, to be about one and a half ish acres. The best thing about it (aside from the poor grass and proximity to the moors) are the many mature trees that run up either side and offer copious amounts of potential shade and shelter.

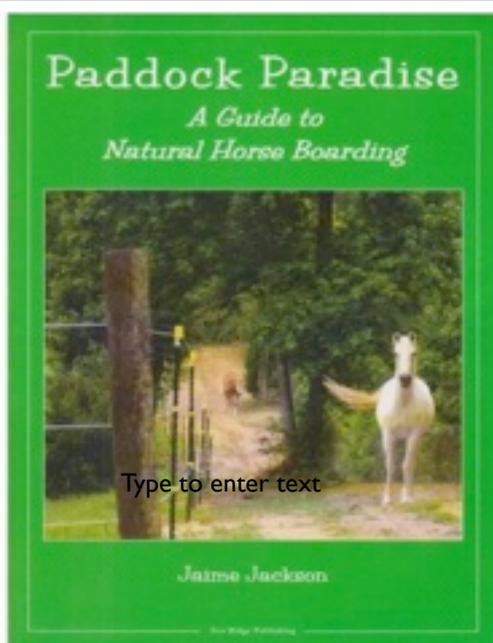
Spurred on by thoughts of the lovely spotty horse I want to buy (and need a home for...) I set about finding the owner of the field. Armed with a possible name and the name of the village where the owner possibly lived, I found two matches on the local electoral register. Naturally I phoned the wrong person first, but found the owner eventually and asked if she would consider either renting or even selling me the field. I left her to think about it, come up with a price for

either rental or sale and get back to me when she had made a decision.

JULY 16th 2011 We can buy the field for £11,000. We've agreed to use the same solicitor to keep the costs down and hopefully speed up the process. I'd like Storm (Henry's 11.2 Section A) and Beauty (soon to be mine - 15.1 Knabstrupper x) to be safely ensconced by mid September at the latest. The field is so well sheltered that I'm not particularly worried about sorting out the stables before they move in - any alterations can be done around the horses.

JULY 29th 2011 First contact from the solicitors office (forgot to factor solicitors fees to the budget - beans on toast for the next 3 months...). Costs will be £50.00 Land Registry fees, £55.00 for a drainage search (how can something so mundane sounding be so expensive...) and £594 solicitors fees. I can have a land search and an environment search done too if I so desire, but have declined on the grounds that I want to remain married for a bit longer!.....more next month!

Read Paddock Paradise by Jaime Jackson if you want ideas about setting up your very own Paddock Paradise



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THE LOST Paddock



THE ENORMOUS GATE



THE REASON I NEED A FIELD



STORM & HENRY

PICS OF THE MONTH



Coral (rehabbed chronic laminitic) & Ava having fun under Tori's instruction



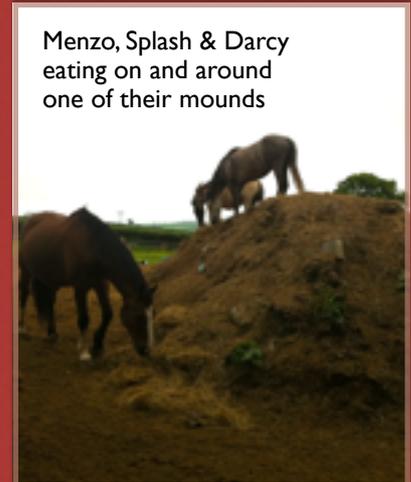
Darcy & Chloe unfazed by the scary corner!



Sam & Molly on track 3



All 3 tracks winding up to the top of the paddock



Menzo, Splash & Darcy eating on and around one of their mounds

Phew! Hope you've enjoyed reading this month...

A PADDOCK PARADISE....

1. ENCOURAGES MOVEMENT
2. IS NATURAL BOARDING
3. REDUCES LAMINITIS
4. REDUCES GRASS INTAKE
5. STIMULATES MENTAL HEALTH
6. PHYSICALLY BALANCES
7. IS EASY TO SET UP
8. HELPS SELF TRIM HOOVES
9. IMPROVES HERD DYNAMICS
10. IS THE BEST WAY TO KEEP HORSES

We loved putting this months newsletter together and I hope you enjoyed reading it. We hope to bring you videos and more information each month regarding setting up the Paddock Paradise from scratch. As with all these kind of projects it will grow and develop as time and the seasons move along. We know that track systems are the ultimate way to keep our domestic horses, always attempting to encourage more natural behaviour patterns that are as close to their wild neighbours as possible.....we know they are domesticated but the more horses live like this, the more we will see an end to such terrible pathologies such as laminitis, equine metabolic syndrome, insulin resistance, to name a few as well as all the displaced behaviours that our

domesticated horses exhibit from living unnatural lives. As many of you know I have a few Mantras that I repeat often, two of which are, if you keep horses unnaturally then expect unnatural things to happen....and the other....all horses can go barefoot (without exception) but not all owners!

So as I finish writing this, we at Hoofing Central are already receiving more articles to feature in future newsletters. If you have a story to tell (and lets face it, each and every one of you definitely have!!) then I know everyone would love to read it.

So until next month....lets hope the sun shines often, but the rain keeps our flowers blooming....and we all keep Hoofing Marvellous!! Lindsay x