

NUTRITION AS A THERAPY COURSE OUTLINE

by

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Week One – The Basics

- I. Orthomolecular medicine
- II. Nutrients are not drugs
- III. The balanced diet as the base
- IV. How and why needs change

Week Two – Metabolism

- I. Nutrition and the thyroid
- II. Glucose metabolism, maintenance and exercise
- III. Adaptogens

Week Three – Immune System

- I. Key nutrients in basic defense
- II. Exercise effects
- III. Allergies
- IV. Fighting infections

Week Four – The Skeleton

- I. OCD
- II. Physitis and splints
- III. Special needs of the immature horse in training
- IV. Older horses

Week Five – Muscle

- I. Bulk
- II. Cramping, “not quite right”
- III. HYPP – Hyperkalemic periodic paralysis
- IV. EPSM – aka PSSM – Equine polysaccharide storage myopathy
- V. Other causes of recurrent tying-up

Week Six – Joints

- I. Glucosamine, chondroitin and hyaluronic acid
- II. Other disease modifying supplements
- III. Alternative anti-inflammatories and analgesics

Week Seven – Skin, Coat and Hooves

- I. Windows to general health
- II. The common deficiencies
- III. Hives and itchies
- IV. Skin allergies

Week Eight – Digestive Tract

- I. Diarrhea
- II. Constipation and sand problems
- III. Bloating and gas
- IV. Gastric ulcers
- V. Avoiding colic

Week Nine – Weight Gain and Loss

- I. Causes of weight gain
- II. Weight loss strategies
- III. Causes of weight loss
- IV. Weight gain strategies
- V. Special considerations for the older horse

Week Ten – The Lung

- I. Environmental considerations
- II. Lung allergies and obstructive lung disease
- III. EIPH – Exercise induced pulmonary hemorrhage
- IV. Symptomatic relief of respiratory infection symptoms