

## TUMERIC BASICS

**TURMERIC [Curcuma longa]** Known as the vibrant yellow ingredient used liberally in Indian curries, turmeric has a long history of use in both Indian and Chinese traditional medicine. There is no history of problems associated with its consumption by trillions of people and animals over 6,000 years of widespread use.

Potent therapeutic properties are attributed to the vivid yellow-orange pigments (*curcuminoids*) that are present in turmeric. They are powerful antioxidants (significantly more so than vitamin E or C) and this is the ability to neutralise free radicals before they damage healthy cells and cell membranes; and they don't cause adverse reactions.

In conjunction with its anti-inflammatory effects (via a number of pathways), turmeric contributes to its role in preventing or alleviating an impressive array of conditions - these include many cancers, arthritis, diabetes, gastrointestinal disorders, cardiovascular disease, liver ailments and Alzheimer's. Turmeric is very useful in reducing inflammation particularly for animals with arthritis and itchy skin.

### QUANTITY GUIDE FOR DOGS

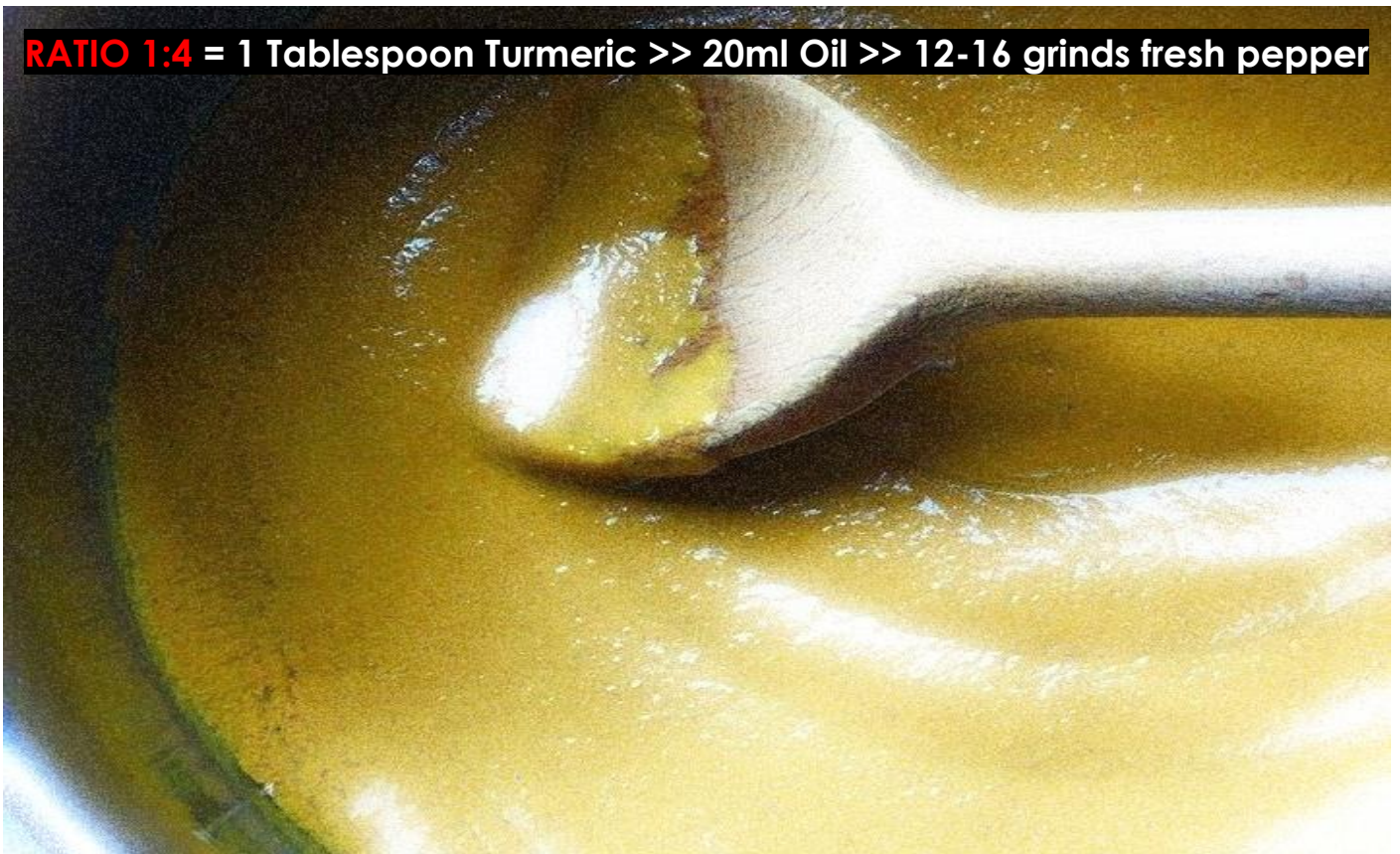
Mix turmeric with food DAILY.

1. You are going to be making a paste - so will need a cup.
2. Start with 1/4 of a teaspoon and build up (if needed) to an approximate maximum of 2 heaped tablespoons over a few weeks.
3. Add OIL - only one of these three - Coconut, Olive, or Linseed.

Start with about 5mls of oil.

4. Add 3-4 grinds of pepper from a pepper grinder.
5. Once you mix to a nice paste, it can be kept in an airtight container in the fridge for up to 1 month, which makes it easy to scoop out 2-3 teaspoons daily, mix with a little warm water, then mix in with the food you are currently feeding.

**RATIO 1:4 = 1 Tablespoon Turmeric >> 20ml Oil >> 12-16 grinds fresh pepper**



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## QUANTITY GUIDE FOR HORSES

Add **DAILY** to the feed.

1. Get a measuring cup to keep in the feed shed.
2. Add a desert spoon (to start with) of TURMERIC POWDER to your cup.
3. Then - to your turmeric powder - add approximately 6-8 grinds of freshly ground cracked pepper and some oil (coconut, olive or linseed) and mix into a paste that can be mixed through the bulk of the feed. Approximately 10mls of oil is required.

Please note, making into paste form is completely optional. Many members simply add all ingredients to the top of the feed damp down and mix well.

4. Turmeric will be excreted too fast from your horses' system unless you add the freshly ground pepper (*piperine*).
5. Please note - no other oils are recommended for various reasons, the main reason being that some oils are high in omega 6 - which can cause inflammation.

The pepper needs to be freshly ground in a pepper grinder.

If you are feeding a sweetened pelleted feed that contains some oil - the turmeric/pepper/oil is fed in addition to this by most horse owners.

6. Some horses respond within days - others within weeks as they all have differing metabolisms, live in a variety of different habitats, and range in age.

Each horse will be different, some may require as much as a cup of turmeric powder every day, others do well on 2 x tablespoons - THE MAINTENANCE DOSE IS UP TO YOU TO WORK OUT AS THE OWNER OF THE HORSE

7. The changes you are looking for will be changes to demeanour - arthritic horses will move around better, less stiffness and clicking in the hocks, Qld Itch symptoms are usually less severe, and most obviously changes to the coat. Just about every horse I know loves it and as far as gut acceptance goes there is very little difference to foods like pellets or grains.

8. There is no real data about for feeding turmeric to pregnant mares. Caution is advised. However will be adding to the information as it becomes available.

9. So - to sum up, start off with a dessertspoon of turmeric, some freshly ground pepper, and coconut, olive or linseed oil (about 10mls)

10. Turmeric does not swab under *Australian Racing* banned substances, and neither does pepper, and can be fed in conjunction with other drugs (including *phenylbutazone* - together there is an increased anti-inflammatory effect) - however, if unsure - please ask.

Be aware that feeding turmeric can increase the blood clotting time, so it is not recommended to be given prior to surgery or foaling.

Anyone sceptical that their horse would consume a curry-flavoured feed can take comfort from a study which investigated flavour preferences in horses. Turmeric was accepted by all horses in the study (fenugreek won out as the favourite flavour).

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### Golden Paste Recipe

**Makes 300g approx.**

1/2 cup turmeric powder (125 mls) (60 grams)  
1 cup water (250 mls) PLUS 1 cup water extra, if needed  
1 1/2 teaspoons fresh ground black pepper (7.5 mls)  
70 ml cold pressed Olive or Coconut oil

Place turmeric and water in pan, stirring over gentle heat until you have a thick paste, custard or gravy consistency. This should take about 7 - 10 minutes and you may need to add additional water along the way (it seems to depend on the turmeric you have).

Add the pepper and oil at the end of cooking. Stir vigorously to incorporate the oil and allow to cool. Store in clean glass jar and refrigerate. (To sterilise jar - place clean glass jar, without lid, on cold oven shelf, turn oven on to medium and heat for 10 minutes. Turn off and pop lid in, leave with jar to cool.)

Should keep for two weeks, refrigerated. You can freeze some if you will use smaller portions.

If your mix is looking too watery, add a little more turmeric and continue cooking a few more minutes. Don't worry too much that it does not look 'perfect' - as long as it is cooked and has the oil and pepper, it will work. If the oil marbles in the jar, it just means it was not stirred enough at the end or the mix is a bit watery, but it will not affect the performance.



**20 gram Sample \$2.50 ~ 100 gram Jar \$8.00 ~ 200 gram Jar \$12.00**

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