



June 2011

Ruggles & Stopitall Ltd

In the NEWS

with

Native Pony magazine

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Many thanks to **NATIVE PONY** magazine for their interest.

www.tnp.snequestrian.com.

Ruggles & Stopitall Ltd ...products utilising the Power of Nature • www.karenruggles.co.uk • 01823 259952

Convert Competition Stress Into Your Winning Formula

As every top sports person knows, a few nerves before a competition are actually beneficial...they help the body work smarter. But for some, they can get out of hand and start to cause real problems, causing stress and taking away the enjoyment from the sport.

The Challenges. We test the human body in many ways:

- whether from pre-competition butterflies,
 - the strains of a working too hard in preparation,
 - changes in diet and fluid intake whilst competing,
 - not eating properly when out and about at events,
 - too much sugar or snack foods,
 - alcohol, or
 - if you've recently taken a course of antibiotics.
- And all the same 'stressors' that you experience can also apply to your horse, pony, donkey, alpaca, dog etc.

The Tipping Point. Most of the time our bodies deal with all the rubbish we throw at it, but there comes a point when eventually the system can't cope and we start to feel off colour – perhaps with a cold or upset tummy, itchy skin or just feeling over tired or lethargic.

One way to help avoid this is to "*listen to your gut*" as the TV adverts say. Why?

- Around 80% of the human immune system, or
- Around 70% of your horse or dog's immune system
- is reliant on a healthy gut so it makes sense that if your gut (or 'engine') is happy, then the body can function properly.

Ruggles & Stopitall Ltd have been using 'pure' probiotics since 1995....so their knowledge and experience comes from years of use and observing exceptional results. Protexin pre and probiotics help to re-balance the ratios of friendly and other bacteria resident within the gut. In turn, this helps nourish the body's "engine", enabling you and your horse to better deal with stress and convert life's challenges into benefits.

Humans (and pets). Unlike the yoghurts and drinks in the supermarkets, Protexin Bio-Kult capsules (for humans) are an exceptionally stable and high intensity product containing an industry-leading 14 strains of naturally occurring beneficial micro-organisms. They are the 'pinnacle of probiotics' - without the need of a dairy base-ingredient nor needing refrigeration (ideal when attending shows and/or travelling abroad!). They can also be fed to pets!



Horses (and donkeys). Protexin Equine Premium Gut Balancer is a 'pure' pre and probiotic powder which can be used daily to encourage normal digestive function and to ensure the 'friendly bacteria' flourish and help support the immune system. Whether at home or on the road, it can be added to feed or given as a treat – it's extremely tasty as it is just tiny amounts of 'tindalysed' (cooked) grass and probiotics (which taste of nothing). It's guaranteed free of cereals or any other unnecessary 'fillers'. Or for extreme times of stress, try Protexin Equine Premium Quick Fix Paste.



So if you want to be manage stress and excel despite the challenges of a hectic show season, you need to "*listen to your gut*" for yourself and your family, your horse and even your pets.

Special Offer:

See web for special online discounts and FREE Quick Fix offer.

For testimonials and information, or to order from the naturally inspired products at Ruggles & Stopitall Ltd range,

visit www.karenruggles.co.uk

or call 01823 259952.

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