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December 2011

Ruggles & Stopitall Ltd

In the NEWS with Pegasus Magazine

"Healthy Immunes"

All **blocked out** areas are text/names/descriptions that may contravene Veterinary Medicines Directorate (VMD) regulation; text within [] has been inserted by this office.

Ward Off Winter Stress Naturally



Winter is upon us, along with the seasonal stresses of cold weather and dark nights, and so both you and your horse need to be at your best to cope with this. After all – if you're not feeling up to the mark, who will take care of the mucking out, exercising and feeding?

Firstly focus on the immune system to avoid catching every bug and infection that is going around. Approximately 80% of the human immune system and 70% of your horse's, is reliant on a healthy gut, so if you can address this issue and get both your digestive systems working to their optimum capability, then you have a head start on a healthy winter.

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 your horse's immune system. For your own system, try Protexin Bio-Kult capsules which are an exceptionally stable and high intensity product containing an industry-leading 14 strains of naturally occurring beneficial microorganisms. A healthy functioning gut can make a surprising amount of difference to both equine and human issues and there is a growing awareness of the potential of immune health ingredients in [redacted]

Also don't let the mud and wet invade the skin this winter. This happens because skin cannot escape the relentless damp which gives bacteria and fungi a foothold to live and breed, whether on the legs or on the back, and it only takes a tiny scratch to let in the bacteria that causes those horrible, crusty scabs to form in matted areas of hair. Of course prevention is always better than a cure, as once established, mud-related issues can take some time to get rid of, but if your horse is affected, it is important to get the affected area dry and clean and apply preparations to get rid of the bacteria. Stock up with some Ruggle-it Shampoo and Oil, which is a totally natural product that can help with up to 18 different skin issues such as those caused by mud, winter itching, mites, and sore and chapped skin plus much more! It can be used on any animal as well as humans.

And if the cold challenges limbs, causing stiffness and [redacted] look at the benefits to be gained from Omega 3 (OM3) – an essential fatty acid which is an integral part of the cell membrane of every single cell in the body and is key for healthy joints, balanced immune and nervous systems, healthy skin and general well-being. Pernamax Green Lipped Mussel (GLM) is produced using unique cold processing which can allow up to four times as many key active nutrients to be retained within the supplements as their competitors. They also come as palatable, crushable tablets that can be fast acting (7-10 days), are veterinary approved and can be used for horses and pets as well as humans.

So by following these three key points, you can not only help your body and your horse's body to help themselves, but you can save [redacted]

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.

PEGASUS - available throughout

Many thanks to **Pegasus** for their interest.

[Pegasus](http://www.karenruggles.co.uk)

See the **December issue** in most **tack/feed shops** in the South East & Essex or click the above link for the online version – it's on page **Page 14** (or enter "ruggle-it" into their search box.

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