



ON COURSE
—EQUINE NUTRITION—

WELCOME

to the September Webinar Series

In her monthly, 6 lecture webinar series, Natalie teaches horse owners, trainers, veterinarians, farriers and other equine professionals how to better balance equine diets without lengthy math problems or spending more money. She teaches little-known, but very powerful industry secrets that will give you and your clients confidence and purpose at the feed store.

Who is Natalie Sullivan (formerly Shaw)?

After 14 years as a professional in the equine nutrition industry, I've honestly just gotten fed up with the quality of equine nutrition information out there! And I do mean QUALITY, not QUANTITY. There is certainly a lot of misinformation, myths, and half-truths that propagate amongst us all, and we all suffer for it! It's overwhelming. So, how do we weed through it? I quit my job with a very wonderful agricultural coop, finally moved back to Montana with my two warmblood mares, and started an online nutrition course for horse owners, veterinarians, farriers and other professionals to help you figure out just that! Better yet, now that I'm not attached to any company and do not accept advertising dollars, I can be unbiased in my discussion of feeds and supplements available to you.

I am a horse owner and competitor like you; 3 horses, 5 acres, a few competitions a year, LOTS of lessons, shelves of horse training books, and irrationally passionate behavior that my husband tolerates. Like you, I live and breathe horses. They are my profession, my hobby, my vacation time, and my community. I grew up in the United States Pony Club and achieved the “A” level certification in 2004 and am currently a National Examiner for the USPC. I graduated with a Bachelor of Science in Equine Nutrition in 2007, and then spent 12 years as an equine specialist for three horse feed companies (which I loved). I've travelled the country wearing many hats and witnessing the many, MANY ways that people choose to keep horses.

Over the years, I was seeing more and more horses suffering with Equine Metabolic Syndrome (and other metabolic diseases) and was frustrated with the lack of products and resources to help them. I set out to design a teff hay based horse feed and in my quest to get that done, I ended up getting a Master's degree in Crop & Soil Science researching HOW to make low carb teff hay and subsequently launched “Low Carb Horse Hay Dot Com” to encourage more hay growers to grow teff and other low-carb forages. I've been speaking and consulting with teff hay growers around the country ever since trying to close the communication gap between the equine and forage industries!

My ultimate desire is to EMPOWER horse owners with their hay distributors, at the feed store, and while shopping online supplement marketplaces. I want to make you the smartest feeder at your barn. You CAN feed balanced nutrition without complicated feed programs or spending a fortune. Congratulations on your investment to your feeding future.

Syllabus

Week 1 | *LIVE* September 7th at 6PM MST/8PM EST: Equine Nutrition Power Tools- Get a Grip on your Feed and Supplements

Description

Learn Natalie's "11th Commandment" of feeding horses and apply this simple principle to your current feed program- it will change EVERYTHING about how you feed your horses. Explore and compare other types of feeds and supplements to better understand the information available to you on packaging. Natalie has developed simple tricks to breaking the feed label code and empowering horse owners to make smarter decisions at the feed store!

Homework

1. Using Worksheet #1 place each of your current feed and supplement products into a feed category.
2. Next time that you're at the feed store or shopping online, find one product that fits into each category- text or email Natalie your findings!
3. (Optional) Review AAFCO's Feed Guidelines PDF

Week 1 | *Arrives in your inbox on September 9th* Stop Guessing & Start Gloating: The Forage First Factor

Description

Stop GUESSING about what your horse truly requires in his diet from feed or supplements! Now that you have a basic understanding of labels, it's important to back pedal to a clear understanding of your horses' primary forage source (i.e. hay or pasture). Natalie will teach you how to prioritize your forage factors to empower you, not only at the feed store, but with your hay distributor! This is not your typical boring nutrition lecture about hay and feed. This is a power packed tool to help you save "TONS" of money for a lifetime of owning horses.

Homework

1. Compare forage results provided by Natalie and match them to the right horse situation using Worksheet #2
2. (Optional) Read University of Idaho's extension bulletin <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/county/Elmore/Forages/Hay-Sampling-Techniques.pdf>
3. Arrange your list of forage priorities with Worksheet #3

Week 2 | *Arrives in your inbox on September 14th* Equine Energy Sources- Balancing Carbs and Calories

Description

Some of the most common questions when it comes to feeding horses is "How do I make a skinny horse fat?" and "How do I make a fat horse skinny?". We'll take that a step further using the information we've build upon in previous lectures to design diets that are appropriate for individual horses without spending MORE! Plus, what are these carbohydrates anyway and why are they good or bad for my horse(s)? We'll take a magnifying glass to the ingredients list so you can decide for

yourself.

Homework

1. Place each feed ingredient into a nutrient source category in Worksheet #4.
2. Using Worksheet #5 explore your feed room further by weighing each scoop and feed product. This will prepare you for the final week's homework. Also, weigh your average flake weight and your horse.

Week 2 (Optional) | *LIVE* September 16th at 6PM MST/8PM EST:

Surprise Guest Lecturer

**"Fall Pasture Management Do's and Don'ts" by Dr. Krishona Martinson-
University of Minnesota Professor & Equine Extension Specialist**

Description

Each month, Natalie invites a PhD guest lecturer to take a deep dive into special topics and enrich your equine nutrition educational experience. Each guest lecturer has mentored Natalie in some way over the years. As a participant of On Course Equine Nutrition webinar series, you will have access to all future guest lecturers for the lifetime of the webinar series.

Dr. Krishona Martinson holds a BS, MS, and PhD in Agronomy. Since 2008, Krishona has been the Equine Extension Specialist at the University of Minnesota where she was promoted to Professor in 2018. Krishona leads the University of Minnesota Extension Horse Program which incorporates technology and social media into research and Extension programming including the development of two mobile apps, a Facebook page, a YouTube channel, infographics, and a monthly e-newsletter. She has secured over \$1.9 million for her applied research program which focuses on improving equine forage utilization and has published 54 journal articles, 134 abstracts and proceedings, and has advised 13 graduate students and 2 post-doctoral research associates. In 2011, Krishona was named the Outstanding Young Professional and in 2019, the Outstanding Educator from the Equine Science Society where she is currently a Board Member. Along with her daughters, Dr. Martinson competes locally in speed events.



Week 3 | *Arrives in your inbox on September 21st* The HITECH World of Horse Feeds

Description

There is so much more in today's feeds and supplements than most people realize. Learn how to identify the different types of technologies (again by studying the ingredients list) so you don't "double dip" and understand what they can do for you and your horse. We'll explore a wide range of supplements and find out if they add value to your horse's diet or not.

Week 3 | *Arrives in your inbox on September 23rd* Gaining Autonomy in the Feed Room- Compare for Yourself using the Cost Calculator Template

Description

I get it...we all want autonomy when it comes to feeding our horses and we all want to spend less without sacrificing nutrition and quality. This final seminar will bring together all of Natalie's *tricks-of-the-trade* to send you confidently to the feeds store and fill your frugal feed room!

Homework

1. Calculate your daily forage, feed and supplement costs using Natalie's Cost Calculator Template and choose the feed program that best works for you!

Case Studies

***Natalie is publishing "Case Studies" for people to review and learn from real-life scenarios. If you'd like to be considered for a case study, please contact Natalie at oncourseequinenutrition@gmail.com. Participants of On course Equine Nutrition Webinars get 1 month of Guided Nutrition Practice for FREE if chosen for a case study.

Private Consults

Natalie offers private consultations to address your specific equine nutrition needs. Looking to maximize your equine athlete's performance? Breeding and raising foals? Need to address a special needs horse? Adding an equine nutrition

consultant to your horse's team can offer many benefits you may not have considered before. A private nutrition consultant can help guide you through the maze of products on the market, address underlying health issues with your vet, link you with many new resources you had not considered, and remove the stress surrounding equine diets by offering a sounding board to define, prioritize, and accomplish your equine dreams.

Questions & Feedback

I'd really love to hear from you about the quality of this course as well as what you're experiencing at your own farm. Please contact me at oncourseequinenutrition@gmail.com. Pictures of your horses are always welcome! Also, because I highly value your time and don't want the lectures to go long, I'm going to wait to collect questions proposed during the webinar and submit them in a follow up email the day after each lecture. You can submit these questions anonymously via the Q&A chat box during the lecture.

Facebook Group

Another way to ask questions, share experiences, review case studies, and receive homework is via the On Course Equine Nutrition Facebook GROUP. Find the group from the On Course Equine Nutrition Facebook page, request to join, and find information only participants can access. You'll have unlimited access to this Facebook Group as long as you'd like after the lecture series.