

Trial of Transdermal Application of Magnesium Chloride Hexahydrate for Horses (Jan – April 2012)

Trial Participant: Liz Inder, 5 Horseshoe Court, Samsonvale, Queensland, Australia
(Lawyer and current Equine Podiatry Student)
Email: lizinder@hotmail.com

Horses:

- Remi Lucifer aka 'Felix' – 16.3 hh Hanoverian Warmblood 10 y/o gelding

Horse has long history of veterinary and health issues including ethmoid tumours, navicular syndrome in near side fore hoof, compression through lower lumbar area of spine, pelvic weakness and sacroiliac joint dysfunction. Naturally highly strung horse temperament wise.

- Madison Park Squeak aka 'Squeak' – 15.1 hh Australian Stock Horse 6 y/o mare

Horse is young and healthy with no history of any health issues. Naturally very balanced calm horse temperament wise.

Summary of results of trial:

- 1. Muscle Texture – Did the muscles in the application areas feel softer when lightly palpated after being sponged with MgCl compared to before application?**

Felix

Horse was lacking topline during trial and had evident scapula – after MgCl scapula was less prominent and surrounding areas were softer. Less reactionary when applying pressure to lower lumbar area. This was consistent with every application.

Squeak

Horse had no obvious pain or problems pre-application yet back and neck muscles had 'spring' when palpated and appeared 'plumper' after application on every occasion.

- 2. Movement – Did the horse move in a manner after application that is different to the movement before application?**

Felix

Due to horse's issues he is restricted in his movement and can be guarded in his paces and not very forward going. Post-application he consistently appeared to have relaxed through his body and adopted a longer stride at both walk and trot.

Squeak

Horse has no obvious body issues and is young healthy horse however she did consistently appear post-application to be tracking up more freely and swinging through her back.

3. Temperament - Did the horse show any differences in temperament after application compared to before application?

Felix

As noted above, Felix is a highly strung horse that can be very reactive engaging natural flight reaction adhoc. Post-application after exercise with the first initial application he was reactive and had very high energy. But on subsequent applications he appeared to be much more relaxed and calm – he usually takes time to adjust to ‘trusting’ the process and this appeared to be the case with subsequent applications which had a calming effect.

Squeak

Horse is inherently calm and post-application she consistently looked incredibly relaxed akin to after bodywork/massage.

4. Energy – Did the horse show any difference in energy levels after application compared to before application:

Both horses acted ‘spritely’ after initial application being washed off and appeared to have higher energy levels but believe this to be due to it simply being a new activity. Subsequently they both appeared to be more active on a daily basis in their interactions in the paddock but in a more balanced fashion. Felix was known for erratic bursts of energy when free at pasture and has appeared move even in his energy levels post-application.

Additional info:

In addition to participating in the transdermal application trial, I have commenced supplementation of all my horses’ diets with magnesium chloride. The benefits to my horses’ health have been obvious and significant including:-

- Improved hoof health and substantial reduction in seedy toe and white line disease;
- Vast improvements to an aged gelding with very poor coat and body condition and arthritic degeneration – increased mobility, new coat growth and increased weight;
- Significant improvement in temperament in my warmblood, Felix, referred to above who previously was extremely flighty, had tendency to shy, buck and being very nervous in his general disposition;
- All horses are displaying calm temperaments, increased balanced energy levels, improved hoof condition and coats, and general overall health improvements.