



June 12, 2013

Greetings!,

Horses are so sensitive that they can feel a fly land on their back. How can we, as horse owners and riders, put this fact to work in our horse's favor? Find out in Monty's Question and Answer column!



QUESTION AND ANSWER

Question:

My horse is very sensitive in the flank and the stifle area. **When I am grooming her, she seems to get very angry.** She puts her ears back and even acts as though she would kick me. When I brush or touch her in the area of the flank or the stifle, she moves her hips toward me and not away. If I push harder, she pushes much harder against me. **She has pinned me up against the wall several times and it's very frightening.** What should I do, Mr. Roberts? My instructor says that I should not go into her stall without a whip. I don't want to whip her, but I don't want her to hurt me either. There must be a solution to this problem. Can you help me? Sincerely, "Extremely Frightened!"

Monty's Answer:

Thank you for your inquiry. This is actually a subject near and dear to my heart. This is the pattern of behavior that causes so much trouble with horses in the starting stalls in racing. There are rails inside the stalls which jut out toward the horse. They are there to protect the feet of the jockey but in my opinion, they cause more trouble than they save. **The horse that is sensitive in the flanks and stifles will go 'into pressure'** particularly if its applied to that area of their body. I have maintained for most of my adult life that horses are 'into pressure' animals.

It is the same phenomenon as we see in the human baby as they bring in new teeth.

The gums are irritated and the child gets comfort from pressing hard on them typically from a teething ring. The horse has survived, in part, because they have learned to go into the sharp pain of a dog biting in the region of the flank. If the horse should run away the dog would simply

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Monty's Principles

Monty's Special Diet

Hi there! I recently saw an article on how Monty's manages to stay so fit and healthy despite his grueling work schedule. What were the vitamins and stuff he was taking to keep him fit and healthy? Thanks, Janet

Monty has special dietary needs. He must keep a balanced blood sugar throughout the day and delete fats from his diet. He can only drink non-carbonated, still, bottled water. He eats the following meal three times a day. His food choices include:

- 1. Coarse chopped GREEN vegetables as in a stew with cooked onions and cooked tomatoes (no oil). That means no potatoes, no noodles, no white starch, no carrots, no peas.**
- 2. Steamed brown rice without oil or butter**
- 3. Boiled and diced skinless chicken breast, without oil.**

Monty prefers that these ingredients be cooked into a soup or stew. He requires ONE LITER of this soup per meal and eats it three times a day. Throughout the day he snacks with roasted almonds or cashews to keep his energy up.

Hotels will often make the assumption that he does not have this soup for breakfast but they are wrong. Any seasoning is OK.

rip the flesh allowing the horse to exit the body and the dog makes a successful kill. Survival of the fittest has caused horses to behave with an 'into pressure' pattern of dealing with sharp pain. One must **use soft grooming brushes on this type of horse** and be very careful about staying out of the kick zone. It is essential that we treat this area carefully.

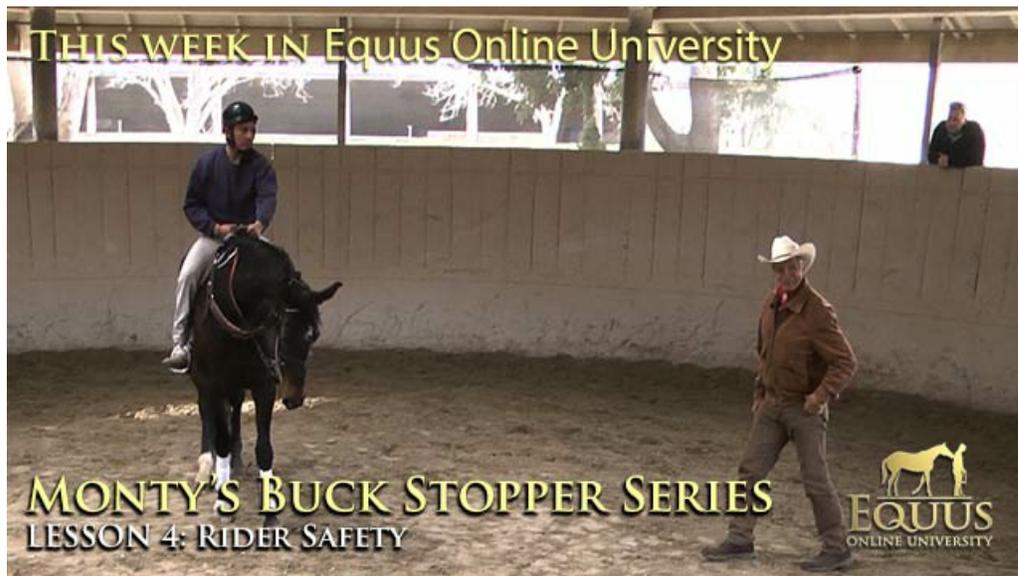
You have probably trained your horse to move off pressure without even knowing it. While riding, you will put a leg against your horse's side and when the horse moves off the leg, you remove the pressure. You have probably done this on both sides of your horse. Most likely, when your horse was ridden only a few times, there was a tendency to move into the rider's leg and not away from it. Eventually however your horse learned it was better to move away from the leg. At this present time I have some experiments going on which may prove to be a help with the very problem that you have described. It is to see if we can teach the horse to move off pressure in the area of the flanks.

In order to alter this behavior, I have asked that a soccer ball be attached to the end of a strong bamboo pole. I have asked that the pole be about 6 feet long (2 meters). The ball is actually taped onto the end of the stick, covered with sponge and more tape applied... any way to cause the bamboo stick to be safe when pushed against the horse's flanks. I direct the handler to **press the ball into the area of the flanks, and stay with it if the horse pushes back**. After a few minutes of work, most horses will step away experimenting with how to get the pressure off the ball in the flank. With the slightest step away the handler will remove the ball immediately, releasing all pressure.

The reason for the large ball is so that the horse feels no sharp pain. After removing the ball the handler should **proceed to the other side and repeat the process**. When one can achieve behavior that is immediately off pressure instead of into pressure, you're well on your way to a successful alteration of deeply imbedded behavioral patterns. Having accomplished this **you will be safer to groom, open gates more easily and even have better flying lead changes** than you could achieve prior to training your horse to move off pressure even when it's in the flank area. It is still early in this experimentation, but I think I am the first person to set up this kind of trial.

 [Forward to a Friend](#)

THIS WEEK IN MONTY'S EQUUS ONLINE UNI



Safely riding a remedial buck is the subject of this week's video lesson about **the 'Buck Stopper'** on Equus Online University!

Current students log in here: www.montyrobersoniversity.com

Not a student yet? Click on: <http://montyrobersoniversity.com/sessions/new>

[Join-Up Now!](#)

This is his supplement regime:

Oligomeric Proanthocyanidins (OPC's) - extremely effective antioxidant
OPC- 3 - Order by calling 1-727.738.4497 or 727.599.5842
(We don't get a break on this, and we pay \$73.00 a bottle which usually lasts one person approx. two months)

Four hours after food and four hours before food, Monty takes his OPC's in the **middle of night**:

OPC-3 (grape seed extract) - taken in water as per instructions.

In the morning after breakfast
(all in capsule form):

CoQsol CF 10 - 1 x 100 mg.
Omega 3 - 6 - 9 - 1 x 1000mg
Vitamin E - 1 x 400 mg.
Potassium 1 x 99 mg
Ascorbyl Palmitate (vitamin C) 1 x 500 mg. (great for the skin)
Zinc Pincolate (zinc) 1 x 50 mg.
Cinnamon 1 x 1000 mg
Folic acid
Alpha Lipoic Acid 1 x 600 mg
Selenium, 1 x 250 mg.
Transfer Factor Plus 1 tab
Calcium and Magnesium - High Potency tablet (for bones)
Rite Start for Men - 1 packet per day - 60 packets/box
Silymarin (Milk Thistle extract) 1 x 150 mg.
One packet BioProtein-Plus Thymic Protein 1 x 100 mg.

TO ORDER BIO-PROTEIN Dr. Warren 1-888-484-9642 or 1-714-395-4206

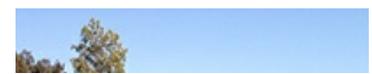
Evening regime (5:00 PM):

Transfer Factor Cardio - 2 tabs
NAC (N-Acetyl Cysteine) - 2 x 600 mg.
B-Rite - 1 tab (B Complex)
Silymarin (Milk Thistle extract) 1 x 150 mg.
CoQsol CF 10 2 x 100 mg
Phosphatidyl Serine 1 x 100 mg
Potassium 1 x 99 mg

TO ORDER THE TRANSFER FACTOR PRODUCTS, CALL 4LIFE RESEARCH IN SANDY, UTAH. THE NUMBER IS 1-888- 454-3374. GIVE THEM OUR DISTRIBUTOR NUMBER WHICH IS 5146717. YOU WILL THEN GET THE DISTRIBUTOR COST. WE ARE NOT INTERESTED IN MARKING UP PRICES FOR PROFIT. WE ONLY WANT MORE PEOPLE TO BE AWARE OF WHAT IT CAN DO FOR THEIR HEALTH.

If you would like more information regarding Transfer Factor, you can go to the website: www.4life.com.

Rotations for Dogs



WHERE IN THE WORLD IS MONTY?

Monty in Brazil in July:



<http://www.superbullbrasil.com.br/superbullbrasil/Portugues/detBlog.php?codpost=2362>

Monty in California: August 5-9 Monty's Special Training at Flag Is Up Farms. More info here: <http://www.join-up.org/education/>

Monty in Australia this summer!

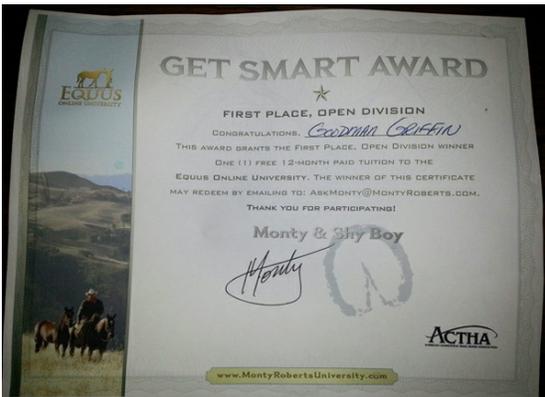
SYDNEY SEMINAR 17/18 August at the Horseworld Stadium Maraylya and PERTH SEMINAR 24/25 August at the State Equestrian Centre Brigadoon: <http://montyrobertslive.com/seminar-dates-tickets/>

September 21	A Night of Inspiration with Monty at Flag Is Up Farms in Solvang, California. Open to the public with limited space. To register, e-mail: admin@montyroberts.com or call 805-688-6288.	USA
September 28	Hadlow College , Hadlow, Tonbridge, Kent	UK
September 30	Houghton Hall & Alpaca Centre New Manor Farm, Sawtry Way, Houghton, Cambs	UK
October 2	Bishop Burton College , Beverley, Hull	UK
October 4	Gleneagles EC , Gleneagles, Auchterarder, Perthshire	UK
October 6	Richmond EC , Breckenbrough Farm, Brough Park, Catterick, Richmond, North Yorkshire	UK
October 15	Helsinki International Horse Show , Next Generation Tour	Finland
October 17	South Staffordshire Collge , Rodbaston Campus Penkridge, Staffordshire	UK
October 19	Myerscough College , St. Michael's Road, Bilsborrow, Preston, Lancashire	UK
October 25	Hartpury College , Hartpury, Gloucester,	UK
October 30	Crofton Manor EC , Titchfield Road, Stubbington, Fareham, Hampshire	UK
November 1	The Grange EC , Northlew Road, Okehampton, Devon	UK

For information about Monty's worldwide demos and the courses held at Monty's farm in California go to: http://www.montyroberts.com/ab_about_monty_calendar/see-monty/

GET SMART AWARDS: ACTHA AND MONTY

Did you know that **Monty sponsors every American Competitive Trail Horse Association ride** in America?



Every winner of the Open gets a gift of a year's worth of 24/7 access to Monty's Equus Online University where there are over 250 video lessons featuring Monty sharing a lifetime of training championship horses.

Whether you are a seeking a better relationship with your horse or training the next world's champion, Monty has seen it and done it all. Learn from the master and father of natural horsemanship.



We are really impressed with the ingredients and philosophy of the dog food 'Rotations' and the best part is Cody and Monk absolutely love the food! The owners of ROTATIONS were nice enough to give us a promotion code for our readers to try the food. Just click this link and get 50% Off from ROTATIONS Pet Food:

<http://www.rotationspetfood.com/order/all-life-stages-rotational-pack>

use promo code: MONTYROBERTS to get 50% off YOUR FIRST ORDER from now through 7/1/13 (presently limited to U.S. residents).

We know this food has been making a difference for our dogs and we hope if can for yours as well.

Monty on HRTV



Watch Monty on HRTV Tuesdays at 6:00 PM ET.

Special Offer for Monty Roberts' Fans! **First month FREE** of HRTV.com when you subscribe now! Just use the **promo code MR13** when you sign up!



Please check local TV directories for your time and channel or the HRTV website where times are in Eastern Standard Time:

<http://www.hrtv.com/MontyRobertsShow/>

Horse & Country in the UK



Watch Monty Roberts on Horse & Country TV (Sky channel 280) in the UK and Ireland. See:

<http://www.horseandcountry.tv/monty>

for more info.

Christopher Dydyk

MONTY'S CHALLENGE

I was involved in the harness racing sport in Germany for many years, I helped train horses (trotters), and I was the one who had to care for them, too. I had many duties when it came to the horses and the man I have learned from treated his horses quite well. But when we went to races I always saw other trainers and drivers treat their horses very badly. They hit them, mostly with whips that are used in the races, too. I talked to them and listened to them and I heard, that they were all convinced, that punishing a horse in a brutal way was good/necessary when the horse didn't do what you wanted. I even heard of electric prods and such things.

I tried to convince a driver to drive our horse without a whip in the race, because we never used one in the training process but he said he would NEVER go into the race without a whip! How could he win when the others used a whip and he didn't? so he said. He used it in the race, our horse became afraid and galloped, so was disqualified. This whole situation in the German harness racing sport hasn't changed much till today. In the future I will have influence on the training process of at least one horse and I will try to change some things (try a Join-Up, like I did with my horse etc.)

So here are my questions: How can I convince them not to use whips and the whole punishing thing? Do you have any experiences with training trotters for harness racing? I'm sure your wonderful methods would work there, too. I hope I can convince them of your way of training/treating horses, I will always try.

KEEP IN TOUCH

Let us know what you are looking for in content from these emails. Send your comments and requests to askmonty@montyroberts.com.

Never miss an e-mail from Monty: To ensure you receive this email in the future, add askmonty@montyroberts.com to your list of approved senders or select the Add/Save to Address Book function in your email browser and follow the appropriate instructions.



Sincerely,

Monty Roberts

