

regalia. Hence, the ubiquitous cowboy hat, not a safety helmet, completes the ensemble.

During the western competition at which [the plaintiff] fell, neither she nor her fellow riders sported protective headgear. Both of [the plaintiff's] parents agreed it was not common practice for western riders to don protective headgear.

Given the conflicting advice on apparel provided by the [now U.S. Equestrian Federation's] rules and the widespread practice of eschewing protective headgear during western competition, we cannot find [the defendant horse trainer] owed [the plaintiff] a duty, as her trainer, to go against the prevailing custom and advise her to wear protective headgear.

The fact that these two cases were dismissed does not necessarily mean that helmet-related lawsuits are all destined for failure. Whether any case succeeds always depends on the facts, law, and circumstances.

This article does not constitute legal advice. When questions arise based on specific situations, direct them to a knowledgeable attorney.

Digestive Wellness

(Blissfield, MI) With the Holidays approaching and the weather changing, stress can take a toll on the immune system, resulting in low energy, the winter-time blues or ill health. Jack Grogan, Certified Nutritionist and VP of Research and Development at Uckele Health & Nutrition, encourages supporting healthy immune function, "In the winter, we want to pay close attention to maintaining a healthy immune system, because who can afford to take time off for illness? It's worthwhile to invest thought in preventing illness by paying attention to the health of your digestive tract. It plays a big role in your immune system, and your horse's."

Grogan goes on to explain that all mammals have a complex system of lymphatic ducts, which provide barriers to infection and play an important role in immune responses. Because 60% of lymph tissue surrounds the digestive tract, this is a main avenue for exposure to foreign substances that could cause illness, and is therefore a significant factor in maintaining a healthy immune system. Horses have a highly developed, complicated and sensitive digestive tract, and a result can be that their digestive function is easily disrupted.

Stress factors can easily disrupt digestive function and include physical, mental, emotional, chemical, toxic, metabolic, medication, or nutritional stress,

all of which can cause inflammation that contributes to immune compromise. Once the inflammation is started, digestion deteriorates, nutrient absorption decreases, and pathogens and toxins can enter into the bloodstream, increasing the risk of infection or distress.

Grogan advises that protecting your horse's immune function before inflammation occurs is key, but even if compromise has already occurred, there are natural products available that will maintain or restore digestive function and immune system support. He suggests high-strength digestive enzymes to help maintain or restore normal function by improving digestive efficiency, absorption function, and have an added anti-allergy benefit. High doses of probiotics can help re-establish beneficial gut bacteria by reducing pathogenic bacteria and their toxins, and reduce inflammation.

Jack Grogan, Certified Nutritionist and VP of Research and Development for Uckele Health & Nutrition, has studied extensively in the fields of biology, biochemistry and nutrition, is an expert in tissue mineral balancing, and has experienced great success in balancing equine mineral chemistry to strengthen the basic metabolism and improve efficiency in horses.

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