

# AskAnnie\_Episode49\_HempHorseGold

**Annie Kennedy:** Hi everyone. This is the AskAnnie Podcast, horse girl reviews on products you use

[00:00:14] This episode is brought to you by Hemp Horse Gold. Hemp Horse Gold offers whole plant full spectrum CBD tinctures for horses in both Apple and carrot flavor. Hemp Horse Gold tinctures are full spectrum. Meaning they contain seven major and minor cannabinoids missing in many other CBD products on the market. CBDs can help your horses with mood anxieties, digestion, inflammation, including arthritis and laminitis and overall wellbeing.

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[00:01:02] you're looking to help with ongoing arthritis and laminitis, improving anxiety, want to provide your competition horse with the support they need to perform at their best, or just curious about CBD products in general, give full spectrum Hemp Horse Gold to try.

[00:01:25] Thank you for joining us today, Katie, can you tell us a little bit about yourself and how horses are a part of your life?

[00:01:32] **Katie McNeal:** I was always that horse crazy little girl. My parents could afford for me to do lessons once in a while, but it was something that I was really passionate about. So when I turned 18, I bought myself a horse and

[00:01:43] I work a lot, so I don't get to ride as much as I would like, but it's something that's been a constant in my life. And I have that horse that I bought when I was 18, she was four and she's 22 now. So she's getting a little bit older. And when she was 16 I bred her so I could have a baby. So now I have two horses.

[00:02:04] I have her foal Roman and he's five years old now. And I bought her and. I just had a baby recently, so I'm not riding right now, but it's just something that I, horses are important to me. And it's something that I anticipate there'll always be in my life. I would love to be able to in the future show and compete more, but just, I get so much joy out of riding and I'm also a big animal lover.

[00:02:29] I've got three dogs and hedgehogs and it's just I think a lot of people can relate to being like animal crazy horse, crazy little girls and I, that never really left me.

[00:02:41] **Annie Kennedy:** Absolutely. And we're here to talk a little bit about Hemp Horse Gold, so can you tell me what the mission of Hemp Horse Gold is and give us an overview of the

[00:02:49] company?

[00:02:50] **Katie McNeal:** Absolutely. As I mentioned, my, my mare is an aged mare, and I noticed that she was slowing down on showing signs of soreness. Some laminitis. And I really wanted her to be comfortable. She really loves to be ridden and to be active, but I could tell that she was uncomfortable and I wanted to do something for her that would naturally help her have better outcome with her inflammation.

[00:03:16] And I have a relationship with a product manufacturer and they are the leading manufacturer for on the products. And probably in the country. And I was talking with the owner of that company about how I really felt like the needs, might be something that would be beneficial for her. And she herself is a horse owner and she agreed.

[00:03:41] So I started giving CBD to my mare and I really noticed an improvement and just her way of going and her demeanor, she didn't seem like she was in as much pain. She was having trouble trotting and holding her top together. She couldn't really canter even just turning her around in a cross tie, seemed like it was a challenge for her.

[00:04:03] So through getting her CBDs and seeing an improvement really came to the believe this was something that could be very helpful for other horse owners and there's a lot of CBD products on the market. But they're not all quality products. With the manufacturing partner, we have, we are providing CBD tinctures that can be used with horses that are very pure, their whole hemp plant extract a lot of the because CBD has become very popular.

[00:04:34] So there's a lot of people that are jumping on the bandwagon to try to turn a quick buck, but they're not focused on really high quality CBD. They'll do isolate, which is heavily processed, a lot of toxic chemicals in that process. Or it'll just be hemp seed, which isn't going to get you all the major and minor cannabinoids that are what really have that beneficial anti-inflammatory and homeostasis producing effect.

[00:05:07] So Hemp Horse is a brand that for us, our mission is to provide high quality pure CBD tinctures for horse owners that want to be able to use CBD to help their horses and whatever conditions that they need a benefit in.

[00:05:26] **Annie Kennedy:** That's

[00:05:26] really interesting. And so your mare Paisley was really the driving force behind starting this company.

[00:05:31] Is that right?

[00:05:33] **Katie McNeal:** Yeah, she, she's so important to me and her, she's given her whole life to me. I've had her for so long and I didn't like seeing her in discomfort and I didn't want her to miss out on things, but I know that she enjoyed she, she really loves to jump and she can't jump anymore.

[00:05:49] And it's not something that for her, just with her age, this CBD is not going to make a difference in her being able to do that, but it does make a difference in her being comfortable and able to have a light hack for other things, just like her overall health and

wellbeing and getting her longevity and comfort is also beyond just riding was really important to me.

[00:06:09] So yeah that's what inspired you to want to do this?

[00:06:12] **Annie Kennedy:** That's

[00:06:13] such a great story. What products does Hemp Horse Gold offer

[00:06:16] to horse owners?

[00:06:18] **Katie McNeal:** So we offer tinctures. So there's a lot of different ways that you can administer CBDs. There are pellets, which are edible, but they're not as bioavailable as a tincture.

[00:06:29] Tincture are more difficult to administer. You want to do it sublingually which means underneath the tongue. So that is how it is absorbed best, which is why we offer tinctures and not an edible pellet. We have other products that we might consider in the we have a pain cream. Which is got menthol in it.

[00:06:51] And it has a cooling effect as well as the CBD, which can be absorbed through the skin. But right now we're focusing on making tinctures.

[00:06:59] **Annie Kennedy:** Awesome. And you kind

[00:07:00] of talked about this a little bit already, but what are the benefits of using CBD products in horses?

[00:07:05] **Katie McNeal:** We all have an endocannabinoid system humans, dogs, and horses, and.

[00:07:11] We have these cannabinoid receptors they're located in the brain and the central and peripheral nervous system and their role is to keep our bodies balanced in homeostasis. So for example you have a problem with appetite, like maybe you're over hungry or under you're not hungry at all. You're not imbalanced you're not in homeostasis.

[00:07:34] And it may be that, you need something to help your endocannabinoid system. You might need to supplement with CBD, not to say that is the only reason anybody would have an appetite problem, but that's just a for example, it also has regulating effect on in cognitive processes like appetite, pain, sensation, mood, memory.

[00:07:57] So these receptors on the surface of your cells and the endocannabinoids are small molecules that activate those receptors and then metabolic, enzymes break down and attack cannabinoids after they are used. They are naturally produced by your cells in your body. And that's true for humans and dogs and horses.

[00:08:18] This is consistent across, humans are animals that are crossing animal. So when you add CBD that helps your body To regulate those processes more efficiently or give them a boost if they're maybe not producing as much cannabinoids as they would are they should.

[00:08:37] **Annie Kennedy:** So

[00:08:38] You mentioned the tincture and your manufacturing.

[00:08:41] Do you think that this is what sets Hemp Horse Gold apart from the growing market of CBD

[00:08:46] products.

[00:08:48] **Katie McNeal:** I do because it's a really pure product. So there's major and minor cannabinoids and the full spectrum of what's important. There's seven major and minor cannabinoids. Like we hear about CBD, but there's CVC, CBDA, CVG, CVL and there's also terpenoids, terpenes and fatty acids.

[00:09:10] These all work together to be beneficial and a lot of the lower price point tinctures are not complete. They're not a full spectrum. So they're missing these pieces. They might just only be CBDs. And they're also created through processes that require a lot more chemicals to separate the CBD.

[00:09:34] Like I mentioned before isolate. And that's what a lot of products on the market are. And then isolate is using a harsh solvent to strip away the cannabinoids and they don't have as much that benefit of that entourage effect of all of the cannabinoids.

[00:09:53] **Annie Kennedy:** That's really interesting. I'm learning so much from this interview.

[00:09:57] What type of horse would be the best candidate for Hemp Horse Gold?

[00:10:00] **Katie McNeal:** So really it'd be for any horse. If your horse is already young and healthy, just gives them something to help maintain their wellbeing like a maintenance dose. If your horse has a concern, you can try CBD and we actually offer a guarantee if you purchase our product and you don't see any benefit

[00:10:21] on your first order, we'll refund your money. We're really looking to make this something that people can try without feeling like they might get taken advantage of. So if you have a horse that maybe has anxiety or gets nervous, this could be something that can help with their anxiety and keep them a little bit more calm and you can try it.

[00:10:43] If it doesn't work, it doesn't work, but you might find that it really helps them just be more at ease. It can also help if you have a horse that is exhibiting signs of arthritis or laminitis, cause it has a powerful anti-inflammatory effects. So inflammation is one of the things that really ages every living thing inflammation can be caused by any number of things.

[00:11:05] It's part of the aging process. Having our tinctures have got the. The suspension is easy and chain triglyceride, coconut fatty acids. So there's a anti-inflammatory benefits for that because you have to have some type of carrier oil for the CBDs, and that's what we use. And it's also that turmeric was also appealing to have an anti-inflammatory impact.

[00:11:28] So keeping inflammation low will help with the effects of arthritis and laminitis and inflammation. If you have a horse that is suffering from any of those ailments, this could be something that could help them. If they have an appetite problem, this might be also something that can help either decrease their appetite if it's overactive or increase their appetite, if it's underactive.

[00:11:53] Cause it's all about balance. Like the endocannabinoid system is about bringing you to where you're supposed to be.

[00:12:00] **Annie Kennedy:** That's awesome. A lot of different benefits. What are the instructions for administering Hemp Horse Gold?

[00:12:07] **Katie McNeal:** There's a couple of different ways to do this. It comes with a dropper. It is best

[00:12:13] if you can use the dropper to turn the tincture and the oil underneath the tongue. It's pretty easy to do. If you have an all easy to handle horse where the bit goes is a good place to put the the dropper under the tongue and you don't need a lot. Horses are actually more sensitive to CBDs than humans.

[00:12:33] You, if you're taking CBDs for yourself might be that, that the dosage isn't that much different. We have higher milligrams of CBD because there are horses like ours are 500 milligrams, a thousand milligrams and 1500 milligrams is what we offer on our website. And when you're looking at it for humans, you're going to see it for people

[00:12:52] it's going to be like 250 milligrams. So it is got, even though the tincture models are one ounce, it's got a bigger punch. There's also, if you don't feel comfortable putting a dropper in your horses mouth, you can take like an apple slice or and drizzled on the apple slice and seed it as a tree, or you can put the tincture on the feed.

[00:13:16] But really the best way to do it is sublingually, it's a little bit more difficult to administer than other supplements, where you have like pellets that you can drop in the food. But nice thing is its really quick to do it. And your horse is getting the supplement when you're doing it and you don't have to worry, did they eat it all?

[00:13:34] Or just another horse eat it, so you can do it once a day or twice a day if you want, but to get the best impact you want to start with the lower dose and then ramp up and then you have a daily maintenance dose after that. And we have, with all of our orders, we have a card that comes. With your tincture that shows like what we recommend based on the size of your horses.

[00:13:58] If the pony is, if it's a cob, a large horse or a draft horse, because obviously the bigger your horses, the more tincture that they're likely to need.

[00:14:07] **Annie Kennedy:** Yeah. That's super helpful. And if the listener is interested in learning more about Hemp Horse Gold or trying it out. How would you recommend they get started learning more about your products?

[00:14:17] **Katie McNeal:** The best way is to visit our website, which is [hemphorse.gold](http://hemphorse.gold). So it's not.com its hemp horse.gold. And then you can see three tinctures that we're offering right now. We have the green apple and carrot flavors, and you can order right there. It's we have a guarantee, like I mentioned. So if you order the product and for whatever reason, you're unhappy, you can keep it and let us know that you weren't happy and we'll refund the first order without any issues.

[00:14:47] So we really believe that when people try the product, they're going to see the impact it has on their horse, and they're going to want to continue ordering. So we feel comfortable offering that kind of guarantee.

[00:14:59] **Annie Kennedy:** Awesome. I love that you stand behind your products like that. That's so cool.

[00:15:03] That's all I have. Katie, is there anything else that you wanted to talk about?

[00:15:07] **Katie McNeal:** I really want to thank you for taking the time to talk to me about this product and to your listeners. Just know that we are very transparent company. We're not looking to make any outlandish claims. This is not going to cure disease.

[00:15:19] What this is going to do is give your horse a health benefit where you're going to see an improvement in some symptoms like anxiety or appetite or soreness or lameness. And it's something that is good for companion horses people like me who don't ride competitively, but they ride for the joy of it or competition horses.

[00:15:42] I do want to mention though that if you are competing at a higher level, the, I think that the World Equestrian Federation does not allow CBDs. I don't know that they test for it. So you would not, when you're actively showing like a rated circuit want to using this product, but in between showing season you would be finding you and the reason they don't allow it is because of the inflammation impact.

[00:16:05] Like I think the same reason they wont have you use Bute long-term.

[00:16:10] **Annie Kennedy:** Thanks

[00:16:11] for tuning in. Learn more about the AskAnnie Podcast by following us on Facebook and Instagram at AskAnnie Podcast, we want to know more about you. Our listeners. Check out the show notes to take a quick listener survey, have a suggestion for a product you'd like me to use in an upcoming episode.

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