

# Remarkable Raspberry



By: Lamya Habib

Raspberry (*Rubus idaeus*)

Red Raspberry, a bristly perennial shrub in the Rose family (*Rosaceae*). The leaf is a pale green colour produced by the Raspberry plant. The use of these leaves for medicinal purposes dates back to ancient Greeks and Romans and has a rich history of being used to treat a wide variety of ailments, including: Fever, diarrhoea, inflammation and stomach pain. It is now recognised as a valuable herb for fertility and pregnancy.

Grown worldwide, this wonderful herb is a blessing for horses and their human carers! A wonderful tonic for mares and **stallions**. Raspberry leaf gives the same nutrients and tonic virtues to the males, strengthening the reproductive system and aiding general good health.

*Raspberry leaf is one of the few herbs that are not only SAFE for mares in foal to eat, many herbalists highly recommended this herb to be added to feed in small, regular doses as if it can help prevent miscarriage.*



### Rewarding Raspberry

The leaves contain significant amounts of antioxidants, which boost the immune system, acts as an anti-inflammatory, pain reliever and blood sugar regulator.

Raspberry leaf contains:

- ◊Selenium
- ◊Calcium
- ◊Magnesium
- ◊Potassium
- ◊Vitamins A, B, C and E
- ◊Trace minerals; chromium, manganese and zinc.

The benefits of Raspberry leaf are:

- ◊Tackles moodiness, caused by hormone fluctuations
- ◊Strengthens and tones uterus muscles, before and after delivery
- ◊Helps mares produce good quantities of milk
- ◊Supports an unborn foals bone development
- ◊Aids in digestive troubles

### **WARNING**

Due to the content of Selenium, care should be taken with horses that already have Selenium in their diet, from a supplement of Selenium or a mineral block for example...too much of this mineral can be harmful.

### Moody mares and hormones

Raspberry leaf is highly beneficial in tackling the moodiness sometimes caused by hormonal fluctuations in pregnant mares and young fillies coming into season for the first time. Raspberry leaves are high in calcium and help balance the delicate equilibrium between Progesterone and Estrogen, preventing dominance in either hormone to preserve homeostasis...hormonal balance. The vitamins, mineral and plant compounds help the body to detoxify extra hormones.

### Testimonial

The owners of a difficult to handle mare used Raspberry leaf on her mare with fantastic results, Miss Ambeis story:

After giving my mare 'Raspberry leaves', I have found a huge improvement. It took about a month for the Raspberry leaves to take effect. My mare's worst time is spring, so I start her on the leaves a month before.

There have been some warning about horses becoming too used to the herb, so I take them off the leaves when they don't really need them; during Autumn and Winter, starting again just before spring arrives.

I have noticed a big difference in my horse. She doesn't try to attack the other horses very often, is much calmer and not as rude. Should we ever run out of the leaves during the spring/summer for a few weeks, she goes back to her normal, angry self.

### Increase stallions fertility

Not forgetting the importance of the stallion, Raspberry leaf increases the lifespan of **SPERM** and prevents fertile sperms from dying. The high level of calcium promotes the production of sperm.

### Fertility and broodmares

Raspberry leaves are a traditional uterine tonic, capable of aiding the conception as well as the birth of foals, promoting the general condition and help of the uterus in a mare.

Raspberry leaves can be used to encourage fertility as well as to prepare the uterus for the birth especially in the last three months of pregnancy. The extra calcium in the Raspberry leaf is thought to help control nerve response to pain during birth and also aid the development of the unborn foal's bones.

Continued used of this herb in the weeks following foaling, will boost the healing (cleanse and tone) the uterus, help reduce vital nutrients lost during foaling and promote milk production.

'Some herb experts recommend that once the mare is in foal **STOP** using the herb until the 8th month of gestation, then continue until four weeks after foaling. Others believe this herb is safe, given in small, regular amounts. Consult your vet for his advice.

### Calming

The high content of magnesium found in Raspberry leaves may be the contributing factor for the **CALMING** influence on horses. It is helpful in cases of **COLIC**. Magnesium plays an important part in nerve and muscle function, a deficiency in this important element can cause a horse to show signs of nervousness, excitability and muscle tremors.

### Digestive troubles

Raspberry leaf made into a tea can help calm



digestive troubles, keep the horses immune system strong as well as help get rid of free radicals. Prized for its astringent qualities, Raspberry leaf tea is very effective in alleviating **DIARRHOEA**, the leaves act as drying agents in the intestine, clearing up excessive mucous.

### Fever

Raspberry leaf tea has a 'refrigerant' ability, mixed with a little honey, helps to cool the horse and reduce the fever.

### Arthritis and joint health

Raspberry fruit and leaves are a rich and excellent source of antioxidants. It is reputed to help with joint health over a long term. Raspberry leaf contains large amounts of phytochemicals and Vital nutrients, such as antioxidants which are important for good health. When the body uses oxygen, it naturally produces free-radicals, which can damage cells. Antioxidants can slow this damage. Arthritis and muscular degeneration can all be created by oxidative damage, but antioxidants, when present in significant amount, can come to the rescue protecting healthy cells, reducing inflammation and preventing cell damage, caused by free-radicals.

### Feeding dry Raspberry leaf

Many herbs, including Raspberry leaf, can be feed in their dried form, but this may mean that it takes a while for an improvement to be seen. Simply add the Raspberry leaf once a day to the horse's food.

### Feeding as an infusion

There is a way to speed up the effect! By simply making an infusion with the herb, the active constituents are made be readily available and are more easily absorbed by the horse.

### Dosage of Raspberry leaves

When feeding Raspberry leaves to horse it is important to calculate the correct amount of dried leaves to add to feed. Dosage for leaves can be calculated according to the horse's weight, 1/2 teaspoon (4 grams) per 150 lb (65 kilos).

### Duration and frequency

One daily dose of Raspberry leaf is the maximum required amount for any horse. While some supplements may be safe to feed year round, PURE RASPBERRY LEAVES should NOT be fed year round. Winter is a good time to take a rest from this herb.



### Supplement

Supplements containing Raspberry leaves for horses are available from many companies and often come with their own scoop for measuring correctly the recommended dosage. Horse owners should consult the dosage instructions for these products to ensure correct dosage.

### Making Raspberry tea

For an average 400 kilogram mare. Place one tablespoon of Raspberry leaves in a bowl and add one cup of boiling water plus one tablespoon honey or leave to soak for 15 minutes then add three sups of cold water. Serve to horse and watch her enjoy!

*The Raspberry is indeed an important and useful plant, more so than most realise.*

