TABLE OF CONTENTS – Plants, Potions and Oils for Horses

Acknowledgements 6

Introduction 7

Chapter 1 Plant Power 9

Chapter 2 Out of the Kitchen and Into the Stable 39

Chapter 3 Travellers' Tips 47

Chapter 4 Omnipotent Oil 53

Chapter 5 Rubbing It In 56

Chapter 6 Look and Learn, or Being a Horseman 72

Appendix: Reference Tables 92

Useful Addresses 96.