

Barn Cleanliness Using Non-Toxic Methods For A Happy & Healthy Horse!



A thorough cleaning of dust and dirt will help you avoid sicknesses, asthma, and allergies in your barn. Mold, mildew and dust are often culprits to seasonal allergies, what cause immune systems to break down and illness to spread. Though barns don't need to be spot free, one should be conscious of the problem areas.

Here are the top 10 tips to helping keep your barn clean using non-toxic, natural and healthy alternatives:

- 1) Clean quarantine areas before and after each horse. Use nontoxic, biodegradable cleaning solution such as Thieves household cleaner to wipe down stall mats, walls and doors in quarantine area as it is documented to kill over 99.96% of bacteria it comes in contact with.
- 2) Feed bins, pails, water troughs and food storage containers can also be safely and effectively cleaned with a combination of vinegar and lemon essential oil. Lemon essential oil can kill some forms of bacteria within 15 minutes. A safe for the horses and tough on germs!
- 3) Set a schedule to clean the barn. Remove dust, cobwebs, sweep, clean floors and gates, wash down stalls, wash racks and soak feed bins. By setting a schedule, you are more likely to accomplish the task and instead of forever putting it off for "next weekend". Break up the tasks into manageable sections so you don't get overwhelmed.
- 4) Use rubber stall mats. These wash down nicely and don't absorb or maintain moisture so bacteria and germs will have a harder time spreading. Also, they provide comfort for your horse.
- 5) Regularly remove soiled shavings and waste from your barn. This helps keep reduce the potential for breeding and spreading infection, keeps the smell down & the flies at bay.
- 6) Sprits or Purification essential oil flora water in stalls and hallways to help reduce the number of pesky bugs and eliminate odors.
- 7) Diffuse Thieves essential oil in your barn to kill airborne bacteria, germs, mold and viruses.
- 8) Regularly clean grooming materials and do not share between horses. Using a labeled storage bin or caddy for each horse's grooming tools will help identify them and organize your barn, making it easier for those using the tools to use the correct items for each horse.
- 9) Provide a place where people can wash their hands in between contact with various horses. Even having Thieves waterless hand sanitizer, a non-toxic and carcinogen free option, available will kill germs and fight the spread of disease and infection.
- 10) If you don't have cats to keep the rodents away, try dropping peppermint essential oil on inconspicuous locations throughout your barn, known rodent entrances and hiding places. Mice and other rodents do not like the menthol and will stay away. Peppermint is safe for barn animals and horses usually love the smell and taste and it's great for their digestion.

Try a few of these options for a cleaner barn and healthier horse.

About Peace of Mind, Body & Soul

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