



## Contents

- Essential oils

(British Columbia Canada 2019  
45-to-50-pound King Chinook Salmon  
Caught on the Kitimat River.)



## What can essential oils do for you?

**Sometimes timing is the key to success!** At this time of year, we are seeing the usual peak in spring calving cows. Getting them back in calf can be difficult when all factors are considered.

One key element is the health and viability of the egg! Most farmers are aware of the need for good mineral nutrition of the cow right through late lactation and the dry and fresh periods, and generally it's not a problem.

Another well-known element is, excess protein in the diet post calving is also a common problem especially with grass fed cows. The cow cannot utilise all of the protein unless it is balanced with a buffer feed and the ureal levels in the blood increase. This turns the PH in the fallopian tubes slightly alkali and this is spermicidal so the cow cannot get back in calf.

Many farmers, however, are not aware of how the two first limiting and essential fatty acids DHA and EPA can benefit the health of the egg and the integrity of the fallopian tubes and the uterine wall. We all know that fish meal is a fantastic feedstuff for cows but we are not allowed to use it! Fish meal is a rich source of protein and more specifically its essential amino acids like Lysine and Methionine. But... The really good news is that we are allowed to use clean refined **fish oil**. The best marine fish oil is a very rich source of the DHA and EPA that the cows need to maintain egg and tissue health right through the body.

That word, **“essential”** is the biggest clue as to why we need to use it. The cow cannot make these essential fatty acids for herself so the only way she can get them is to eat them. Normal winter diets will contain a small amount but dry cow diets hardly contain any!

When you think about it, the logic of why we need to supplement during the dry period becomes obvious. The natural sources of EPA & DHA can only come from the oil in the diet. So, there is a

very small amount in silage but close up dry cows get fed straw, wholecrop and maybe some hay or big bale silage, none of which supply much oil! This is just at the time when egg development is critical.

There is a growing dossier of trial data showing that when we supplement the cow with high quality fish oil like Optomega Plus, the cow responds with significant improvements in conception and pregnancy rates. The latter of which has been shown in trials to climb to @ 30%+. We also know that the general improvement in membrane health helps milk yield and immune response.

**This is a long game.** Cows that have the full course need around 5 to 6 months from 56 days before drying off to confirmed pregnancy, so you need patience, but the extra health and yield will show you that its working before the pregnancy figures start to emerge.

Unlike many other fats and oils, Optomega Plus has only experienced a small increase in price in the last two years.

Currently we have a small amount of stock so we can supply a few bags for dry cows (the key group to benefit the most). Or if you really want to get the full response and feed the freshers, why not order a tonne, and wait for the response to build.

<https://lakescot.co.uk/optomega-plus/>

Orego-Stim® is made using **oregano essential oil**, a eubiotic which is a natural herb extract. Oregano is a common herb, one variety of which, after extract of the oil, has been shown in trials to have good antimicrobial properties and in other trials, antioxidant properties.

I featured this product in our last newsletter and the response has been amazing! I think the feature on BBC's Countryfile on antibiotic reduction and regulation may have had something to do with it!

We used to use antibiotics in calf replacers to bridge the gap between the protection given by the passive immunity passed on from colostrum to the point around 3 to 4 weeks later when the calf's own active immunity starts to kick in. Orego-Stim® is a natural product that helps to bridge this gap.

Orego-Stim® is also a great antioxidant so it can be used to good effect on transition cows, sheep, goats. It is a major player in the pig and poultry industry.

We are **not** claiming that Orego-Stim® is a veterinary medicine but it is a powerful addition for improved health and performance.

Orego-Stim® is used as a liquid (calves) or a powder.

We think this product is really important and exciting and cheap! So, it's in the boot!

<https://lakescot.co.uk/orego-stim/>

For more information on any of the items mentioned in this newsflash please get in touch with Jerry or Richard. Our phone numbers are always available during normal working hours. You can also email Jerry or visit the Lakeland-Scottish website.

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