



# Natural Barefoot Trimming; The Hoof Guided Method

*Maureen Tierney*

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## **Natural Barefoot Trimming; The Hoof Guided Method** Maureen Tierney

Natural Barefoot Trimming; The Hoof Guided Method offers a unique method of barefoot trimming based on reading the hoof. Learn what to trim and what to leave alone in order to allow nature to quickly transform the hoof. The Hoof Guided Method is truly a less is more method based on the theory that a barefoot trim should mimic – or simulate - the action of the ground on the hoof, and that the true purpose of the trim is to stimulate the foot to grow healthy. Simulate and stimulate. Learn to stop micro-managing the hoof and work with nature instead of trying to force man's ideals onto the hoof. The hoof responds to everything it experiences, and that includes trimming. By trimming only what is indicated, then waiting for the hoof to respond, the foot is allowed to transform itself. And it will. The definition of insanity is repeating the same thing over and over and expecting different results. The Hoof Guided Method shows you how to read the hoof and get real results in a short amount of time.

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