

## Thinking About Commercial Formula? Think Again!

Problems associated with commercial formula can include:

- Constipation
- Gas and stomach aches
- Problems sleeping
- Congestion
- Milk allergies and lactose intolerance
- More frequent spitting up
- Weakened immune system
- Frequent colds, runny noses and ear infections

## Instead, Make Homemade Raw Milk Formula

- Milk from the human breast is raw and like raw cow's milk, contains active biological systems that naturally protect the milk itself – and the infant who drinks it – from infection.
- Both raw breast milk and raw cow's milk contain vital living elements that cannot be commercially reproduced.
- Neither raw breast milk nor raw cow's milk are likely to cause lactose intolerance or digestive problems.
- Both raw breast milk and raw cow's milk increase immunity to infection by increasing the biodiversity of beneficial bacteria in the gut.
- Both raw breast milk and raw cow's milk are high in beneficial fats, critical to proper brain development and for protection against pathogens.
- Raw breast milk is not regulated for human consumption. Raw cow's milk, when tested and regulated by the state, must meet the safety standards set for pasteurized milk – without actually being pasteurized.
- Raw milk from cows or goats can be used in a homemade formula that includes other ingredients to ensure conformity with mother's milk. Babies can make the transition from raw milk formula to plain undiluted raw milk at nine to twelve months; but infants younger than nine months should *only* be given raw milk as an ingredient in raw milk infant formula. For more information, visit <http://www.westonaprice.org/childrens-health/319-recipes-for-homemade-baby-formula.html>.

### Sources:

1. *Scientific American*, December 1995
2. *Lancet*, 17 November 1984; 2 (8412): 1111-1113
3. *University of California, Davis; Mills, David, "Gates Foundation Grand May Unlock Milk's Secret for Fighting Childhood Infections"*

The health-sustaining qualities of raw milk depend on mom's diet. For cows, this means a diet of grass, forage and hay from mineral-rich soil. Human moms will best nourish their breastfed babies by consuming plenty of nutrient-dense animal foods – including raw whole milk from pasture-fed cows – during lactation.

All raw milk is healthy, whether human, cow, goat, sheep, water buffalo, reindeer, horse, or camel, provided that living conditions are natural and healthy and sanitation standards are met.

While some people tolerate goat's milk better than cow's milk, cow's milk is best for homemade infant formula because of high levels of vitamin B12 and folate.

## For More Information

[www.westonaprice.org](http://www.westonaprice.org)  
[www.realmilk.com](http://www.realmilk.com)  
[www.californiarawmilk.com](http://www.californiarawmilk.com)  
[www.mercola.com](http://www.mercola.com)  
[www.raw-milk-facts.com](http://www.raw-milk-facts.com)

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in Food, Healing, and the Healing Arts



[www.westonaprice.org](http://www.westonaprice.org)  
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## After Raw Breast Milk, What's Best?



## Homemade Raw Milk Formula for Babies, and Raw Milk for Toddlers & Children

Find Out Why  
Doctors Recommend It,  
Parents Love It, and  
Babies & Children Thrive on It!

## Doctors Recommend Raw Milk

“Raw milk stabilizes MAST cells [which protect against pathogens], decreases inflammation and is effective for naturally treating asthma and allergies. It does not have the side effects of drug therapy. I recommend raw milk to all of my patients.”

*Donald Fields, DO*

*Pediatrician, Yosemite Pediatrics*

*(formerly Chief of Medicine at Valley Children's Hospital, Madera CA, Associate Professor of Medicine, University of California, San Francisco)*

“Raw milk is a medical super-food! It protects and rebuilds the immune system.”

*Susan Stone, MD, Fresno CA*

“Soy formula does not contain the nutrients that children need for their growth; it is one of the worst foods you can give your child. Serious healthy hazards include ADD/ADHD, brain damage, and altered behavior due to high levels of manganese...drink raw milk.”

*Joseph Mercola, DO, mercola.com*



## Parents Love Raw Milk

“My three-year-old daughter suffered from asthma, chronic allergies, runny nose and congestion. At the end of the first week after starting raw milk her asthma and congestion were gone and she stopped taking all her medications.”

*Becky Moreno*



“Since I have been giving raw milk to my nine-year-old son, his frequent colds disappeared.”

*Frederick Holmsbaw*

“My six-year-old daughter was very sick with eczema when the doctors put her on soy milk. Her eczema became progressively worse. I changed to raw milk and within two days her skin started to clear up. Within three months, she has no eczema and loves drinking raw milk!”

*Dara Ree*

“Raw cow's milk saved my newborn's life! I gave her commercial formula at one month old and she became *very* ill and could not have a bowel movement. I started raw milk formula and within an hour she was able to have regular bowel movements again!”

*Pandita Lugo*

Nutrients & Immune Factors	Raw Breast Milk	Raw Cow's Milk	Pasteurized Cow's Milk	Commercial Infant Formula
Anti-microbial enzymes	Active	Active	Inhibited	Unavailable
Biodiverse probiotics	Active	Active	Destroyed	Added
Essential omega-3 & -6 fatty acids	Active	Active	Damaged	Added
Lactase-producing bacteria	Active	Active	Destroyed	Unavailable
Delicate proteins	Active	Active	Destroyed	Altered
B-12 binding protein	Active	Active	Inactive	Inactive
Bioavailable vitamins	Active	Active	Inhibited	Inhibited
Bioavailable calcium	Active	Active	Inhibited	Inhibited
Bioavailable phosphorus	Active	Active	Inhibited	Inhibited
Phosphatase enzyme	Active	Active	Destroyed	Unavailable
Oligosaccharides	Active	Active	Diminished	Unavailable
Lymphocytes	Active	Active	Inactive	Inactive
B-lymphocytes	Active	Active	Inactive	Inactive
Macrophages	Active	Active	Inactive	Inactive
Neutrophils	Active	Active	Inactive	Inactive
IgA/IgG Antibodies	Active	Active	Inactive	Inactive
Bifidus Factors	Active	Active	Inactive	Inactive
Gamma-interferon	Active	Active	Inactive	Inactive
Fibronectin	Active	Active	Inactive	Inactive