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 contain 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
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
wwwrealmilk.com
www.californiarawmilk.com
www.mercola.com
www.raw-milk-facts.com

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Real Milk
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The Weston A. Price Foundation®
for Wise Traditions
in Food, Healing, and the Healing Arts

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!

www.westonaprice.org
(202) 363-4394
# Nutrients & Immune Factors

<table>
<thead>
<tr>
<th></th>
<th>Raw Breast Milk</th>
<th>Raw Cow’s Milk</th>
<th>Pasteurized Cow’s Milk</th>
<th>Commercial Infant Formula</th>
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</tbody>
</table>

**Parents Love Raw Milk**

“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*

“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 Holmshaw*

“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*