

HOMEMADE Formula

I know many women aren't able to breastfeed for various reasons. The challenge is that there really is not a good commercial formula on the North American market that I've come across. Most of the formulas are cow's dairy based or soy-based, which are both challenging foods for an immature digestive tract and can be damaging. Many of the formulas are filled with chemicals, some of them even having high-fructose corn syrup. I actually find it quite disturbing to read through the label of the formula and see what they are feeding our babies. A better alternative would be goat or sheep milk, which have smaller proteins that are easier for our human digestive tracts to metabolize.

I know the thought of making homemade formula can seem a bit daunting and overwhelming, but here is one formula that is relatively easy to make. You can make it big batches, you're only limitation in the expiry date of the goat milk, hence you can't make it too far in advance.

The following formula is easy to make, easy for an infant to digest. To me this is the closest alternative to breastmilk and it does not damage the digestive tract. I have had several little patients use this with great success.

Recipe

- 650ml of goat milk
- 1 scoop of UltraCare for Kids by Metagenics
- 2tsp of flax oil, cold pressed unrefined organic
- 1 tsp of Pediatrivite by Seroyal