



## Goat's Milk Formula

At times, some women cannot breastfeed their babies. These babies need the healthiest and most natural substitute available. As goat's milk is closer to human milk than any other, this formula is based on goat's milk. A naturopathic doctor provided this recipe.

### Notes:

Buy organic milk whenever possible.

Check the label for added vitamins and minerals. If it is enriched with folic acid, omit that from the recipe below.

Mix Omega 3 oil and Omega 6 oil and use 1 tsp, or buy a blend. NOW makes a combination of Omega 3-6-9 oils that works well.

Do not use vitamin A instead of beta-carotene.

To make vitamin B complex liquid, dissolve one 50 milligram vitamin B complex tablet in one ounce of distilled water.

### Recipe:

- Goat's milk, organic            1 quart (note 1, above)
- Folic acid (if not in milk)    100 milligrams (note 2, above)
- Omega 3 and 6 oil            1 teaspoon total (note 3, above)
- Vitamin E oil                    1 drop
- Beta-carotene                  1 drop (note 4, above)
- Acidophilus                      1 teaspoon
- B complex                        1 dropperful (about 30 drops) (note 5, above)

Mix the ingredients thoroughly and store in the refrigerator. Discard after 2 days.