

Formula options for better baby nutrition and health

homemade options of formula:

- Weston Price Foundation Recommendation: (with multiple options/versions)
 - <https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula>
- Dr. Ashley's writeup and recipe option:
 - <https://drashlyochsner.wordpress.com/2012/01/21/homemade-breast-milk/>

For some you just purchase:

A goats milk formula is the closest to human breast milk as far as formulas go.

- Kabrita makes one. <https://kabritausa.com/>
- Holle Goat Milk <https://www.formuland.com/product/holle-goat-milk-formula-1/>
- HIPP formula. Available online as it is made in Europe.
- Meyenberg Goats milk
- Bliss Grass Fed formula (cows milk)
- Earth's Best Organic (cows milk based)

As for kits to make it yourself:

- Here's a goats milk kit that you put together yourself:
 - <https://mtcapra.com/product/homemade-goat-milk-formula-kit/>
- And another kit and refills for the weston price and other recipes:
 - <https://www.radiantlifecatalog.com/category/79>

That gives a number of options!

Have a great day!

Jodi Dinnerman's recommendations

https://www.lightsourcechiropractic.com/cant-nurse.html?fbclid=IwAR2pFFYPNOF3Rva0Cv05CkTj4FpM3RABpTIIE25k2reWSuoJ_2KoRONy6ZI