



**BABY FORMULA ALTERNATIVES**  
Anthony M. Antonacci, NMD, CSCS, DC, FASBE

**BASE:**

You can choose any one of the following as the base. I have listed them in order of my preference, however cost can be a factor.

Raw Whole Fat Goats Milk (in California farmer direct or by Claravale Dairy)  
Raw Whole Fat Cows Milk (in California farmer direct, by Claravale Dairy or Organic Pastures)  
Coconut Milk without titanium dioxide (made fresh preferred)  
Almond Milk without titanium dioxide (made fresh preferred)  
Rice Milk without titanium dioxide

**SUPPLEMENTS to be added to 8 ounces of base milk, per bottle-feeding:**

Energy Quixotica Mineral Synergy (Goat Milk Minerals)	½ tablespoon (increase with age)
Energy Quixotica Florabiotica Synergy (powdered probiotic)	¼ teaspoon
Energy Quixotica Immune Synergy (adaptogen Mushrooms)	1 capsule (open/add to formula)
Organic Coconut Butter (adjust to taste)	1-2 teaspoon(s)
Organic, Unrefined Coconut Oil	¼ teaspoon
Organic Hemp Oil	¼ teaspoon

The aforementioned additions might have to be amended depending on how the baby responds so it is not gospel. You can change the amounts. You need to watch hunger, amounts of feedings and bowel movement color, consistency and smell. This is not easy. It takes work. This is only for committed and dedicated parents that want healthy vibrant children with critical thought.

- Lifestyle Energy Quixotica products and probiotics are available at Abundant Living Family Church in Rancho Cucamonga or thru [Lifestylequixotica.com](http://Lifestylequixotica.com).
- Organic coconut butter, organic coconut oil and organic hemp oil can be purchased at Sprouts, Whole Foods, Trader Joes or a variety of health food stores. Never use any type of fish oil or krill oil. They are pro-inflammatory and will harm your infant.

Organic milk is not the same as Raw Milk. Organic milk is still pasteurized and homogenized and is nutrient deficient. Raw whole fat milk contains all the minerals, vitamins, enzymes and beneficial bacteria to support health. **Raw milk is not dangerous**, as many of your pediatricians may tell you.

Raw Whole Fat Cows milk can be found at all Sprouts Markets, Clark's and other health food stores. In some states you can buy into a co-op and get your milk directly from the farmer. Only purchase WHOLE FAT, not non-fat. Non-fat or skim milk is a waste product like whey protein and is a denatured product. That is why they call it "skim" milk.

The Santa Monica Co-op, Full of Life in Burbank, Clarks in Loma Linda, Follow Your Heart in Canoga Park, Herbies Naturals in Whittier and Organix in Eagle Rock carry Claravale goat and cow, which I prefer. If \$\$\$ are not an issue, always choose the Raw Goat Milk. Goat milk as well as Lamb meat are much more bio-available to the human body than cows milk. That means it is absorbed better and is able to provide nutrients at a more functional and effective level to maintain health and growth of your infant.

Sprouts only carries Organic Pastures Raw Cows Milk. If you purchase this milk, transfer it into glass ball jars as soon as you bring it home, as it will last longer. Having said that, Claravale is superior to Organic Pastures in taste and longevity, hands down. Further, because it comes in glass the chemicals from plastic do not leach into the milk.

**THE BOTTLE MUST SAY “RAW” OR IT IS USELESS. “ORGANIC” IS NOT RAW.** Read that again so you get it. Organic is not RAW. Once again, Organic Milk is not RAW MILK. Once again, Organic Milk is not RAW MILK.

It can be time consuming and expensive to go this route however I have not found, to date, a commercially produced baby formula, I would personally feed my baby. Most still contain soy, high fructose corn syrup as well as many other toxic ingredients even though they call themselves organic and natural. Read the labels and educate yourselves on what the ingredients are. Soy is the last thing you want to place in a baby's body or anyone else's.

VAYA CON DIOS