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HOW TO INTRODUCE FOODS TO INFANTS FOR ALLERGY-PREVENTION

We received this reliable information from John Bastyr, N.D., and have passed this information on to parents for over thirty years. It is very important to start off your baby's diet right from the beginning in order to prevent allergies such as eczema, ear infections, and asthma, especially important if there is a family history of allergies. This program is meant to supplement breast milk as the primary source of nutrition for your infant. If it is not possible for you to breastfeed, the recommended naturopathic alternative is goat's milk.

Allergic reactions to look for:

rash around mouth or anus
swollen or red lips
red face, cheeks
darkness under eyes
runny nose
sudden infection, particularly ear infection
skin eruptions: rash, hives, eczema
diarrhea
mucus in stool
discomfort, irritability, behavioral changes

Six Months

applesauce, raw in blender
banana
blackberry
broccoli, raw and blended or cooked and mashed
carrot, cooked and mashed
cherries, pitted and smashed
grapes, seeded and mashed
prunes
sprouts, blended in water
yam

Nine Months

apples

artichoke
Basmati rice
blueberries
cabbage
lima beans, cooked and mashed
millet
nectarines
oatmeal
papaya
peas
potato, mashed
split pea soup
string beans
sweet potato

Twelve Months

asparagus
avocado
barley
blackstrap molasses
brown rice
garlic
goat's milk (fresh)
honey (not raw)
onions
parsnips
squash
Swiss chard
tofu
yogurt (plain)