

# PLACENTA ENCAPSULATION SERVICES



## PLACENTAL BENEFITS

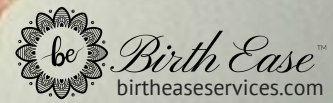
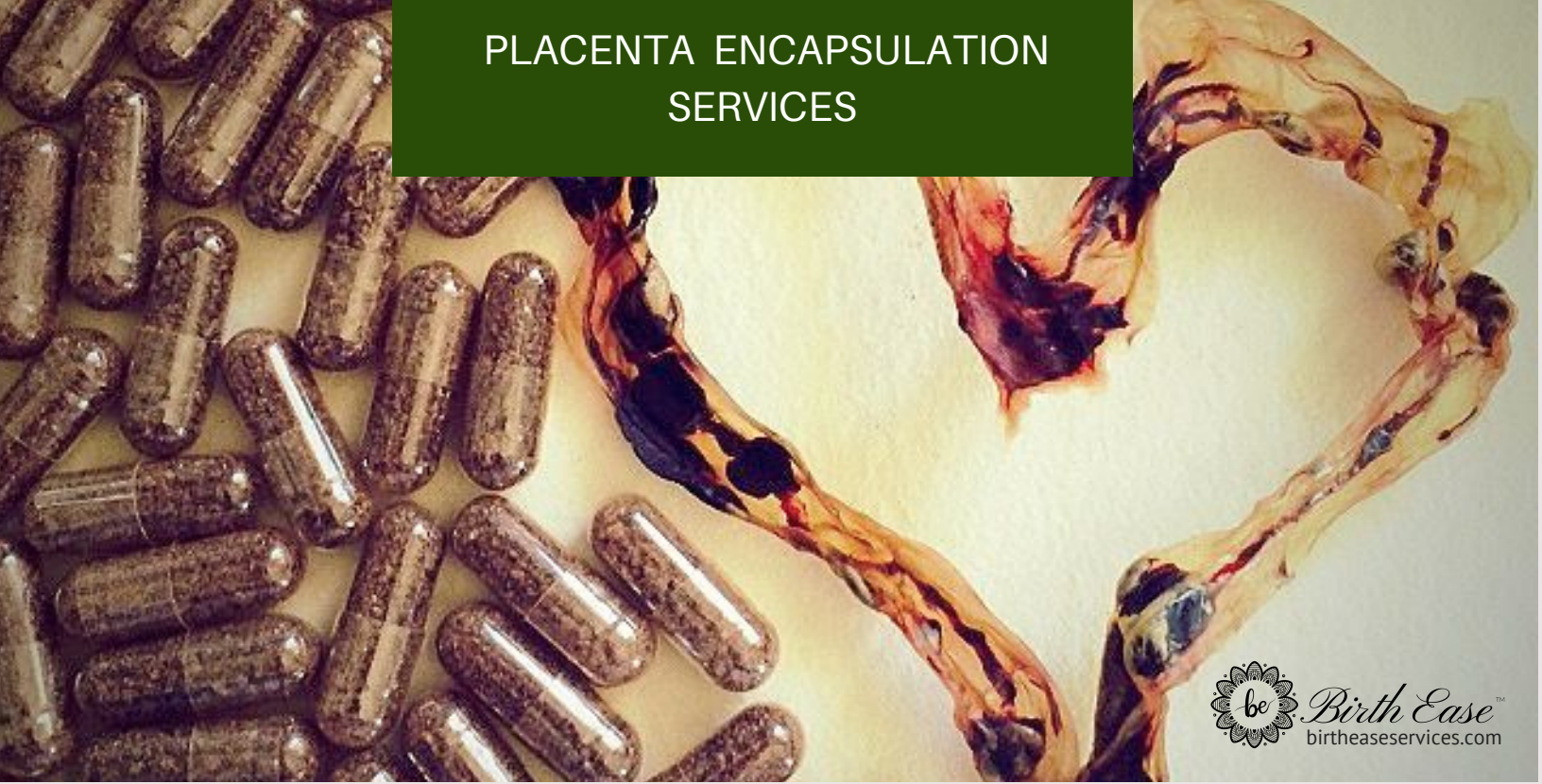
Do you have concerns or fears about what your postpartum experience will be like after the birth of your baby? Putting a support system in place and allowing yourself to receive help is vitally important. But even with the best of support, new mothers can still feel engulfed postpartum. Lack of sleep, the sudden hormone and lifestyle changes, a body healing from birth, a crying newborn-- all contributes to the overwhelm. While it can be common to experience the “baby blues” days 3-5 postpartum, for many mothers the overwhelm and anxiety can continue. Some women will experience postpartum depression which can be debilitating for some mothers.

An increasingly popular way to help create a smoother postpartum period is placenta encapsulation. The most common benefits reported by the more than 400 clients that my colleague and I have provided encapsulation services for are increased energy, increased milk supply, and stability in their mood. Moms often state that they feel a difference within 30-60 minutes of taking a the capsule or capsules. Many of these mothers and their partners refer to the placenta pills as their “happy pills.” These same results along with other self-reported benefits have been concurred in a 2013 study, *Human Maternal Placentophagy: A Survey of Self-Reported Motivations and Experiences Associated with Placenta Consumption*. The researchers stated, “We surveyed 189 females who had ingested their placenta and found the majority of these women reported perceived positive benefits and indicated they would engage in placentophagy (consuming the placenta postpartum) again after subsequent births.” We are finding this to be true as well. Clients are requesting placenta encapsulation services when they become pregnant again.

The placenta is nourishing and hormone rich. In a 2016 study, researchers analyzed 28 placenta samples processed for encapsulation using liquid chromatography tandem-mass spectrometry (LC-MS/MS) to evaluate the concentration of 17 hormones. The results revealed detectable concentrations for 16 of the hormones analyzed, some in concentrations that could conceivably yield physiological effects. A few of the hormones found in the placenta are: estrogen -- which stimulates healing and has been shown to increased mental clarity and emotional balance; progesterone – which improves cognitive function, boosts energy, and decreases anxiety; corticotropin-releasing hormone – equips the mind and body to handle high levels of stress; and thyrotropin-releasing hormone – which stimulates the release of prolactin and has anti-depressant properties.

Although not common place knowledge, the medical use of the placenta has been around in various cultures for hundreds, even thousands of years as is the case of Traditional Chinese Medicine. Rural midwives in the US and across the world have traditionally used the placenta to stop a postpartum hemorrhage. Currently placentas are being used in such areas as regenerative medicine, stem cell therapy, wound healing, and eye trauma.

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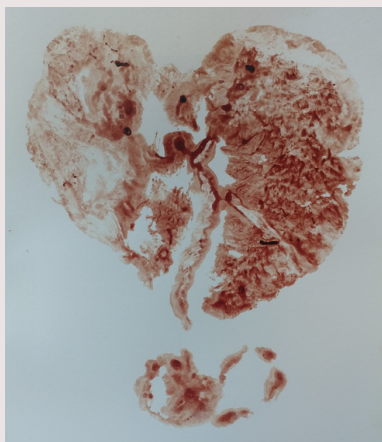


## HOW I PREPARE THE PLACENTA

For the encapsulation process, I prefer to use the raw method of preparation which entails dehydrating the placenta at  $160^{\circ}$  for 1-2 hours and then at  $115^{\circ}$  for an additional 20-22 hours. If the mother is Group B Strep positive, then a vinegar bath will be used first. I feel this raw method retains the most nutrients and hormonal benefits. Once the placenta is dehydrated, it is ground and placed in size "00" capsules. A small placenta yields about 90 capsules, an average sized placenta yields about 125 capsules, and a large placenta yields 150 or more capsules. I also have vegan capsules available, as well as smaller size "1" capsules for someone that might have difficulty swallowing capsules. The smaller capsules approximately double the amount yielded.

## SAFETY

I have been providing placenta services for 10 years. I am a former birth center manager and have certified in blood borne pathogens protocols, food safety handling, as well as placenta encapsulation. I use disinfecting agents and sanitizing methods that are food safe and OSHA approved. I have a dedicated space for placenta preparation.



## TIMELINE FOR PREPARATION

The turn around time for the encapsulation process is typically 36-48 hours, occasionally more. When possible I pick up and deliver to the hospital. If that is not possible or in the case of a birth center birth, when the encapsulation is completed I will bring the capsules to the mom's home if she lives within 30 minutes or so travel time from me. Otherwise, I can mail the completed placenta capsules or your friend or family member can meet me for delivery.

## DOSAGE

The suggested dosage is to begin with one capsule twice a day with a meal. However, in the first two weeks or so, many moms need to take 2 capsules twice a day, adjusting the dosage as needed. Occasionally a mother may need an additional third dose of one or two capsules midday.

## COST OF ENCAPSULATION

The fee is \$275 for placenta encapsulation which includes being on call, pick up and delivery, placenta prints, keepsakes, and the capsules. If you would like a placenta tincture started, the fee is an additional \$15 to cover the supplies. If pick up of the placenta is required between the hours of 11 pm - 7 am at Winnie Palmer Hospital, there is an additional fee of \$25. If you would like to avoid this fee, you can have someone take the placenta (packed fully in ice in your cooler) to your car until pick up in the morning.

# GUIDELINES FOR SAFE PLACENTA ENCAPSULATION



## Conditions that Render the Placenta Unsafe for Consumption

### DISEASES

- HIV
- Hepatitis
- Syphilis
- Gonorrhea
- Chlamydia
- Tay-Sachs -if disease is present in baby
- Sickle Cell- if mom isn't a carrier and baby's father is
- Group B Strep- may be contraindicated for **RAW** consumption without dehydration.

### PREGNANCY CONDITIONS

- Smoking
- 3+ Alcoholic Drinks a day
- Drug Use
- Certain Medications

Encapsulation may be possible In conjunction with TCM to provide liver support

- PUPPS- could aggravate rash.
- Cholestatis

### DURING LABOR OR IMMEDIATE POST BIRTH

- Placenta Sent to Pathology Lab\*
- Intrauterine Infection
- Maternal or Infant Infection/Fever
- Heavy Meconium that creates Infection in Placenta
- Contact with Maternal Fecal Matter
- Unrefrigerated Greater than 4 Hours After the Birth
- Refrigerated Greater than 5 Days

\*Certain placental or pregnancy conditions, conditions with the baby, presence of infection, and certain other factors may require the placenta be transferred to pathology. In some cases, a small piece of the placenta can be sent to pathology and the remainder can be used for encapsulation.

TCM- Traditional Chinese Medicine

# CHECKLIST FOR PLACENTA ENCAPSULATION



## 37 WEEKS

### Copy of Prenatal Labs Provided to Michelle

- HIV
- Hepatitis
- Syphilis
- Gonorrhea
- Chlamydia
- Herpes Simplex
- GBS
- Genetic Conditions

## WHEN LABOR BEGINS

- Text Michelle- that way I am prepared for pickup
- Bring Cooler to Place of Birth- a styrofoam one works well
- 2-3 Gallon Zip Lock Bags- in case container is not provided
- Let Staff Know You are Keeping Your Placenta- sign waiver at Winnie Palmer

## ONCE BABY IS BORN

- Make Certain Placenta is on Ice
- Text Michelle that Your Baby is Born

## NOTES

Once at the hospital or birth center, let the staff know that you would like to keep your placenta. The nurses can provide ice for your cooler that you bring with you to keep the placenta cold until pick up. The hospitals generally will provide a plastic container to place the placenta in. I do suggest bringing a couple of gallon-sized zip lock bags along just in case, though. Food safety protocols are what need to be observed in the preparation of the placenta, and the cooler filled with ice will keep it refrigerated until pickup. Once you alert me that your baby is born, I do my best to get there for pick up as quickly as I can.

Advent Health Hospital is very cooperative about patients keeping her placenta and allow the iced placenta to go the postpartum room if necessary. For example: if the baby is born in the middle of the night, the placenta can be picked up in the morning.

Winnie Palmer Hospital requires immediate pick up of the placenta. It must be removed from the labor room within 2 hours.

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## ADDITIONAL USES FOR YOUR PLACENTA



### PLACENTA TINCTURE

Placenta tincture is an added bonus in that it can be used in addition to and long after the capsules are gone. By tincturing a small piece of the placenta or the contents of 5 capsules in a high grade alcohol such as 100 proof vodka for at least 6-8 weeks, you can prolong the benefits of your placental hormones. You can use your tincture to ease symptoms in times of transition, trauma, emotional distress, and hormonal fluctuations such as PMS and menopause. The tincture also can be given to the child in times of illness to ease symptoms, or in times of physical/emotional distress such as colic, teething, weaning, separation anxiety (such as first day of school), or sleep difficulties. It is very stable if kept in a cool dark place such as a cupboard and will last for many, many years.

Dosage is 7-10 drops of tincture for adults and 3-5 drops for babies and children in a cup of juice, water, or tea (or dropped directly under the tongue for adults). At this dilution, the alcohol has no intoxicating effects. It is less alcohol than cough medicine contains. If you prefer to reduce the alcohol even further, you can place the drops in the a cup of boiling tea, "burning" off the alcohol, then cooling before ingesting. The tincture can be taken 2-3 times per day as needed.

### PLACENTA DRESSING

A placenta dressing is the ideal remedy for fissures and sore nipples. The blood-clotting particles such as fibrinogen and thrombocytic fractions will cause scrapes, fissures, and cuts, as well as sutured and closed wounds, to develop a new layer of skin and lose the swelling more quickly. The net of fibrinogen in the tissue of the placenta keeps germs from spreading and accelerates the proliferation of cells within the wound. With a placenta dressing, a wound can heal completely within only a few hours.

To heal sore nipples, a slice of raw, frozen placenta may be placed on the fissure. This dressing will accelerate the healing process to the point that nursing is typically possible again in the time for the baby's next feeding. The placenta tissue on the nipples will not harm the baby, since it does not contain any foreign protein.

Place the frozen sliver of placenta on the wound as a dressing and cover with sterile gauze or a fresh disposable breast pad. Leave the dressing on the wound for approximately half an hour. You can gently wipe your nipple afterwards with a wet cloth.

Note: Mothers must be Group B Strep negative to use the placenta for wound healing.



## WHAT MY CLIENTS ARE SAYING

*"So thankful I had mine [placenta encapsulated]... Saved me from crazy anxiety and roller coaster moods!"*

~Doris E.

*"You should call them [placenta pills] magic happy pills. They definitely work."*

~Maya J.

*"Best decision ever to have my placenta encapsulated! I am so grateful for you Michelle & all of your knowledge and guidance."*

~Stephanie S.

*"Michelle is very knowledgeable and kind. She made my placenta into pills. I truly believe that is what helped me avoid postpartum depression after my daughter's birth."*

~Cindy S.

*"Just wanted to share... I started getting pretty upset last night and was still feeling that way in the morning. Took my first placenta pill and started feeling more normal within an hour. I was so happy. I can't imagine having to go through the day feeling like that!"*

~Katharine G.

*"I want to thank you for your help with my placenta encapsulation. Wow! I am a total convert. I could really tell a the difference in my mood after I started taking my capsules and I know they've kept the baby blues at bay. If I had any doubt, a few days ago I forgot my morning dose (because you know... busy!) and by the evening I was weepy and irritable. And then I remembered I's forgotten my pills! After the next dose I was feeling better again."*

~Brittany R.