

Placenta Encapsulation

Placenta encapsulation is the process of preparing the birthing person's placenta after the birth of the baby by slicing, steaming, dehydrating, powdering, and placing it into capsules for the birthing person to use as seen fit

Possible advantages include:

- Restoration of iron levels in the blood
- Increase in milk production
- Increased energy
- Decrease in postpartum depression levels
- Decreased likelihood of postpartum hemorrhage
- Increased release of the hormone oxytocin, which helps the uterus return to normal size and encourages bonding with the infant

Methods of Encapsulation

- **Traditional Encapsulation** - traditional Chinese method where gentle steaming is done to the placenta. The substance is subsequently dehydrated, blended into a powder, and put into capsules.
- **Raw Encapsulation** - From its unprocessed state, the placenta is dehydrated, blended into a powder, and then placed in capsules. Although some who consume raw foods may prefer this approach, there is no evidence to suggest that it is more nutrient-dense than the conventional approach.

Other Products

- **Tinctures** - a tiny portion of your placenta is put in a bottle with pure grade alcohol for a 6 week steeping period. After that, it can be kept for a very long time and used throughout stressful or transitional situations. Wonderful for menstruation and menopause.
- **Essence** - is very popular and extremely helpful at times of illness or stress from teething pain or colic. A drop can be a unique rescue remedy for your baby or growing child when they are fretful or under the weather. The placenta contains vitamins, minerals and hormones so it is a very good immune remedy.
- **Placenta Prints** - Your placenta is used to create a print that depicts the "tree of life" shortly after birth.
- **Keepsakes** - Depending on its length, your baby's umbilical cord might become dehydrated in a variety of ways. Some individuals decide to put it on display in a shadow box. The cord can be included in your capsules if a cord souvenir is not desired.



Frequently Asked Questions

- **How is the placenta handled and stored before being encapsulated?** - At a mutually agreeable time, I will collect your placenta and prepare your tablets within 48 to 72 hours. Your placenta will be packaged for collection by being placed in a few sizable, freezer-safe Ziploc bags before being placed in a cooler with ice packs. Most hospitals will provide you with a bag or container. Please remember to state on your birth plan that you want to keep your placenta if you give birth anywhere other than your home. The placenta must be handled and preserved in a manner similar to how raw meat from the deli would be, i.e., below the "Danger Zone" of 4 degrees celsius. I keep the placenta in a refrigerator after I get it home in a double-sealed bag while I clean the tools, and then I start to work!
- **If I had a c-section, an epidural, or syntocinon during labor, can I still have my placenta encapsulated?** - Yes, your placenta capsules are not significantly affected by these procedures. Pitocin and epidural anaesthetic both degrade quite quickly once they reach the placenta. Make sure your birth plan states clearly that the placenta will be stored and that it must be chilled as soon as possible after delivery. You must watch out for the right handling of your placenta, especially after a c-section.

- **Is it safe to have my placenta encapsulated if I tested positive for Group B Strep (GBS)?** - Yes. A common bacterium called group B strep usually does not endanger the mother's health. During the steaming procedure, all bacteria in the placenta are destroyed. Group B strep occasionally causes uterine infection. Group B strep is not prohibited in the manufacture of placenta remedies, however, your placenta would not be considered helpful in healing if you experienced a uterine infection or fever during labor and would likely be sent to the pathology lab for testing.
- **Will the Hospital release my placenta?** - When it comes to releasing the placenta, most hospitals are pretty accommodating. However, you must let them know before giving birth if you choose to keep your placenta. The easiest way to do this is to have a birth plan. You may be required to sign a release form or waiver following delivery. You can ask the staff to double bag the placenta in Ziploc bags you brought from home and put it in the hospital refrigerator after it has been examined and proven to be healthy. It is acceptable to store the placenta in the hospital's recommended container if they won't bag it.
- **What if the doctor wants to take my placenta to pathology?** - If the placenta needs to be transported to pathology, ask if a tiny piece can be removed for examination rather than the entire placenta. You won't be able to get your placenta encapsulated if they insist on taking the entire placenta.
- **If my baby was premature, can I still get my placenta encapsulated?** - Unless the doctor decides to send your entire placenta to pathology, the answer is yes. Premie mothers require all the assistance they can receive in bringing in their milk, recovering rapidly, and regulating their postpartum mood. You can frequently agree to have just a portion of the placenta transferred to pathology so you can encapsulate the rest if your doctor wants to culture the placenta.
- **I have a placenta stored in my freezer from a previous birth. Is it safe to have it encapsulated?** - That depends on a number of things: Was the placenta correctly frozen? You can have it encapsulated up to a year after giving birth if it was frozen properly (within 48 hours of delivery, no symptoms of frostbite, and not thawed and re-frozen).
- **How many capsules should I be taking?** - You should adjust your dosage according to how you are feeling each day. The following are the fundamental rules. Days 1 through 7 take 3 capsules in the morning. Take 2 capsules in the morning for a period of 3 weeks. Then take one capsule in the morning until you run out or feel you no longer require them. Any remaining capsules can be saved for menopause, PMS, depression, reduced milk production, and mood swings. However, you should adjust your dosage if you feel that two capsules are inadequate or if three capsules are too many for you.
- **How should placenta capsules be stored?** - Your capsules should be kept in the freezer in an airtight container. Keep your capsules cool and dry if you move so you may put them back in the freezer as soon as you can. If properly stored, your capsules will last a very long time.
- **On average, how many capsules can I expect to receive?** - That depends on the placenta's size. About 90 to 100 capsules can be produced from a tiny placenta. Up to 175 or even more can be produced by an extremely big placenta. You can anticipate receiving 125 to 150 capsules on average. Large newborns typically have large placentas, whilst little babies typically have small placentas.
- **How do I dose and store the tincture?** - Tincture must sit in a cool, dark location at room temperature for at least 6 weeks before consumption. The recommended dosing is about 5-10 drops in a small cup of water (4-8oz) as needed. There is no expiration date and the tincture is good for years. You should always check for mold before consuming it after a longer period of time.

