

## *What to do with your placenta*

**The placenta is an amazing organ that your body develops to nourish and protect your baby.**

**Bury placenta under a tree or plant.**

**Make placenta art.**

**Prepare placenta for smoothy.**

- 1. Cleaning and preparation: Remove blood clots from placenta by rinsing with water, cutting off amniotic sac and cord.**
- 2. Slice your placenta into thumb size pieces, freeze in zip lock bags, lying flat until it's frozen.**
- 3. Use 1 or 2 pieces in smoothie.**



**Process placenta for encapsulation.**

- 1. Cleaning and preparation: Remove blood clots from your placenta by rinsing with water, cutting off amniotic sac and cord.**
- 2. Slice your placenta into thin pieces.**
- 3. Place your placenta in oven or dehydrator until dried.**
- 4. Grind up your placenta and put it into capsules.**

