

Precious Moment Doula

A Little About Me

Hello! I'm Sarah Pierce, a certified Birth and Bereavement Doula and Certified Placenta Encapsulation Specialist. I am also a devoted wife and a mother to two beautiful children along with two angel babies all of which played a part in leading me towards my profession. My journey as a certified Doula and Encapsulation Specialist is dedicated to supporting mothers and families through these uniquely intimate and precious moments.

Whether you're embracing the wonders of pregnancy, experiencing the miracle of birth, navigating the complexities of grief, or dealing with postpartum challenges, I'm here to offer compassionate coaching and steadfast support. I specialize in providing doula support for hospital births, home births and birth centers. Wherever your path leads, my passionate goal is to make these cherished moments even more meaningful to you and yours.

Allow me the honor of guiding and supporting you through these significant life events. Your choices, desires, and postpartum well-being are my utmost priority.

Below you will find details of the placenta encapsulation process. Instruction on taking your capsules will be delivered with your products. Please reach out with any questions or further needs! (912)- 539-6725

Placenta Encapsulation Process

The preparation area will be thoroughly sanitized before the process begins. The processor will wear latex-free gloves, a mask, a hairnet, and a gown for the duration of the procedure to maintain cleanliness. The placenta's print will be taken, and the cord will be cut to create a keepsake. Excess blood will be drained from the placenta, which will be carefully washed before undergoing steaming and being processed into a fine powder. This powder will be sealed in a dye-free, vegan capsule. These capsules will then be sealed into an airtight jar and returned to you, along with your keepsakes and tincture if applicable.

Keepsakes

The paint or dye utilized for crafting the placenta print is carefully applied without direct contact with the placenta. Please be sure to specify your preferred color combinations for the print. If desired, we can create a natural blood print instead of or alongside the painted version.

The Cord keepsake is shaped into a heart and then dehydrated until thoroughly dried. Following dehydration process it will then be dipped in a resin to help protect it. It will maintain a natural color.

Tinctures

Tincturing a placenta enhances the longevity of its benefits, providing a means to access the same advantages offered by capsules but at a later date. A small quantity of placenta powder is artfully blended in a 2oz amber glass dropper bottle with high-proof vodka (or a preferred alcohol such as brandy, please specify in the application form). The tincture requires a 6-week steeping period, with a

gentle swirl every few days during this duration. It should be stored in a cool, dark place. Precious Moment Doula's tinctures are meticulously prepared using the powdered method unless a raw tincture is specifically requested. If opting for a raw tincture, the placenta chunk must be removed after the same six-week steeping process. The benefits and applications of the tincture are diverse...encompassing increased energy, emotional and hormonal stabilization, aid in the return of postpartum menstrual cycles, as well as support during menopause. It also proves beneficial in promoting healing during illness and serves as a general pain reliever. Notably, the tincture can be considered for relieving infant teething pain, although it's worth noting that while this use may be controversial, research indicates that the minimal amount of alcohol present is insufficient to adversely affect the baby.

Benefits of Placenta Consumption

Women who consume their placenta report experiencing an array of positive outcomes, including an observed increase in milk supply, elevated energy levels, a decrease in or even the absence of postpartum depression, and a quicker return to their pre-baby body.

The reported benefits encompass:

- Higher Energy
- Decreased likelihood of baby blues and postpartum depression
- Mood and hormone balance
- Increased milk supply
- Elevated iron levels
- Reduced postnatal bleeding
- Quicker loss of baby weight
- Faster shrinking of the uterus back to pre-pregnancy size
- Overall expedited recovery

Nutrients found within the placenta include:

- Vitamin B6

- Vitamin B12

- Iron

- Cortisone

- Human Growth Hormones

- Stem Cells

- Cytokines (These proteins are released by cells in the body and play a crucial role in the communication between healthy and damaged cells, as well as in the healing process of damaged cells and the generation of new cells.)

The Steps You Need to Know

-Chill Placenta within 4 hours of birth

- Placenta can be refrigerated for up to 4 days

- Ideally, the placenta should be encapsulated within the first few days for the most benefits, but if necessary, it can be frozen for up to a year.

- Call and arrange to have the placenta picked up following birth: (912) 539-6725

- If you are having a hospital birth, request that your placenta does not leave the room to ensure no chemicals are used on it. Bring three one-gallon freezer bags, as well as a cooler or cooler bag. Use one bag for the placenta and the other two to fill with ice and pack in the cooler with the placenta. Replace the ice with fresh as needed until it is picked up by me or taken home. You have the absolute right to your placenta! Please do not let them tell you otherwise. If they state it is against policy, remind them it is within your legal rights and ask for a patient advocate.

Please note the following conditions will deem a placenta unable for encapsulation. Please notify me if you have any concerns or develop any of the following:

Prion Disease - Lime Disease - Clostridium Difficile (C. Diff) - STD's - Chorioamnionitis (infection of the membranes) - Improper storage of the placenta

The following conditions still allow for encapsulation:

C-section - Meconium (Baby poos in the womb) - GBS + - Gestational Diabetes - Pre-eclampsia -

If you have a fever (in most cases) please contact me if you are unsure!

Please complete the form below and email it back to me if you wish to proceed with encapsulation or keepsakes. It's important to note that outcomes may vary for each individual. The benefits mentioned above are reported and researched benefits of placental consumption.

Application for encapsulation services

Full Name:

Tell me a little about you and your family:

Babies Due Date:

Phone:

Home address:

Planned Birth Location: Home / Hospital / Birth Center (If location changes please just update me after birth when pickup arrangements are made.)

Encapsulation Package: YES / NO

Keepsakes Only Package: YES / NO (cord keepsake and first placenta print included with encapsulation for free) Advanced Keepsake Package: YES / NO

Desired placenta print colors or combination:

Desired Membrane Dreamcatcher color combination:

(You have until pickup to decide if you are not yet sure)

If only Purchasing Keepsake package do you wish for placenta to be returned to you: YES / NO

Tincture add on: YES / NO if yes would you like to receive one or two tinctures

Placenta Print add on YES / NO

Any specific requests or preferences:

Known allergies?

Have you tested positive for HIV or AIDS: YES / NO If Yes placenta cannot be processed.

Any Questions or notes for us to further discuss by pickup?

Pricing:

-Basic Keepsake Package: (Includes one placenta print and one Cord keepsake only) **\$65 - placenta will be returned or tossed according to your wishes.**

Membrane Dreamcatcher: (Includes one round dreamcatcher made with the amniotic sac (your babies first apartment!) with your choice of color combo for cord and feathers. **\$50 -placenta will be returned or tossed according to your wishes.**

Advanced Keepsake Package: (Includes one round dreamcatcher as mentioned above as well as one placenta print and one cord keepsake.) **\$100 -placenta will be returned or tossed according to your wishes.**

-Placenta Encapsulation Package: (Includes one complimentary placenta print and heart shaped cord keepsake. As well as jar of your placenta capsules and consumption instructions. Please note exact number of capsules varies according to size of each placenta.) **\$225**

-Tincture add on: (per each 2oz tincture. Steeping and usage instructions included.) **\$35**

-Placenta Print add on: (per extra requested) **\$10**

All placenta services include complimentary pickup and drop-off of products within a 60-mile radius of Screven, Georgia. If you are outside of the service area, we can arrange a meetup or provide pickup and drop-off for a small additional fee. I am available for pickups everyday from 8 AM to 8 PM. After your birth text or call me at 912-539-6725 during that time to schedule pickup. Dropoff will be ready within 48 hrs of pickup. (If I attend your birth will drop off will be at postpartum visit)

A prepayment of \$50 will be due at the time of placenta pickup, with the remaining balance, per your package, due at the product drop-off.

