



Placenta Encapsulation from Earth Mama

Although having a baby is a beautiful and joyous time it can also be an exhausting one. Many changes are happening to you both physically and emotionally. Many are discovering the amazing benefits of consuming placenta (placentophagy) after childbirth to help ease the transition.

Encapsulation is the process of drying out the placenta, grinding it up into a fine powder and putting it into pill form for easy consumption. You will receive between 75-125 capsules depending on the size of your placenta.

Some of the benefits include:

- It can increase your energy and make for a smoother postpartum
- Your placenta contains your own natural hormones and is safe
- It can help in replacing iron
- It may decrease postpartum bleeding
- Helps with "Baby Blues" and postpartum depression
- Can help with milk production

Storage and Transportation

After you deliver contact Earth Mama (usually within a few hours, but preferably during the hours of 8am-8pm.) We will arrange to come pick up the placenta within 24 hours, process the placenta then contact you when it is done and arrange a time to drop it off. It usually takes 24-48 hours. *Please remember that we are also on-call birth and postpartum doulas and midwives. In the event that we are all with clients when you call, there may be a delay of 24 hours or more in preparing your placenta

Your placenta may be kept at room temperature for 3-4 hours. After that it should be refrigerated or otherwise kept cool. If it is going to be more than 4 days before the placenta can be prepared it should be frozen. A frozen placenta may require an extra one or two days of preparation time to allow for gentle thawing.

Your placenta should be prepared for transport by placing it in two freezer-strength zipper storage bags, or in an airtight container like a yogurt tub or Tupperware container, and then into a cooler with ice or in a refrigerator. If you are delivering at the hospital they will provide a storage container and ice but you will need to provide a cooler or ice chest.

It is important to note that there may be circumstances under which your placenta can not be used. Significant abnormalities of the placenta may necessitate your doctor or midwife sending your placenta to Pathology for further examination. Other conditions, such as signs of infection during

labor, may mean that consuming your placenta will not be beneficial to you. postpartum recovery. If this is the case no payment is due.

Please let us know if you have any health concerns which may affect the health of your placenta or the health and safety of anyone who may come into contact with your placenta.

Limitations and Disclaimer

We, at Earth Mama Doulas Services are not your licensed medical professionals and therefore are not able to diagnose, treat or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised. Any benefits will vary from person to person. Some of the ascribed benefits of placenta consumption are supported by research; however these benefits have not been evaluated or approved by the food and drug administration. It is your responsibility to determine whether using placenta preparations may be of benefit to you.

Always speak to your care provider regarding any questions about your health, safety and wellbeing. Placenta services are not meant to be a replacement for medical advice or prescription medicines. If you are experiencing symptoms of postpartum depression, low milk supply, or other medical concerns please speak to your midwife or doctor.

Fees:

The cost for the service is \$150 for non-doula/midwife clients. (sliding scale available if needed. Just ask!) \$125 for doula and midwife clients. Payment is not due until the placenta pills are returned to you.

Instructions for storing and consuming:

(These are suggested dosages. You can not consume too much at once. You may follow the instructions below or use your own intuition to decide your dose)

You will want to keep capsules in a cool dry environment or the refrigerator. They do not have an expiration so they can be left there indefinitely and used at your leisure. Placentophagy, is for natural nutritional supplementation and is intended solely for ingestion by the mother who has birthed the placenta(s) and not for her family members, friends, or other individuals.

- Take 1-3 pills a day as needed.
- If you are having days of low energy you can take up to 3 capsules 2-3 x a day.
- Some women choose to save some them for days when they are feeling sick or extra tired, or for when menstruation returns.

If you have any questions please contact
Earth Mama, LLC
www.earthmamadoulas.com
503-884-6451

To hire Earth Mama to encapsulate your placenta please fill out the following information and return to Earth Mama.

Name: _____

Place of intended birth: _____

Due date: _____

Address: _____

Phone: _____

Have you ever been diagnosed with any blood born diseases (HIV, Hepatitis B or C, Syphilis, etc?)

Signature: _____ Date: _____

Any specific requests? _____

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