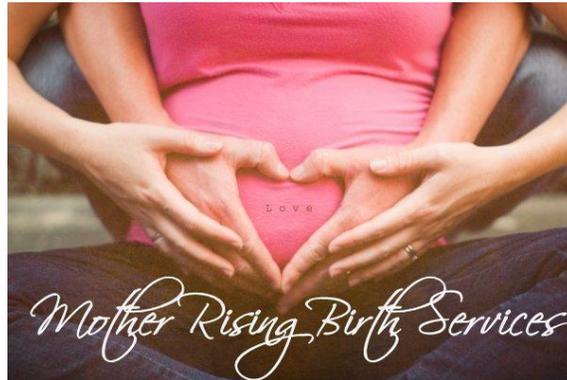


# Placenta Encapsulation



**Lindsey Morrow, Mother Rising Birth Services**

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*BFW childbirth classes*

*FCE Encapsulation Specialist*

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Congratulations on your pregnancy and your interest in improving your postpartum health through your placenta!

The following is a description of placenta encapsulation protocol, FAQ's and other information that will be helpful for you on your journey to motherhood. *Please print this PDF out.* Read through this carefully as many of your questions will be answered.

As always, I am available by email, text, facebook, phone and in person. I look forward to working with you!



# Benefits of the Placenta

Consuming your placenta postpartum has abounding benefits for the postpartum woman. Some of the amazing things that it can help with are:

- Lessening the risk of postpartum hemorrhage and lessening the lochia phase.
- Providing the hormones human placental lactogen and prolactin to assist with your milk coming in sooner and maintaining a healthy supply throughout your nursing relationship.
- Replenishing iron lost from birth and preventing post-birth anemia. Low iron levels can lead to depressive symptoms in a new mother.
- Balancing out your hormone levels until the body is able to regulate on its own.
- Providing natural pain relief from the labor and birthing process.
- The placenta helps your uterus return to pre-pregnancy size.
- Lending you a consistent flow of oxytocin (the bonding and euphoric hormone).
- Replenishing your B-Vitamins and offering your body protein for energy.
- Protection from infection due to retained placenta or bacteria in the uterus.

Your placenta is perfectly made for you, by you! It is an amazing organ created to nourish baby in the womb and the postpartum mother.

## **Placenta Encapsulation Testimonials** (read more at [www.motherrisingbirth.com](http://www.motherrisingbirth.com))

Thank you Lindsey for being so quick and efficient with the encapsulation process. You made it an easy process to add to the list of things that needs to get done after giving birth. It was great to have someone local come by and discuss the entire process with me as well. And the directions your provided were priceless. I personally found the benefits of taking my encapsulated placenta to be numerous. It gave me lots of energy during the days so that I could keep up with my toddler, all while nursing my newborn. It gave me the confidence that my newborn was getting all the milk she needed from me. My supply always seemed plenty, which wasn't the case so much with my first born. And recovery time was virtually non-existent. We were able to hit the ground running from the day we returned from the hospital. I definitely give credit to the placenta for that as well. It was a pleasure to work with you Lindsey and will definitely recommend your services to my friends. Thanks again!

~ Katie Mandell, mother to Jonah and Camarah

I loved my placenta pills and they made a huge difference in my postpartum recovery. Lindsey made the whole process very easy as she picked up and processed my placenta. The pills were ready within 48 hours and I started taking them immediately. The pills helped with my energy levels and helped balance out my hormone levels. I noticed a difference in my attitude and in my energy levels on the mornings when I forgot to take my pills. I also believe that they also helped with my milk supply. I did not have any issues with my supply and even had an oversupply at one point. I completely attribute this to the pills and their effectiveness (along with nursing) to stimulate milk production. I would highly recommend placenta encapsulation to any expecting mothers as it has numerous benefits.

~ LeAnna

# Placenta Services

## **Traditional Chinese Medicine Inspired Method of Placenta Encapsulation**

The Traditional Chinese Medicine Inspired (TCMI) method is the oldest recipe we have for placenta encapsulation; it has been done the longest in Chinese culture. The signature of this method is the steaming step. In TCMI theory, the process of labor and birth leaves a lot of open, empty space, which is considered very yin, or cold. Therefore, one major way we can promote healing during the postpartum period is to add yang energy via heat. Raw placenta is considered extremely cold, and therefore inappropriate for extended use during the first few months after birth. We therefore incorporate steam and warming herbs into the remedy, and the final result is warming, tonifying, and nourishing for the postpartum.

## **RAW Placenta Encapsulation**

The Raw method is often used for clients who adhere to a Raw diet, which is based around the idea that heat destroys vital enzymes in food. We forgo the steaming to save the vital nutrients and hormones that may be depleted once the placenta has heated to above 118 degrees. This method follows the general “Raw Foods” rule that nothing should be heated beyond 118 degrees or vital enzymes are lost. In the case of Raw placenta encapsulation, some argue that the Raw method also yields a medicine with more hormones and nutrients than the TCMI method. This is not to say one method is better than the other, just that you have several options for encapsulation and should choose the method that best suits your needs and preferences.

## **Placenta Tincture** a 4 oz bottle

Putting part of your placenta in tincture form is another way to stretch out its longevity. A small portion of placenta is added to >100 proof alcohol and set to ferment for six weeks. Some of the benefits include hormone stabilization in your postpartum cycles, less bleeding during those cycles, energy and for menopause years down the road. The tincture can be used in any time of trauma, transition and emotional distress. The female child can also benefit from placental tincture once she begins her menstruation cycles. Tinctures, when stored properly last indefinitely. They are created with organic alcohol and presented to you in an amber dropper bottle. Tinctures will be delivered in 6 weeks.

## **Placenta Salve** a 2/4 oz tin

A salve or balm made of your placenta and a variety of healing herbs and oils offers healing properties to c-section scars once they are healed, hemorrhoids, perineal tearing, eczema, sun burn, diaper rash, skin irritation and more. Think of the salve as a super healing, natural triple antibiotic ointment!

## **Basic Placenta Encapsulation Package** - \$175 for TCM and/or RAW methods

Includes: One prenatal meeting, pick up, preparation, delivery of encapsulated placenta AND a 2 ounce green salve with or without powdered placenta {your choice}.

## **Deluxe Placenta Encapsulation Package** - \$200 for TCM and/or RAW methods

Includes: *Basic Placenta Encapsulation Package* PLUS 4 ounce green salve with or without powdered placenta {your choice} AND a placenta tincture.

# Encapsulation Protocol and FAQs

- In preparation for your placenta to be encapsulated, one of the *first things* that needs to be done is that I need a signed copy of the waiver *which can be found at the end of this PDF*. I also need to see a copy of your bloodwork results with negative results. To protect my clients and family, I cannot encapsulate a person's placenta with HIV, Hepatitis and/or any sexually transmitted disease. You can request of a copy of your bloodwork at your next prenatal visit with your care provider.
- Ideally, I would like for all the paperwork to be completed by the time you are full term (37 weeks). However, if you are past that point don't let that come between you and having your placenta encapsulated. I have been contacted as late as AFTER the baby has been born and it worked out just fine.
- It is not necessary for us to meet prenatally, but I will be happy to do so. I accept signed waivers and bloodwork results via email and snail mail. Email me for my physical address.
- If you are not local I can still encapsulate your placenta. If you can get your placenta to me, I can overnight the pills back to you. Email me for more information.
- Please have a conversation with your care provider re: your intentions to take your placenta home. Remind them again at the time of delivery. If you need it, this PDF contains a placenta release form to be used with a hospital which releases them from liability. I have never had a client have a problem obtaining their placenta at Tallahassee Memorial Healthcare (TMH) even following a cesarean birth. Both TMH and Capital Regional have policies in place that allow for patients taking their placentas home.
- If you think of it, it can be helpful to give me a heads up that you are in labor and/or your baby will be born soon. Once your baby has been born please call or text me at 850-339-2606 between the hours of 7 am – 7 pm to arrange for a pickup time.
- It is your responsibility to keep your placenta refrigerated and/or on ice until I come pick it up. I recommend bringing your own cooler to the hospital because the bucket they put placentas in do not fit in the mini refrigerators in the postpartum rooms. It is not necessary to put your placenta in the freezer immediately following birth.
- If it is not possible to start the process within the first 3-4 days following birth, the placenta should be promptly frozen. Double-bag the placenta in gallon-sized zip lock freezer bags.
- A placenta that has been frozen can be encapsulated for up to 6 months. I recommend that every woman at least keep their placenta in the freezer *just in case* you find yourself needing it. If you decide that you don't need it, then nothing is lost, but once you get rid of it, it's gone for good – so better safe than sorry.

- Placentas should not be frozen, thawed, and then refrozen.
- Please make sure the placenta is bagged correctly and not leaking. Double bagging it in Ziploc bags is a great way to insure this.
- Please let me know if you had any physical trauma, suturing or a cesarean birth as I can add frankincense and myrrh to the encapsulation process to help with healing.
- I encapsulate placentas via the traditional Chinese medicine method. The placenta is first rinsed, cleaned and then steamed with ginger, lemon and a hot pepper. Next, the placenta is dehydrated, powdered and put into the capsules. If requested I can do the RAW method instead.
- The amount of capsules you get out of one placenta varies depending on the size of your placenta. You can likely expect between 100-200 pills.
- The placenta will be encapsulated in about 24-48 hours. I will call you to arrange a drop off time and place.
- After the encapsulation process is completed placenta capsules will be placed in a sealed jar and should be kept dry. They may be stored with your supplements that you take daily or in the refrigerator for maximum freshness. For long term storage they should be kept in the freezer. Placenta capsules may be taken directly from the refrigerator/freezer.

# Dosage of Placenta Capsules

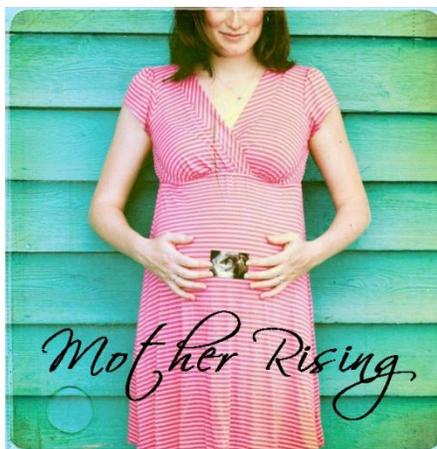
If you are really struggling postpartum, I recommend:

- 3 capsules, 3 times a day for the first week.
- For weeks 2-3, 2 capsules, 3 times a day.
- For the remaining weeks 1 pill, 3 times a day or as needed.

You can adjust your dosage depending on your needs. If you are feeling great, you can gently decrease the dosage and your capsules will last longer.

I recommend setting at least 10-20 pills aside for the first postpartum menstrual cycle. Store them in the freezer.

- Never exceed 9 pills in 24 hours. (This can create an oversupply issue that could lead to clogged ducts and even mastitis)
- Never stop taking the pills abruptly. The sudden decrease in the oxytocin that the pills provide could spiral you into the baby blues. As with anything you take orally, reduce the amount gradually over a few days.
- The placenta is tonifying, which means it holds energy in. Should you get sick with a fever or any kind of infection, I recommend that you stop taking the capsules until it passes. If you continue to take the pills, it could keep the infection in your body not allowing you to get well. A healthy mama is most important.
- Listen to your body. You know it better than I could ever prescribe.



# Release of Placenta and Waiver of Liability

Between

\_\_\_\_\_

And

\_\_\_\_\_

\_\_\_\_\_ (“Mother”) hereby instructs \_\_\_\_\_ (“Medical Facility”) to release Mother’s placenta (“Placenta”) produced at the birth of Mother’s child or in the case of multiples, children on or about \_\_\_\_\_ (approximate due date), into the custody of Mother or Mother’s designated representative.

Mother understands that certain medical conditions, known or unknown at the present time and which may be discovered during the birth process, may preclude release of the placenta due to the Medical Facility or its designated representative’s need for testing, or other purposes on the Placenta. Barring a demonstrated medical need to retain said Placenta, Mother hereby authorizes the Medical Facility to release said Placenta to the Mother or her representative(s) within twelve (12) hours of its birth.

Mother acknowledges that the Medical Facility makes no representations about the health or viability of the Placenta. Mother expressly agrees to hold Medical Facility and its representatives harmless with respect to the release of the Placenta and for any such subsequent purpose or use of the Placenta. If the Medical Facility retains the Placenta for any period of time, Mother requires that the Medical Facility store the Placenta in a manner that retains its freshness and release it to the Mother in such a manner. Upon release to Mother, the Medical Facility will be absolved of all responsibility for the Placenta.

\_\_\_\_\_  
Mother Date

\_\_\_\_\_  
Medical Facility Date



## Mother Rising Birth Services Encapsulation Waiver

I, \_\_\_\_\_ understand and acknowledge that in accordance to the Florida Drug and Cosmetic Act, Chapter 499 Florida Statutes, choosing to encapsulate my placenta is not intended to prevent or treat any physical or mental diseases, ailments or symptoms and that I am choosing to consume my placenta for my own personal beliefs, whether it be spiritual or cultural.

I acknowledge that Mother Rising Birth Services has provided me with concrete information about both the benefits and risks of placenta encapsulation, and have read all included documents. I understand that my placenta has been handled and encapsulated according to OSHA and Florida Food Safety and Handling standards, and has been cleaned, cooked, dehydrated and put into pill form in a sanitary and sterile work space. Upon receiving my placenta capsules from Mother Rising Birth Services, I waive any and all rights to hold the specialist responsible for any undesired effect of consuming the capsules.

I do not hold Mother Rising Birth Services responsible or liable for any transport mishap that is beyond their control (ex. Car accident or detainment), and understand that I am choosing to have the specialist encapsulate my placenta in specialists home.

I put full trust and acknowledgement that it is being handled in a sanitary and safe environment. I have provided Mother Rising Birth Services with blood documentation stating that I have been tested for STD's and the results were negative. I understand and trust that Mother Rising Birth Services retains blood work records for each client and that I am protected.

I understand that upon receiving the pills, Mother Rising Birth Services is no longer liable, including but not limited to any other person(s) ingesting my own placenta capsules.

X

\_\_\_\_\_  
Mother

X

\_\_\_\_\_  
Mother Rising Birth Services Encapsulation Specialist