

Placenta Encapsulation

What is it?

Placenta encapsulation transforms your placenta into capsules (pills) that you can take after birth. With lemon and ginger root in the water, your placenta is steamed for 15 minutes on each side in order to kill any bacteria. The steamed placenta is then sliced into thin strips, which are dehydrated. The strips are then ground into a fine powder, which is placed into capsules.

The process is done using space that is set aside for this purpose and sterilized regularly and instruments that are disposable whenever possible. Instruments that cannot be disposable are carefully cleaned and sanitized.



Why?

A lot of hormones flood the body before, during and after birth, and they take some time to regulate during the postpartum time. Up to 80% of women experience emotional highs and lows in the weeks after birth, often called "baby blues," and a portion of those develop postpartum depression. While the scientific research is ongoing, many women have experienced a noticeable boost to their energy, recovery and emotional stability after giving birth when taking placenta capsules. The primary benefit is simple: to help level out hormones and emotions and help the new mother feel better.

Who can do it?

Most women are able to encapsulate their placenta. Those with a history of or risk factors for postpartum depression are likely to benefit the most. If you have an infectious or sexually transmitted disease, untreated infection (including untreated GBS during labor), or the placenta has significant abnormalities, you should not encapsulate. If you are GBS positive and effectively treated during labor, you may safely encapsulate.

How it Works

If you are giving birth within 30 miles of Orrville, I will travel to your birth place to pick up the placenta, prepare your capsules, and deliver them back to you. You may reserve encapsulation services ahead of time by calling, texting, emailing or filling out the online reservation form at handprintsbirth.com under services - placenta encapsulation. There is no deposit required to reserve services and no obligation or penalty if you need to cancel.

When the baby is born, simply notify me that the placenta is ready to be picked up. Between 9:00 pm and 7:00 am, please email or text, then put the placenta on ice or in a cooler or refrigerator to keep it as fresh as possible between birth and pickup in the morning. Between 7:00 am and 9:00 pm, please call or text and I will come as soon as I am available. If it will be several hours, I will ask you to put the placenta on ice or in a cooler or refrigerator until I arrive.

Along with the capsules, you'll also receive an information sheet which includes a description of the process, safe storage instructions and a suggested dosage starting point.

Usually, I am able to return capsules to you before you leave the hospital or birth center, but if not, I will bring them to your house.

Cost

\$200, which includes pickup and delivery and is due when the capsules are delivered. Payment by cash or check is preferred but online payment via PayPal is also acceptable if using a credit card.

Contact

Please get in touch to reserve your spot or with any questions!

Katie Immel



[www.handprintsbirth.com/
placenta-encapsulation](http://www.handprintsbirth.com/placenta-encapsulation)

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