

Placenta Encapsulation FAQ's

A Variety of Uses

Traditional Encapsulation:

The Placenta is gently steamed. It is then dehydrated and ground into a powder and put into capsules.

RAW Encapsulation method:



The placenta is dehydrated from its raw state, ground into a powder and put into capsules. People who follow a raw food diet may prefer this method however there is no research proving it holds more nutritional value than the traditional method.

Placenta Prints:



A print is made of your placenta showing the "tree of life" right after birth. Your baby's name, weight and birth date are then stamped onto the page and can then be framed.

Tinctures:



A small piece of placenta is placed in a bottle with 150 proof grain alcohol. It can be kept for many years to be used in times of transition or stress. Great for menstruation and menopause.

Keepsakes:



Your baby's umbilical cord can be dehydrated in different shapes, depending on its length. Some people choose to display it in shadow box. If no cord keepsake is wanted, the cord can be included in your capsules.

FAQ's

What are the benefits?

While research is limited, the placenta is full of hormones, vitamins and minerals such as oxytocin, estrogen, proteins and iron. Mothers report higher energy levels, increased milk supply, reduced postpartum bleeding, and more stable moods.

Is it safe?

Your body created your placenta and under normal circumstances it would not cause any harm. Your encapsulation specialist has received extensive training in the proper handling and safe preparation of your capsules.

Under what circumstances do you NOT recommend placenta consumption?

Certain situations like having had an infection during labour and birth, or if your placenta was taken to pathology at the hospital would make consumption inadvisable. If you are unsure of the safety of your placenta, ask your placenta encapsulation specialist what they would advise.

What does it taste like?

Once encapsulated, your placenta won't taste any different than other vitamins you take. They may have a sort of earthy smell.

Common Myths

Your placenta is a filter and consuming it would mean consuming toxins!

While the placenta does act as a filter to keep harmful substances from the baby, those substances are filtered back into the mother's system to be excreted. The placenta does not collect them like a sponge.

Cooking it destroys all the benefits.

While some properties can be destroyed, most benefits are retained even after cooking/dehydration. The removal of water has been used for centuries as a way of preserving food and maintain its nutritional status.

Consuming your placenta is cannibalism!

The placenta is neither a part of your, nor your baby's body. It is made up of the same DNA as your baby but removes itself on its own. NO person is harmed to obtain it and it's actually the creation of life that creates it.

There's not enough proof!

While there has not been an abundance of research on the subject, we do know that it is made up of many hormones and minerals that are beneficial to the postpartum period. The anecdotal evidence of the benefits of consuming one's placenta to the postpartum period are impossible to ignore.

If you have any other questions, please contact Baby Mine Birth Services Laura Gauthier - (403) 596-8329 or email laura@babyminedoula.com