

Dosage Guidelines

Every woman and placenta are different. It is important to listen to your body to determine what your perfect dosage is. Some women (for example those who had a c-section, or experienced excessive blood loss, or who are worried about milk supply or mood) may prefer more capsules per day, while others prefer less. The suggested starting dosage for the average mom is 2 capsules, two times a day with meals (breakfast and lunch only) for the first 10-14 days. Some TCM practitioners suggest taking the capsules with a little sake/wine, saying that it helps diffuse the energy throughout the body. After 10-14 days you can start to decrease the dosage down as needed. Some women save the remainder (if any) in the back of the freezer for PMS, stressful days, or even menopause.



Take your first couple of doses at a time of day when you will be up for a while to see how it affects you. Taking them too close to bedtime might result in an energy boost and difficulty sleeping, though not everyone experiences this.

Most mothers report feeling very balanced while taking their capsules, with more energy than they expected to have after having a baby. If you miss a dose and feel tired, moody, etc., you will know that the dosage you were taking was working well for you. If you cut back on your capsules and feel good, you know you can take fewer capsules. Ideally a mother will take just the right amount of capsules so they can help in the early weeks but also last for as long as possible. Experiment and listen to your body!

We recommend storing your capsules in a cool, dry place away from direct sunlight. In the early weeks you might like to keep them on your bedside table to help you remember to take them, unless you have a curious toddler or pet!

If you still have capsules left after 2-3 months and plan to store them long-term, move them to the back of your freezer.

Tincture Guidelines

7-10 drops in a small amount of water, 1-3 times per day.



This brochure was created by Anne Ferguson/Bywater Birth, LLC. Anne is a birth doula, Hypnobabies Instructor and Certified Placenta Arts Specialist serving the Twin Cities Metro Area. Providers listed at www.minnesotaplacenta.com are individual contractors and Anne Ferguson assumes no responsibility for their practices or actions.

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PLACENTA ENCAPSULATION

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Many mammals consume their placenta after giving birth. Mothers in the Twin Cities have been adopting this practice in increasing numbers over the last few years and have seen many benefits to consuming their placenta in capsule form. The placenta is an amazing organ your body grew for the purpose of nourishing your baby and after the birth it can be very nourishing for the mother.

Reported Benefits of Consuming Placenta

- Reduction in feelings of postpartum sadness and anxiety
- Higher energy levels
- Balanced hormone levels
- Replenished iron levels
- Increased milk production
- Faster return of uterus to pre-pregnant state
- Less postpartum bleeding

We highly recommend hiring a professional placenta arts specialist to process your placenta. There is a potential for food-borne illness in the mother if the placenta is not prepared properly, and unsafe procedures could expose those processing the placenta to blood-borne pathogens. In addition, hiring a professional ensures you will have your capsules quickly so you can start reaping the benefits as soon as possible.

Placentas are best when they are fresh, within a couple days of the birth provided they have been refrigerated, but you can also thaw out and encapsulate a frozen placenta.

There are two encapsulation methods to choose from: the traditional method (TM) and the raw start method. With both, the end result of the process is a jar full of capsules. Each mother should decide for herself which method is right for her. Bywater Birth also offers 1/2 of each method to enjoy the benefits of both.

Fees

See www.bywaterbirth.com/placenta-encapsulation.html for current pricing.

Benefits of the traditional method

- Human placenta has been used in Traditional Chinese Medicine for centuries. According to TCM practitioners, placenta has been used historically for insufficient lactation, to boost qi/energy (which women are believed to be depleted of after birth) and to nourish the blood. Steaming is a key part of these properties as TCM also believes that cooling things (like raw placenta) should be avoided in the postpartum period. The cooking process is believed to release beneficial properties in the placenta and make nutrients more easily absorbed by the digestive tract.
- Steaming per our preparation protocol should destroy any viruses or pathogens that may have been picked up on the placenta's journey outside the body, making it safer for the mother to consume.
- May increase the amount of iron (ferritin) in the placenta.

Benefits of the raw start method

- More of a stimulant. Mothers report very high energy levels.
- Yields more capsules.
- Some mothers report a bigger boost to their milk supply with the raw start method.
- Our high dehydration temperature ensures any bacteria are killed so the capsules are safe for a person to ingest.

A few cautions about the raw start method

- Many mothers will benefit from being in bed, resting with their newborn for the first 10-14 days postpartum, breastfeeding, bonding and healing from the birth. Raw capsules can give so much energy that mom may not take enough time to rest and heal.
- Some mothers experience an oversupply of milk, which can complicate your breastfeeding journey, though there are strategies to get this under control should it occur.

According to TCM principles, traditionally-prepared placenta should not be taken if the body is fighting off a common cold, flu, or infection. If a mom should get a breast infection (mastitis), the pills should not be taken until the infection has cleared. If symptoms such as chills, fever, sneezing, aches, flushed cheeks, hot palms and feet or night sweats should occur, stop taking the capsules until you are well and the symptoms have resolved. The reason for this is that placenta is extremely tonifying in nature and can cause a pathogen to grow stronger and go deeper into the body according to the principles of Traditional Chinese Medicine. However, many continue taking their capsules with no ill effects. Again, it is important for you to listen to what your body needs and choose accordingly.

How It Works

If you are birthing at a hospital, you will need to tell your nurse that you want to take your placenta home, and then remind them at the very end just after baby has been born. Putting it in your birth preferences is an excellent idea. Birth center or home birth midwives should also be informed of your plans.

We suggest you bring 2 one-gallon size ziploc baggies to double bag the placenta after the birth. You should also bring a small cooler. Some hospitals have buckets but some of them are quite large and don't fit well into a cooler. The nurse can help your partner or doula put the placenta into your storage container. Avoid using red biohazard bags as they are not food-grade and may be chemical-laden.

The bagged placenta should then be placed in the cooler with lots of ice to keep it cold until we can come pick it up. This should happen within 1-2 hours of birth. Note: A fresh placenta will melt the first round of ice very quickly. Replenish ice often so the placenta is completely covered by the ice. If not kept cold, the placenta cannot be encapsulated by Bywater Birth.

Call or text Anne at 651-261-4738 between 8 am and 9 pm. If the birth happens overnight, keep cold and call in the morning. Have your partner check the ice occasionally to make sure it hasn't melted. If you have a problem, you can call at any hour, day or night.

We strive to return your capsules to you within 48 hours. We will deliver them to your hospital room or home depending on timing and your preference.

Placenta Tinctures

You can extend the life of your placenta by having us start a placenta tincture for you. Our "starter kit" includes: a raw piece of your placenta in an 8 ounce jar of 150 proof alcohol, a small funnel and coffee filter for eventual transfer into a smaller tincture bottle, and a 2 ounce tincture bottle. The cost for this is only \$25. We highly recommend this!

With a tincture, we cut off a small piece of placenta and put it in alcohol. You store this bottle in a cool, dry place for six weeks, rolling gently in your hands for 30 seconds every day to help the tincture infuse, and then after six weeks you can use the funnel and filter we provide to pour the tincture into the smaller bottle for easy use. You can keep the original tincture going by adding more alcohol (150 proof) if desired.

Mothers report it helps during times of stress, trauma, transition, PMS, and menopause. It can be used after your capsules run out. Some mothers also choose to give it to the child during challenging times, however, it's possible blood borne pathogens may not be destroyed by the alcohol so mothers should be aware of this before giving it to their child.