



## Placenta Encapsulation & Crafting by *Gila Shire*

**Traditionally, placenta capsules have been used to help:**

- Balance your hormones
- Increase milk supply
- Combat Fatigue
- Increase your energy
- Prevent signs of aging
- Recover more quickly from childbirth
- Replenish what was lost during childbirth
- Bring the body back into balance
- Prevent and treat the “baby blues”
- Shorten postnatal bleeding time
- Increase postnatal iron levels

Studies show that placenta is extremely nutrient rich, high in iron, protein, vitamins and minerals, including vitamin B6 and of course, your own natural hormones, making it perfectly made for you, by you. Experts agree that the placenta retains hormones, and thus reintroducing them to your system may ease hormonal fluctuations.

**Some even believe it can help:**

- Build baby’s immune system
- With any type of trauma and life’s many transitions
- Weaning from breast feeding
- Heal bone breaks
- Regulate hormones during menopause

I first learned of mother’s ingesting their placenta as a supplement through my fellow doula sisters in town who already offered the service. This has been in practice in China and many cultures for thousands of years. Almost every mammal ingests their own

placenta after the birth, sometimes even ignoring the young until the placenta has been completely ingested.

Traditional Chinese Medicine has used placenta for thousands of years to augment the qi (energy), nourish the blood, and augment the kidney essence. In layman’s terms, it brings the body back into balance, replenishing what was lost during childbirth. In China it is also used for debilitating chronic diseases and widely used as an anti-aging treatment, as well as a variety of other ills, including fatigue and insufficient lactation. In many cultures the placenta is considered the tree of life, and indeed, without it life would not be possible.

### **Hormones and the Placenta**

The placenta is an endocrine organ, meaning it is a hormone producing organ. The placenta begins producing hormones at 6-8 weeks gestation to help sustain pregnancy. These hormonal levels continually increase during pregnancy, and by the third trimester there are 3 times the normal level of hormones in an expectant mother’s system. By 4-5 days postpartum, these hormone levels will drop to below normal. This is a huge fluctuation going from 3 times the normal level to below normal hormonal level, and this is where the healing properties of the placenta come into play.

Here are just **a few of the scientifically known hormones** and their functions that are produced by the placenta and are still viable and intact after delivery. Amazingly these hormones are such that are needed postpartum, so why would the placenta naturally create postpartum hormones if not to be used to replenish the new mother’s system?

- Prolactin: **promotes lactation**
- Oxytocin: **for pain and bonding; also known as the “love” hormone**

- Interferon: **stimulates the immune system to protect against infection**
- Thyroid Stimulating Hormone: **boosts energy and helps recover from stressful events**
- Cortisone: **combats stress and unlocks stores of energy**
- Hemoglobin: **replenishes iron deficiency and anemia**
- Gammaglobulin: **immune booster that helps protect against postpartum infections**
- Urokinase Inhibiting Factor & Factor XIII: **stops bleeding and enhances wound healing**

These are just a few of the powerful healing hormones that the placenta produces, so doesn’t it make sense to safely welcome these hormones back into your system as well as your baby’s through your breast milk?

**Are there any research studies on ingesting the placenta?**

Unfortunately the research is some what minimal, but as time goes on and more women continue to choose to benefit from their placentas I am positive that there will be more research proving the placenta’s immense benefits.

**When is the placenta prepared?**

Ideally, the placenta should be started within the first 24 to 48 hours, allowing you and baby to benefit from the most potency the placenta has to offer. Directly after the birth, the placenta should be placed in an enclosed container (the hospital will put it in a plastic container or a bag) in the refrigerator or in a lunch size cooler with ice if you are in the hospital, until it can be taken home and placed in the refrigerator or until I can get there to pick it up. It can be stored in the refrigerator for up to 72 hours. If you know ahead of time that it will not be prepared within that time frame, it is best to place straight into the freezer.

It is very rare that I am not available to start the process within the first 24 hours.

### **Where is the placenta prepared?**

The placenta will be prepared in my personal outside the house and separate 'placenta kitchen'. I have obtained the appropriate Bloodborne Pathogen course Completion Certification and adhere to the strictest standards of safety as set forth by OSHA and the EPA and conforming to local health department guidelines for food preparation and safety protocols. The preparation process is always done in a sterile environment, using sterile equipment, with love and patience, giving you the greatest quality and care you can ask for.

### **Will the hospital release my placenta?**

Most hospitals in Phoenix Valley are great about releasing the placenta. You should tell your midwife/provider ahead of time that you plan to take your placenta home and write it in your birth preferences. This way if there is an issue, you can deal with it before you are in labor. The hospital may ask you to sign a liability release form.

### **What if I have an epidural or a c-section?**

I have had many clients who have epidurals and many who have a cesarean birth, they have benefited just as much as my clients who had completely unmedicated births. It is my understanding that the placenta acts as a filter, filtering out toxins and sending them back to the mother's liver to be detoxed from the system.

### **How do I know I won't receive somebody else's placenta?**

This is certainly a valid concern. I take my career very seriously and would never allow this to happen.

If I am ever to prepare more than one in one day, each is properly labeled from the time of pick up all the way to drop off. Multiple placentas would **never** be prepared at the same time. Each is processed completely separate allowing the necessary time and effort to completely sterilize any equipment and space used.

### **When can I expect my finished product?**

In most cases I have your capsules ready and back to you within 24 -48 hours. I aim to please and my clients are always very impressed with my turnaround time.

### **What if I am a vegetarian?**

Not a problem. Nothing died in the process; only life has provided you with these amazing nutrients and benefits. As well, the dehydrated and powdered placenta is inserted into vegetarian capsules, not gelatin, and stored in a glass amber jar. The capsules I use are also gluten-free, yeast free and kosher.

### **Is this approved by the FDA?**

No. This is not a product. I am providing a service, not selling you anything. I take what your body naturally made, just as your body naturally makes breast milk for your baby and turn it into something that is palatable for you to ingest.

### **How long can a placenta be stored in the freezer?**

Although it is advised to begin taking the placenta capsules as soon as possible after delivery, placentas that have been properly frozen, meaning that they were frozen just after delivery and have been double bagged and protected from freezer-burn can also be encapsulated up to 6 months after birth.

While you may not be getting the postpartum benefits, these capsules can be saved and used for you and your baby throughout the years for any type of transition in life or trauma and can also be used for mommy later in life while transitioning through menopause, using your own natural hormones.

### **What does your fee include?**

The capsules of course, cord keepsake & placenta print. The Placenta Essence comes with an additional fee but gives you a lifelong lasting supply long after your pills are used up.

Please contact me via email or phone to discuss this incredible process further. I am always ready to answer any questions and or concerns.

### **Cost:**

Placenta Pills **\$160** Placenta Essence **\$30**

pick up & delivery fee **\$10** each way

**Accepted forms of Payment:** Cash, check.

### **Gift Certificates Available!**

If you know a soon-to-be mommy who really wants to have her placenta prepared but is on a tight budget, please contact me about a Gift Certificate!

I also offer Bengkung Belly Binding !

### **HAPPY BIRTHING !!!**

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