

Why Should You Choose **Placenta Encapsulation?**

The placenta is an amazing organ that you grow uniquely for your baby during pregnancy, containing essential nutrients, hormones and immune factors. Placentophagy is the idea that the placenta would have the same benefits to the mother post-childbirth. The benefits of placenta encapsulation reported include treatment of postpartum symptoms, increased lactation, and better mood and energy.

Placenta Encapsulation can help with:

- Preventing and lessening the risk of postpartum depression or baby blues
- Replenishing your iron from blood loss during birth and to prevent postpartum anemia
- Lending you a consistent flow of oxytocin long after your birth euphoria ends
- Providing the HPL hormone that establishes early and healthy milk supply*
- Stabilizing your ever-changing hormones post birth**
- Replenishing your B vitamins and energy that were used during labor and birth
- Protection from infection and bleeding due to retained placenta tissue or membranes
- Offering natural pain relief***

Research

*"Powdered Placenta Hominis was used for 57 cases of insufficient lactation. Within 4 days, 86% of women had markedly increased milk production, with the remainder following suit over the next three days."

Bensky/Gamble. 1997. Materia Medica, Eastland Press, 549.

**Hormones Known to be in the Placenta:

Oxytocin - The feel good or love hormone; creates feelings of bonding and happiness

Cortisone - Unlocks energy stored in the body and combats stress (cortisol)

Interferon and Prostaglandins - Stimulates immune system to fight off infections and inflammation while healing

Hemoglobin - Replenishes iron, stimulates iron production in blood

Urokinase inhibiting factor and factor XIII - Lessens bleeding and promotes faster healing

Prolactin/HPL - Stimulates healthy mammary function and milk production

***"The most general benefit of placentophagy, according to recent research, is that placenta and amniotic fluid contain a molecule (POEF, Placental Opioid Enhancing Factor) that modifies the activity of endogenous opioids in such a way that produces an enhancement of the natural reduction in pain that occurs shortly after and during delivery." *Mark B. Kristal, "Enhancement of Opioid Mediated Analgesia: A Solution to the Enigma of Placentophagia", Neuroscience & Biobehavioral Reviews 15: 425-435*

Disclaimer: Placenta capsules are a nutritional supplement and there are no guarantees that it will prevent postpartum depression. Placenta capsules do not take the place of medical care and should not be used to treat severe anemia, inadequate milk supply, anxiety or postpartum depression. Some side effects have been reported with ingesting the placenta, including but not limited to an oversupply of milk, hormonal shift, trouble sleeping, headaches and anxiety.