



FREQUENTLY ASKED QUESTIONS ABOUT ENCAPSULATION

WHAT IS ENCAPSULATION?

Placenta Encapsulation is when the placenta is dehydrated and ground into a fine powder (processing), filled into capsules (encapsulation), and the mother then ingests the capsules (Placentophagy).

WHY DO PEOPLE ENCAPSULATE THEIR PLACENTA?

Currently, most of the information available on the side effects of placentophagy is purely anecdotal. Women who choose to encapsulation their placenta report having:

- ✓ More energy
- ✓ Quicker healing from childbirth
- ✓ Increased milk supply
- ✓ Decreased stress (from CRH hormone found in placenta)
- ✓ Restored iron levels
- ✓ Less mood swings leading to less symptoms of Postpartum Depression/Anxiety

HOW IS THE PLACENTA PROCESSED?

TCM- Traditional Chinese Medicine believes that a postpartum woman should not consume cold energy, and the placenta is considered a cold energy. By steaming the placenta, a warm energy is introduced. This method of steaming prior to dehydration produces a more subtle and gentler effect when consumed. TCM may be beneficial for women who have anxiety trigger by caffeine and/or high energy levels. While it is a more gentle approach, this method also yields less capsules [approximately 90-130].

RM- Raw method is based on the belief that with more processing and heat exposure, nutrients break down more and a product is less beneficial. In this method, the placenta is not steamed prior to dehydration. RM produces a more potent capsule, and yields more capsules [approximately 120-180].

Despite preparation method, the placenta is sliced into thin pieces and dehydrated. After dehydration the dehydrated placenta slices are ground into a fine powder. Vegan capsules are then filled with the powder. The completed capsules are put into a dark jar for storage and returned to you for consumption.

HOW LONG DO CAPSULES LAST?

This recommendation differs from provider to provider. I recommend using your capsules within 2 years or freezing for long term storage. The capsules I purchase typically expire within 4 years. Some women do save their capsules for menopause though! Use your best judgement, and examine your capsules for discoloration, mold, or exposure to the elements prior to consuming them. Always keep your capsules stores in a dark and DRY area away from humidity.



CAN I ENCAPSULATE IF I AM GBS+?

Yes! Although it is recommended that you use TCM preparation if you are GBS+ and did not receive antibiotics in labor, or an adequate amount of antibiotics to prevent exposure.

CAN I ENCAPSULATE IF THERE IS MECONIUM?

Yes! Meconium used to be believed to be sterile, and that has been found to be untrue, so it is recommended that you use TCM/gentle/steamed preparation methods when there is meconium present. It is imperative you speak to your care provider and hospital in this instance, as some hospitals or providers will attempt to refuse to release the placenta with meconium.

DOES CORD BLOOD BANKING AFFECT ENCAPSULATION?

Not at all! Cord Blood Banking is still completely an option for you if you plan on encapsulating. CBB does not affect any part of the placenta itself or diminish any of its beneficial properties.

DOES DELAYED CORD CLAMPING AFFECT ENCAPSULATION?

Not at all! DCC happens while the placenta is still attached to the uterine wall. DCC does not affect any part of the placenta itself or diminish any of its beneficial properties.

CAN I ENCAPSULATE IF I HAVE A C-SECTION?

Absolutely! Tell your care provider and hospital staff that you intend to keep your placenta, and not to add any preservatives to it. Then, like any other birth, cool your placenta within 2 hours and contact me for pick up!

HOW DO I GET MY PLACENTA ENCAPSULATED?

In 4 easy steps!

1. Contact me at (313)673-6342 to ensure availability
2. Complete your contract
3. Contact me when your placenta is born for pick up
4. Wait just 2-3 days for your capsules to be delivered to you!