



IPEN Placenta Encapsulation Service Information Guide for Expecting Mothers

Congratulations on the expected birth of your new baby. This guide will help you through the process of placenta encapsulation with an IPEN Placenta Specialist. This information sheet is yours to print and keep as a reference guide and/or help explain placenta encapsulation to your midwife and family/friends. Please do not hesitate to ask if you have any further questions.

What is so special about my placenta?

The placenta has long been thought of as a magical part of the creation of a baby. This incredible organ is uniquely designed for your baby and an integral part of any pregnancy and birth. The placenta physically connects you to unborn baby feeding essential oxygen, nutrients and vitamins. During and after birth women lose 1/8-1/10 of their blood supply from the bleeding wound left inside the uterus, where the placenta was attached for 9 months. We believe the mammal placenta was made to be consumed and make up for this loss by giving the new mother essential fats, proteins, vast amounts of iron and essential hormones to heal the wounds and aid the body in self recovery after birth.



Why should I consider consuming my placenta?

Dried placenta powder was recognised as a potent medicine in Europe for centuries and used to treat and cure many ailments, mostly those surrounding birth. However since the late 19th century most natural birthing methods were replaced by modern birthing techniques, losing along the way many valuable traditions practiced for centuries. The benefits of consuming the placenta are being rediscovered and scientists are beginning to study placentophagy. Today there is profound scientific evidence to suggest consuming the placenta can be just as beneficial for humans as it is for other mammals. Testimonials from our clients reveal that consuming the placenta after birth improves energy levels, increases milk production and slows or stops postpartum haemorrhaging creating an overall healthier post-birth recovery. (Visit our website for a long list of research studies and articles)

What is Placenta Encapsulation?

IPEN Placenta Specialists are trained to offer both Raw Dried and TCM (Traditional Chinese Medicine) placenta capsules. The type of method a mother chooses is unique to her own circumstances. We can offer some guidance with your choice.



How do you make my capsules?

1. The placenta is washed thoroughly in cold water removing excess blood and clots
2. TCM recipe only - the placenta is steamed with lemon, ginger and green chilli
3. The placenta is sliced and dehydrated using a food dehydrator for 8-16 hours depending on size
4. The dried placenta is ground into a powder and put into vegetable capsules

TCM method: The placenta is considered a powerful and sacred medicine, a 'full of life force' organ in China and has been documented as a healing herb since 1578. Steaming the placenta with herbs is a crucial part of making placenta medicine.

Raw Dried Method: Some midwives and placenta specialist believe steaming the placenta may damage vital hormones and nutrients, therefore following raw food preparation guidelines, the placenta is not heated above 42°C (107.6°F) at any time during its preparation; the placenta is sliced and dehydrated raw.

How many capsules will my placenta make and how long will they last?

Your placenta should make between 90-200 size '0' capsules for full term pregnancies. Because every baby is unique, placentas will vary in size and will therefore make different amounts. The Raw Dried method tends to yield more capsules than TCM. Your placenta capsules should be stored in the refrigerator (raw dried) or a cool dry place (TCM) away from sunlight for the first 6 weeks, then stored in a refrigerator for up to a year. Any remaining capsules can be stored in a freezer - use to ease the symptoms of menopause.

How often should I consume my placenta capsules?

Most women consume their capsules 1-3 times a day during the first 4-6 weeks post-partum or until you feel your hormones have returned to a state of normality. It is said that taking your capsules with white wine helps disperse the nutrients around the body. You can take 1-2 capsules whenever you feel you may need a 'pick me up' or more energy (usually a sign of low iron) or to boost your milk supply when breastfeeding. Dosage instructions are clearly printed on the capsules jars in case you forget.

Contraindications: It is not advised to consume TCM capsules if you have an infection in the body such as the flu or mastitis. It is said that the heat 'energy' from the TCM capsules can delay recovery. For mastitis, homeopathic treatment is very effective – Contact www.helios.co.uk, a reputable homeopathic manufacturer.

Will placenta capsules help prevent the 'Baby Blues' and/or Post-Natal Depression?



The 'baby blues' is now a named symptom of birth and mothers are told to expect to feel sad, anxious and very emotional around the third day after the birth, usually when the milk engorges the breasts. These symptoms can sometimes develop into post-natal depression. Studies have proven that the symptoms of post-natal depression are linked with the severe lack of essential nutrients such as vitamin B6 and hormone CRH (our stress reducer hormone), both which are of high supply in the placenta. Consuming the placenta in raw smoothies or in capsules nourishes the mother of lost essential nutrients and hormones following birth and may entirely prevent the 'baby blues' and post-natal depression.

Why should I try to deliver the Placenta naturally?

Many hospitals/midwives now regularly administer a Syntometrine artificial hormone based injection to speed the third stage of labour and the delivery of your placenta especially when delivering by caesarean section. If it's possible, delivering the placenta naturally is best for placenta encapsulation to prevent artificial hormones presenting in the blood and placental tissues. **The Syntometrine injection does not prevent you from benefiting from placenta encapsulation nor do cesarean section births.**

What do I need to do to keep my placenta safe until the encapsulation?

Your placenta will need to be kept cool to ensure it remains safe to consume after birth. Ideally your placenta should be stored in a refrigerator between 0-4°C after the cord is cut however hospitals will not allow you to store your placenta in their fridges, therefore you will need to store your placenta in a cooler bag on ice. Talk to your midwife before the birth and add placenta encapsulation to your birth plan to ensure the correct handling of your placenta and the respect you deserve for your decision.

Supplies needed:

- Placenta Storage Dish – sealable 'leak proof' glass or plastic container with lid 7" long, 6" wide, 4" deep (19/14/ 10 -cm)
- Frozen ice packs (at least 6) ready in your freezer to take with you to hospital
- Cooler bag large enough to store the placenta storage container and ice packs

ENSURE YOUR DISH IS CLEARLY LABELLED WITH YOUR FULL NAME. Keep your placenta cooler bag with you in your hospital room until it's collected by a Specialist or until a family member or friend transports it to your home refrigerator.

Home Births: Place your placenta in a suitable dish with lid and store on the bottom shelf of your fridge ensuring readily edible foods are not near or touching your placenta dish.

Cesarean Births: Ensure your doctors and midwives are both aware you would like to keep your placenta and ask if your partner can bring your storage dish into theatre. The hormone injection given to speed the 3rd stage will not prevent you from benefiting from placenta encapsulation.



When should I contact my Specialist after birth?

To prevent added stress during your birth, we advise you book your encapsulation with your local Specialist at least 2 weeks before your due date.

Contact your Specialist within 12 hours after the birth of your baby. We aim to encapsulate your placenta within 24-48 hours after the birth giving you the benefits of your placenta as soon as we can.

If for any reason we are not available within 5 days post birth, you must place your placenta in the freezer. We will then book a suitable time within the next 7 days to make your placenta capsules. You will need to thaw the placenta naturally in the refrigerator for 24-36 hours before we arrive.

Why should I choose an IPEN Specialist for my placenta encapsulation?

- **Professional** – We are mothers and/or women who have experience with birth and the placenta, often by profession (doulas or midwives).
- **Trained and Certified** – We are highly skilled in practical and theory training and hold Certificates from IPEN.
- **Best Equipment** - We use tested equipment to ensure you receive as many nutrients from your placenta as possible.
- **Health and Safety** - IPEN's Code of Practice ensures we deliver a safe and quality product to every Client. We adhere to Government Health and Safety guidelines and all our equipment is thoroughly cleaned and sterilized before and after each client using hospital grade cleansers and sanitizers.
- **Sympathetic and Understanding** – We focus on the mother; our Client Care package ensures your placenta encapsulation is simple and stress free.



Extra Services:

What is a Raw Placenta Smoothie and what are the benefits?

Consuming a small piece of the placenta (about 3 tablespoons size) immediately after birth in a smoothie with berry fruits, bananas and juice will encourage the haemorrhaging (normal bleeding) of the uterus to slow down and stop while also replenishing your body with essential hormones and nutrients giving you much needed energy after birth. Mothers who have the raw placenta smoothie after birth report having bounds more energy and often notice their milk 'comes in' within hours. We can also provide this service including all organic fruits and berries or you can make this smoothie yourself using a simple recipe, please ask for details. To eliminate all risk of cross-contamination we use a brand new handheld blender for each client, included in the fee.

Can you arrange the making of my placenta into a homœopathic remedy?

We can arrange a homœopathic placenta remedy for both you and baby to be made from a small piece of your placenta. In our research and experience homœopathic placenta remedy may help mothers with depression, baby blues and/or times of mental weakness and/or separation. Your baby may also benefit from the placenta remedy for colic, fussiness, crying, teething, and during times of growth and separation eg. crawling, walking, weaning. Your remedy will be sent directly to your home 1-2 weeks after birth in a 7c soft tablet form for baby and 30c hard tablets form for new mother unless otherwise requested. You will receive a Homœopathic Placenta Remedy Guide booklet with your capsules upon delivery. Book this service in advance in your booking form.

What is the price?

- Depending on your Specialist, your placenta can be collected after birth and returned by hand or via Special Delivery in capsule form within 1-3 days. Or your placenta can be made into capsules in your own home during two, 1½ hour home visits.
- Prices vary for each Specialist depending on where you live and the services you require ranging from £150-300 per encapsulation.
- Some Specialists are able to offer fare fees for those who are in financial difficulties – ask your local Specialists for details.

What do I do now?

- Request a Booking Form from your Local Placenta Encapsulation Specialist
- Aim to book your encapsulation at least 2 weeks before your due date
- Ensure you read carefully the Terms and Conditions of service, fill in and sign the booking form returning it to your Specialist
- After booking you will receive an email attachment including an '**Appropriate Placenta Care**' document. Please have this important document available during the birth to ensure your placenta is handled safely by your midwife and/or other birth attendants.
- Visit our NEW website for easy Search by Region options for your local Specialist, find more information about the placenta and its uses for post-birth recovery, placenta research studies, placenta forum, Mother's Blog, testimonials, birth stories and much more!



www.placentanetwork.com

Disclaimer: Any advice or information provided by IPEN regarding Placenta Encapsulation is based on experience, research, documentation and client testimonials from mothers who've used placenta capsules for their post-partum recovery. IPEN is not a medical body and does not claim to treat, cure or relieve any symptoms in pregnancy, birth or post-birth. IPEN always advises you seek advice from your GP or midwife if you have any problems with your pregnancy, birth or post-birth recovery. Families who choose to utilize the services provided by IPEN take full responsibility of their own health and for researching and using the remedies provided in this service.