

IPEN Placenta Encapsulation Services

Information Guide for Expecting Mothers



This guide will help you through the process of placenta encapsulation with a Certified and Licensed IPEN Placenta Specialist. Please use this guide as a reference and to help explain placenta encapsulation to your midwife and family/friends. You will also find useful frequently asked questions (FAQs) about our services and more on our website.

<http://www.placentanetwork.com>

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 is an integral part of any pregnancy and birth. The placenta physically connects you to your 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 during the pregnancy. We believe the mammalian 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 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 However since the late 19th century, most natural birthing methods have been replaced by modern birthing techniques, losing along the way many valuable traditions practiced for centuries.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 anecdotal evidence and scientific studies that 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 may improve energy levels, increase milk production and slow or stop postpartum haemorrhaging, thus creating an overall healthier post-birth recovery. You will find links to our [Research Library](#) on our website.

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

The 'baby blues' are a known 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 is thought to nourish the mother, replacing 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 offer an artificial hormone based injection called syntometrine to speed up the third stage of labour and the delivery of your placenta. This is done routinely when giving birth by caesarean section. If 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 caesarean section births.**

What do I do now?

- Request a booking form from your local Placenta Encapsulation Specialist
- Aim to book your encapsulation at least 2 weeks, if not sooner before your due date
- Ensure you read the Terms and Conditions of service carefully, fill in and sign the booking form before returning it to your Specialist
- If you haven't already, after booking you will receive an email attachment including an '**Appropriate Placenta Care**' document. Please have this important document available during your birth to ensure your midwife and/or other birth attendants handle your placenta safely.

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 utilise the services provided by IPEN take full responsibility of their own health and for researching and using the remedies provided in this service.

FAQ – Frequently Asked Questions



[Please visit our website for even more information and FAQs](#)

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 and add the 'Appropriate Placenta Care' document provided to your birth plan to ensure the correct handling of your placenta and the respect you deserve for your decision.

Supplies needed:

- Placenta storage container – sealable 'leak proof' glass or plastic container, 2-3L (litre) capacity
- Frozen ice packs (at least 4) ready in your freezer to take with you to hospital
- Cooler bag large enough to store the placenta storage container and ice packs

PLEASE USE THE LABEL PROVIDED TO ENSURE YOUR CONTAINER IS FULLY LABELLED WITH YOUR NAME AND PHONE NUMBER.

Keep your placenta cooler bag with you in your hospital room until a Specialist collects it or until a family member or friend transports it to your home refrigerator. Do not allow the hospital to store your placenta in their fridge on your behalf.

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

Caesarean 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 container into theatre. *The hormone injection syntometrine given to speed up the third stage will not prevent you from benefiting from placenta encapsulation.*

What if I want to bank my baby's cord blood or donate pieces of my placenta for research?

If you plan to either donate or bank cord blood we advise you prepare two containers, one for the cord (or pieces of placenta) and another for the whole placenta, both labeled appropriately to avoid confusion after birth.



When should I contact my Specialist after birth?

We advise you book your encapsulation with your local Specialist at least 2 weeks or sooner 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 after the 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 between 24 - 36 hours before we arrive.

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

- **Professional** – We are mothers, doulas, midwives and birth support workers who have experience with pregnancy, birth and post-natal wellness.
- **Trained, Certified and Licensed** – We are highly skilled having received practical and theory training. We hold a Certificate and License from IPEN Placenta Network, blood-borne pathogen and food hygiene certificates and receive ongoing CPD training and support.
- **Best Equipment** – We use high quality equipment to ensure you receive as many nutrients from your placenta as possible.
- **Health and Safety** - IPEN's Code of Practice ensures that we deliver a safe and quality product to every client. We adhere to Government Health and Safety guidelines and our equipment is thoroughly cleaned and sterilised after each client using hospital grade cleansers and sterilisers.
- **Sympathetic and Understanding** – We focus on the Mother; our Client Care package ensures your placenta encapsulation is simple and stress free giving you time to focus on your newborn and your recovery.

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. Your placenta can also 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 £130-200 for placenta capsules, other remedies range from £10-£70 each.
- Some IPEN Specialists are able to offer concessions or payment plans for those who are in financial difficulties – ask your local Specialists for details.



Placenta Remedy Guide

All the placenta remedies below can be made from a single placenta; you can choose as many as you like.

RAW PLACENTA SMOOTHIE



Consuming a small piece of the placenta (about 3 tablespoons size) within 24-48 hours after birth in a smoothie with berry fruits, bananas and water or juice has been shown to encourage the haemorrhaging (bleeding) of the uterus to slow down and/or 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 greatly increased energy and often notice their milk 'comes in' within hours. To eliminate all risk of cross-contamination we use a brand new hand-held blender for each client, included in the fee. The raw placenta smoothie tastes of nothing but berries, banana and fruit; in fact it's quite delicious!

PLACENTA CAPSULES - Size '0' vegetarian capsules filled with your own dried and powdered placenta



How do IPEN Specialists prepare my placenta into capsules?

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

Choose your preferred encapsulation method:

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 medicine since 1578. Steaming the placenta with herbs is a crucial part of making this placenta medicine. This process has been used for centuries and historical references to consuming the placenta cite this method of preparation.

Storage and usage: TCM capsules last a lifetime and can be stored at room temperature for up to 6 weeks. They can be refrigerated for up to a year, then frozen for long term use during transition times, PMS and menopause.

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 yang (heat) energy from the TCM capsules can feed the infection. For mastitis, homeopathic treatment is very effective – Contact **Helios** or **Ainsworth**, reputable homeopathic manufacturers or your local homeopath for details.

RAW DRIED METHOD

Some midwives and placenta specialists believe steaming the placenta may damage vital hormones and nutrients. Using the raw dried preparation the placenta is not steamed but sliced raw and dehydrated at 52°C.

Storage and usage: Dried raw capsules are not recommended to be stored longer than 12 months and must be kept in the fridge at all times. Raw capsules should not be considered suitable for long term as they are more susceptible to bacteria invasion.

Options: If you wish to benefit from your raw placenta without having raw capsules, your placenta specialist can make you a delicious placenta smoothie, packed with stem cells and iron to help you recover quickly immediately after birth.

How often should I consume my placenta capsules?

We recommend mothers consume 1 capsule 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 your body to absorb the nutrients by thinning the blood and increasing the heart rate. 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 breast milk supply. Dosage instructions and storage guidelines are clearly printed on the capsule jars and in our Congratulations Cards in case you forget.

Have more questions? Our FAQ's page online answers many frequently asked questions. [Placenta Encapsulation FAQ](http://placentanetwork.com/placenta-encapsulation-faq-for-pregnant-mothers/)
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Placenta Remedy Guide

HOMEOPATHIC PLACENTA REMEDY



We can arrange a homeopathic placenta remedy for both you and baby to be made from a small piece of your placenta. Our research and experience suggests homeopathic placenta remedy may help mothers with depression, baby blues and/or times of emotional instability and/or separation. Your baby may also benefit from their placenta remedy treating colic, fussiness, crying, teething, and during times of growth and separation anxiety eg. crawling, walking and 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 tablet form for you or as otherwise requested. You will receive a Homeopathic Placenta Remedy Guide booklet upon delivery. You can book this service in advance in your booking form.

PLACENTA 'MOTHER' ESSENCE



An essence is the intrinsic nature and fundamental quality of a particular person, place, or substance healing on an energetic or vibrational level, stimulating our vital force.* We make the placenta essence by steeping a small piece of your fresh placenta in distilled water for 4-6 hours in the sunlight. After straining the placenta water is added to equal parts of 40% alcohol (vodka). You will receive a 250ml amber glass bottle with a lifetime supply of undiluted placenta essence as well as a 20ml amber glass dropper bottle of diluted essence for every day use. You can also ask for an atomiser spray bottle for easy use for baby.

Dosage: It can be used for all the family during times of transition, illness, stress, teething, emotional instability or hormonal imbalance. Suggested dosage is 1-4 drops in water when needed by spraying and inhaling or massaging into pulse points on the body (temples, wrists). Store in a cool, dry, dark place and your placenta essence should last indefinitely.

Top Tip: Because we advise mothers not to take their TCM placenta capsules when ill or with fever (see above), the placenta essence is an excellent replacement remedy, supporting the body both emotionally and physically during times of illness.

*Some information kindly provided by the Placenta Apothecary written by Jaime Shapiro and Kristina Wingeier

PLACENTA TINCTURE



Placenta Tincture is made from a piece of the mother's own raw placenta after birth, steeping in alcohol making a strong remedy over 6 weeks. The placenta tincture can be used for emotional, mental and psychological instability and may also be very beneficial for treating PMS and menopause.

Dosage: Suggested dosage is 10 - 40 drops in water two to three times a day during times of need. It is not a remedy suited to ongoing daily use.

Top Tip: If you are not planning on having any more children after this pregnancy a placenta tincture is an excellent life investment, the perfect way to save the power of your placenta, putting it to greater use in the future for example during PMS and the menopause.

PLACENTA BALM



Placenta remedies are particularly effective on skin problems due to its rich hormonal content. DHEA, a natural steroid prohormone, and cortisol of the placenta can help to heal infected skin. Calendula oil infused with placenta, emulsified with beeswax and lavender essential oil (or another oil of your choice) is the perfect natural remedy for nappy rash and many other irritating, inflammatory skin conditions as well as non-specific itching. Balm can also be used effectively to reduce the signs of scar tissue and burns. Kept refrigerated, placenta balm will retain its healing properties for up to 12 months.

PLACENTA CREAM

The placenta is rich in oestrogen which builds collagen in the skin and progesterone which inhibits the breakdown of collagen, normally leading to wrinkles as we age. Proteins from the placentas of cows and sheep are frequently used in commercially available anti-aging creams, so now you have the opportunity to have a homemade skin care product made with your own placenta. A rich, unscented base cream infused with your placenta tincture used regularly can leave skin looking fresh and smooth. Placenta cream can also be effective on dry skin conditions such as eczema. Your specialist will store a mother tincture for future creams for up to 5 years, so you can reorder as necessary.