



## Benefits of placenta

- Dried placenta used for centuries in Traditional Chinese Medicine (TCM)
- Promotes lactation
  - Validated by scientific research
  - TCM Principle
- Combats fatigue
  - TCM principle
- Natural iron supplementation
- Helps stop/lessen postnatal bleeding
- Improves mood by balancing postpartum hormone fluctuations
- Helps uterus contract back to normal size
- Overwhelming anecdotal evidence
  - Increasing numbers of women use placenta for a better postpartum recovery
- Placenta also useful during menopause

## Global use of placenta:

### US

- Placenta Benefits.info raising awareness for postpartum use
- Midwives aware of placenta benefits for years
  - Midwife Raven Lang discussed it at MANA conference, 1984
- Placenta stem cells used in research
- Cord blood banking considered unusual at first; common practice now

### Britain

- Midwifery model of care nearly 50% of births
- Placentophagy much more common than US
- Passed law banning hospitals from selling placentas without mothers' consent
  - 360 tons of placenta exported to French pharmaceutical companies annually

### France

- Pharmaceutical companies use placenta
  - Protein albumin used to treat burns
  - Enzymes used to treat rare genetic disorders

### Germany

- Create serum/tincture from placenta. Fluid placed under tongue of mother to make use of benefits

### China

- Variety of medicinal uses for placenta; increase lactation, decrease fatigue

### Canada

- Midwives aware of benefits – some prepare it for their clients

## Placenta Preparation Protocol

Guidelines followed by Placenta Encapsulation Specialists affiliated with PBI

### *Terms & Abbreviations:*

*PBi: Placenta Benefits.info*

*PES: Placenta Encapsulation Specialist*

*Client: Mother and father of newborn baby*

1. PES does not transport placenta. Client transports placenta to their home from the hospital or birth center. PES schedules appointment with the client to start the preparation procedure at their home.
2. PES provides a service that yields dried placenta for the client to use for her own postpartum recovery. PES does not prepare placenta for any other use.
3. PBI has developed a method of dehydration based on techniques from Traditional Chinese Medicine. While this method is proprietary, in general the placenta is steamed, dehydrated and ground into powder. Client can choose to have the PES put the powder into vegetarian capsules if she desires.
4. Client ingests the dried placenta over a period of weeks (generally 2-6 weeks postpartum).

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