

Placenta Encapsulation

Matru-Prema Birth Services ENHANCE YOUR POSTPARTUM EXPERIENCE

Nearly all mammals consume their placentas after giving birth, possibly instinctually seeking the additional nutrients it provides.

There are numerous vitamins and minerals present in the placenta, including Vitamin B6, Vitamin B12, and Iron. It is also rich in the hormones progesterone and estrogen.

Postpartum placenta consumption, also known as Placentophagia, has many potential benefits. The following pages describe just a few of them.

DECREASED POSTPARTUM MOOD DISORDERS

The presence of the hormones progesterone and estrogen can help maintain steady maternal levels following birth. Avoiding sharp changes in hormone concentrations can assist with mood stabilization. Placenta consumption has also been associated with a decrease in stress hormones.

INCREASED OXYTOCIN PRODUCTION

Oxytocin, also referred to as "the love hormone," is present in the placenta. Increased levels can help facilitate postpartum bonding, an increased sense of maternal well-being, and the establishment of milk supply if breastfeeding

IRON REPLENISHMENT

Restoration of iron levels postpartum is important for all mother, but especially so for anyone who experienced significant postpartum bleeding or hemorrhage. Increasing iron levels can improve blood oxygenation and overall energy

WHAT ARE THE RISKS?

No large, randomized studies currently exist to suggest there are any risks associated with consumption of encapsulated placenta. Rarely reported side effects include jitteriness or increased anxiety and a decrease in milk supply (as opposed to the much more common increase in milk supply). The CDC does not support placenta encapsulation, but provides limited documentation of associated risk

*Benefits of placenta consumption have not been evaluated or approved by the US Food and Drug Administration (FDA)

Get in Touch

Contact me today for a list of available placenta preparations, packages, add-ons, and prices.

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