



NAMASTE
birth

Placenta Encapsulation Information Sheet

TAKING YOUR CAPSULES

Your capsules will be delivered to you in a cobalt blue-colored jar and should be kept in a cool place. The jar will have a label that provides instructions for taking your placenta. The instructions are: 2-3 capsules, 2-3 times per day, for 2-3 weeks, or as needed. I recommend that you begin by taking 2 capsules twice a day for a few days to see how you react to the capsules. Depending on your results, you may find that you would like to take them more frequently, less frequently, more or less at each dosage, or only when you feel the need - all of these are fine.

A placenta makes on average 80-150 capsules. Any leftover capsules can be stored indefinitely in the freezer in the cobalt blue-colored jar. They can be taken at other times in your life when you feel the need, or used by you during menopause.

HOW THE CAPSULES WORK

Well, we don't know! No research proves the efficacy of taking encapsulated placenta. However, it is a common supplement in Traditional Chinese Medicine (not just for postpartum women). It is believed that the hormones and nutrients in the placenta provide support to the postpartum person as they transition from pregnancy into parenthood.

Clients who have taken their placenta capsules have provided many anecdotal reports that support its use as a remedy to aid people in their postpartum period. Reported benefits include: increased energy, increased milk production, more balanced moods, decreased 'baby blues', decreased anxiety, decreased feelings of being overwhelmed, and decreased incidence or intensity of postpartum depression.

USE OF MEDICATIONS DURING LABOR

If you have used medications during your birth, you can still have your placenta encapsulated and take the capsules. However, no one knows how much of a medication remains in the placenta, or how that medication stands up to heat, so therefore how much medication might be in the placenta capsules. I have safely prepared placentas for women who have had pain medications, narcotics, antibiotics, and Pitocin during their labors. Keep in mind that any medication you've been taking during pregnancy or labor got to your baby in some amount. If you continue taking the medication after birth, that medication will also be in your breast milk. If you or your baby are being weaned from medications you were taking, your care provider needs to know that you will be consuming your placenta capsules as that medication may also get to you or your baby in small quantities via your capsules.



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THE DISCLAIMER, AND OTHER IMPORTANT INFORMATION

It is imperative that you not use placenta capsules instead of seeking medical advice or treatment when needed. Placenta capsules do not replace a qualified medical care provider diagnosing or treating a valid medical condition.

- If you are having breastfeeding problems, you should see a Lactation Consultant.
- If you are experiencing symptoms of depression or other postpartum mood disorders, you should contact your healthcare provider and/or see a qualified therapist.
- Placenta capsules should not be taken if you have symptoms of the flu, a cold, or any inflammatory condition as they can pull heat further into the body, exacerbating those conditions. (They will not cause these conditions, only take them longer to resolve.)
- Very rarely, side effects have been reported. Reported side effects include headache, acne, upset stomach, and swelling. **If you experience any unusual side effects, please stop taking your capsules and contact me immediately.**

The Food and Drug Administration has not evaluated the information on this page. My services are not clinical, pharmaceutical, or intended to diagnose or treat any condition. Families who choose to utilize the services on this page take full responsibility for taking encapsulated placenta at their own risk.

Warmest wishes and blessings on your new journey!

Lorie Michaels

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