



What are the benefits of placenta encapsulation?

There is little scientific research available regarding placental encapsulation and consumption and its benefits. Tradition and holistic medical customs embrace a number of potential advantages which come from ingesting the placenta. These benefits are based on reports from Mothers who have ingested their placenta. There are some studies that indicate true scientific-based finding of benefits; however, we cannot claim legally that they provide any medical benefits.

Methods of Encapsulation

The cooked method (**TCM- Traditional Chinese Medicine** is steamed before it is dehydrated) is said to be more warming to the body, and facilitates healing in this way. The Chinese say that when a woman has given birth her body is open and cold, and cooked food (including warm foods and spices like turmeric, ginger, chilli) help to ground the mother and facilitate balancing the body and hormones - healing.

Raw encapsulation(which is when the raw placenta is sliced and dehydrated before encapsulation) is said to have more nutrients because it has not been cooked at a high temperature, and may contain more iron and hormones.

Raw encapsulation gives you more capsules approx. 150-180 and Cooked gives you around 100 (because the placenta shrinks during the steaming process).

Some women choose to have half encapsulated Raw and half encapsulated cooked so that they have the choice.

It all comes down to what you think will be good for your body.

Among the possible benefits are:

- Reduced Bleeding
- Restoration of iron levels in the blood
- Increased energy
- Increase in milk production
- Increased release of the hormone oxytocin, which helps the uterus return to normal size and encourages bonding with the infant
- Increase in CRH, a stress-reducing hormone
- A decrease in postpartum depression levels

Risks?

Placental encapsulation appears to carry no inherent risk if ingested solely by the mother. Some mothers have reported experiencing negative symptoms such as dizziness or jitteriness after taking the pills. Again, most of the information regarding this practice is amassed from anecdotes, and not from research. In addition, if taken by other family members or friends, one must be aware of the possibility of passing along blood-borne diseases. Also, if the placenta needs to be stored for any period of time, it must be kept frozen like any other meat product.

The Bottom Line on Placenta Encapsulation

There is little research available to either support or oppose the tradition of placental encapsulation. There are a number of proposed benefits of the custom, and limited risks if the placenta is stored correctly and ingested only by the mother.