

Information Guide for Expectant Mothers

This guide will help you through the process of choosing placenta remedies with a Certified PRN Placenta Remedies Specialist.

Please use this guide as a reference and to help explain placenta remedies to your midwife and family/friends.

You will also find useful frequently asked questions (FAQs) about our services and more on our website.

www.PlacentaRemediesNetwork.org

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 However since the late 19th century, most natural birthing methods have been replaced by modern birthing techniques, losing along the way many valuable traditions practiced for centuries.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 hemorrhaging, 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 PRN Placenta Remedies 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 the **'Appropriate Placenta Care'**, **'Placenta Container Label'** and the **'Placenta Chilling Instructions'** documents. Please add these important documents to your birth wishes to ensure the correct handling of your placenta after birth.

FAQ – Frequently Asked Questions

Please visit our website for even more information and FAQs
www.PlacentaRemediesNetwork.org



What do I need to do to keep my placenta safe until the encapsulation?

Your placenta will need to be chilled to ensure it remains safe to consume after birth. Your placenta should be stored in a refrigerator at 8°C or below within 30 minutes of its birth. Hospitals may not allow you to store your placenta in their fridges, therefore you may need to store your placenta in a cooler bag surrounded by frozen ice packs. Some midwives may allow you to keep your frozen ice packs in the hospital freezer during labour. Talk to your midwife about your options at your local hospital.

Supplies needed: Please purchase these essential supplies before your due date to ensure safe storage of your placenta after birth.

- Placenta storage container – lidded 'leak proof' plastic container, 2-2.5 litre capacity, washed and rinsed in very hot water
- New (large) re-sealable food storage bag **and** enough ice blocks to fill 10% of the volume of your cooler box/bag
 - (example: if your cooler bag is 10L, you need 1L total volume in ice blocks)
- Cooler bag/box large enough to store the placenta storage container and ice blocks
- Plastic carrier bag to be used to ensure the ice blocks remain in tight contact with container

POST BIRTH – SAFE PLACENTA STORAGE

Home Births: Place your placenta in a new food storage bag and then in a suitable lidded container. Place the container in a plastic carrier bag and store on the bottom shelf of your fridge ensuring other foods are not near your placenta container.

Hospital Births: Please use the label provided to label your placenta container. Write your name and telephone number in the spaces allocated on the label. Your midwife should place your placenta into your clean storage container immediately after birth.

Placentas must be chilled on ice and stored in the cooler box immediately after cord cutting or within 30 minutes of birth. Keep your cooler bag with you in your hospital room. Placentas chilled in cooler bags with frozen ice blocks must be collected by a Specialist or transported to a home refrigerator by a family member or friend within 12 hours of its birth.

Caesarean Births: Ensure your doctors and midwives are aware you would like to keep your placenta and ask if your partner can bring your storage container into theatre. The hormone injection syntometrine/syntocinon given to speed up the third stage will not prevent you from benefiting from placenta remedies.

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 for encapsulation, 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, by text or phone. We aim to encapsulate your placenta within 24-48 hours after being notified giving you the benefits of your placenta as soon as we can.

If for any reason we are not available within 3 days after the birth, you must place your placenta in the freezer. We will then book a suitable time to make your placenta capsules. You will need to thaw the placenta slowly in the refrigerator for between 24 - 36 hours before we arrive.

Why should I choose a PRN 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 in Placenta Remedy Preparation from an accredited training provider, along with valid Infection Control, Food Hygiene and Hazard Analysis (HACCP) 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** – Our training ensures that we deliver a safe and quality product to every client. We adhere to government health and safety and food hygiene regulations and our equipment is dedicated to the preparation of placenta remedies and thoroughly cleaned and disinfected after each client.
- **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.

How much does it cost?

- Prices vary for each Specialist depending on where you live and the services you require
- Some PRN Specialists are able to offer concessions or payment plans for those who are in financial difficulties – ask your local Specialists for details.

Your Placenta, Your Choice

Placenta Remedy Guide



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

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'.

RAW PLACENTA SMOOTHIE



Consuming a small piece of the placenta (about 3 tablespoons size) within 24 hours after birth in a smoothie with berries, fruits and water has been shown to encourage the hemorrhaging (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 and fruit; in fact it's quite delicious! (Please be advised this is a raw product that has not been processed)

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



How do PRN 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 vegetarian clear cellulose capsules

Choose your preferred encapsulation method:

TRADITIONAL CHINESE MEDICINE (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. We then dehydrate your sliced placenta for 10-15 hours, grind and encapsulate, a process used for centuries and historical references to consuming the placenta cite this method of preparation.

Storage: TCM capsules should be stored in a cool dry place.

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.

SIMPLE METHOD

Some midwives and placenta remedy specialists believe steaming the placenta may damage vital hormones and nutrients. Using the simple preparation the placenta is not steamed but sliced raw and dehydrated at 70°C for 60 minutes to destroy surface pathogens and yeasts, then reduced to 55°C for the remaining 14-16 hours.

Storage: Simple capsules should be stored in a cool dry place.

Options: If you wish to benefit from your raw placenta without having Simple 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 your Congratulations Cards supplied to you with your remedies.

Have more questions? Our FAQ's page online answers many frequently asked questions.

See www.PlacentaRemediesNetwork.org

Your Placenta, Your Choice

Placenta Remedy Guide



HOMEOPATHIC PLACENTA REMEDIES



We can arrange for homeopathic placenta remedies to be prepared for both you and your baby using a small piece of your placenta. Our research and experience suggests homeopathic placenta remedies may help mothers with depression, baby blues and/or during 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 remedies will be sent directly to your home 1-2 weeks after birth in a 7c potency for baby and 30c potency 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 hours in the sunlight. After straining the placenta water is added to equal parts of 40% alcohol (vodka). You will receive an amber glass bottle with a lifetime supply of undiluted placenta essence as well as an amber glass dropper bottle of diluted essence for everyday use.

Dosage: For use 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.

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 pro-hormone, 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 estrogen 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.

Reported side effects, disclaimer, requirements and circumstances where we are unable to offer services

Reported Side Effects:

We cannot guarantee results with placenta capsules or any other placenta remedy. Because you are the producer of the ingredient, the quality and potency of your placenta remedies is unique to your own placenta. We highly recommend you follow the care instructions given by your trained and certified PRN Placenta Remedy Specialist upon receipt of your capsules. Storing your fresh placenta and your placenta remedies as instructed, avoiding TCM capsules when ill and not taking over the recommended dose will reduce your chances of experiencing any side effect. Of data taken from 769 IPEN clients who have completed the IPEN feedback form online between 2012-2014, less than 4% of our clients have reported side effects when taking their placenta capsules. We have listed these below for your consideration in order of number of times reported – highest (6 clients in total) to lowest (1 client).

- Over supply of milk, mastitis and engorgement of breasts
- Headaches (a lower dose is recommended or avoid taking iron supplements with capsules)
- Belching, repeating after taking capsules
- Emotional symptoms similar to PMS
- Gas, bloating, smelly wind
- Loose stools or constipation (this may be caused by the high levels of iron in the capsules and we recommend you do not take iron supplements at the same time as your capsules, or lower your dose)
- Period 'like' abdominal pain
- Pelvic girdle pain (PGP) sufferers feel less relief (we believe this is due to the high level of relaxin hormone in the placenta, which is the cause of PGP)
- PUPPPs pregnancy rash returning after 3 days of consuming capsules. Clients had experienced this rare pregnancy rash prior to placenta consumption.
- Unexplained lack of milk production
- Hot flushes, anxious, jittery feeling combined with headache
- Insomnia when taking capsules too late in the day
- Red spots on face, heat rash, hot flushes
- Hyperactivity

If you experience any type of side effect or adverse reaction when taking your placenta remedies, please contact your GP or midwife and your placenta specialist or PRN without delay. 0208 133 4404 info@placentaremediesnetwork.org

Disclaimer: Any advice or information provided by PRN regarding Placenta Encapsulation is based on experience, research, documentation and client testimonials from mothers who've used placenta capsules and other placenta remedies for their post-partum recovery. PRN is not a medical body and does not claim to treat, cure or relieve any symptoms in pregnancy, birth or post-birth. PRN 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 PRN Placenta Remedy Specialists take full responsibility of their own health and for researching and using the remedies provided in this service.

Requirements: We require parents to complete and sign the PRN Specialist's Booking Form before booking the services. We also require parents to complete a Placenta Collection Statement before the preparation of any remedies. This statement allows us to ensure your placenta is safe and suitable for consumption and confirms you have stored your placenta as per our guidelines. Because all births are different we must ensure your placenta meets our food safety policy requirements to ensure we provide you with a safe and quality product.

Circumstances where we are unable to offer our services:

If you have tested positive for any blood borne disease (HIV, AIDS, HBV, HCV, CJD) or uterine/placental infection we are unable to offer our services. PRN Specialists reserve the right to refuse services based on their own assessment of your placenta upon collection. In order to ensure we deliver a quality and food safe product we must ensure our placenta storage guidelines have been met. To prevent disappointment and refusal of services we advise you follow our placenta storage guidelines, most importantly, ensuring your placenta is chilled within 30 minutes after its delivery.