



Top 10 Benefits of Placenta Encapsulation



Placenta encapsulation is the process of a placenta being either steamed with lemon and ginger, then dehydrated (Traditional Chinese Medicine Inspired Method) or only dehydrated (Raw method), then put into capsules for the birthing person to consuming during the postpartum period. While the benefits

are only anecdotal at this time, many postpartum women notice some wonderful benefits!

Here are a few of our favorites:

1. Preventing or reducing postpartum baby blues.

Postpartum baby blues was previously linked to lack of sleep and the general transition to motherhood. Now, researchers are finding that the newly postpartum individuals are lacking in corticotropin-releasing hormone (CRH) which causes the release of cortisol, the stress fighting hormone. CRH is secreted in high amounts during the third trimester of pregnancy, and once the baby and placenta are birthed, the levels of CRH drop sharply, thus the link between the low levels of CRH and postpartum depression are being explored.

“The capsules arrived at the right time as I’d had a bit of a teary day the day before, not for any apparent reason just broke into tears a lot, I guess it was the hormones. As soon as I started taking the capsules this stopped so I really believe they greatly assisted in balancing me out.” Simone.

2. Replenishing iron levels in your body.

When you birth your baby, you lose a large amount of blood. And as your uterus returns to its pre-pregnancy size, you lose a large amount of blood. While both are completely normal, the decrease in your blood volume can also decrease the iron levels in your body. By consuming your placenta, you are able to replenish some of those iron levels.

“ I definitely feel it boosted my energy levels and replenished my body well after the long labour I had. After a long history of strong emotions associated with hormonal change I was very

nervous about how I'd cope after the birth but with the capsules I've been absolutely fine." Jessica.

3. Stabilises your hormones.

By consuming your own placenta, you are also consuming the hormones from your baby and your body during pregnancy. This consumption is thought to even out the hormones in your postpartum body, thus decreasing the symptoms of postpartum depression

"I've had a great recovery! I was very up and down with my first child, but this time have been stable and optimistic " Nicole.

4. Increases levels of oxytocin.

Oxytocin, also known as the love hormone, is responsible for bonding, happiness, natural pain relief, and helping the uterus return to its pre-pregnancy size faster. By consuming your placenta, you are getting greater doses of oxytocin, and thus receiving more of the benefits of the hormone.

5. Helps establish and improve early breastmilk production.

It has been shown that when placenta capsules are consumed, breastmilk production increases in the early postpartum days.

"I was really struggling with breastfeeding and my baby was losing weight, as soon as I started taking the capsules I noticed an improvement in my milk supply and I felt physically and mentally so much better since." Karen

6. Offers natural pain relief after birth.

In addition to the increased levels of oxytocin, a natural pain reliever, placenta encapsulation also helps with the effectiveness of opioids, so pain relief is greater after birth.

"I hurt my back a few weeks ago where the pain was utterly excruciating. I had a light bulb moment and decided to take some of my placenta tincture. Within 10 minutes my back pain had subsided significantly and I started feeling so much better than before! Must be all those powerful stem cells within the placenta working their magic!" Tina.

7. Replenish vitamins lost during birth.

Placenta encapsulation can help replenish B vitamins and energy that was lost during the labor and delivery process.

8. Protection from infection

By consuming the placenta tissue and membranes, you are protecting yourself from infection and bleeding.

9. A placenta tincture can provide relief months after your capsule supply has ended.

A tincture takes 6 months to mature, and by then your capsules will most likely have been all used. A tincture can help on a as needed basis for PMS symptoms, or when you feel the need for an extra boost.

*"My husband thanks you greatly lol, I normally struggle with baby blues, and have had no sign of it at all. I am not tired, I have energy and my recovery was a lot quicker than other people's caesarean. Most importantly I feel sane and happy!!!!
Kallie*

10. A placenta print can be a visual reminder for years after you baby was born.

Our placenta prints are made with the natural placenta and provides a beautiful visual reminder of your placenta that you can display in your nursery, or save in your baby box for years.

“When we arrived home from the hospital, and I saw your precious gifts waiting for me on the doorstep, I was very surprised to feel an overwhelming swell of emotion about my placenta. To see and hold Kendra’s precious umbilical cord... And your beautiful letter with a photograph of my placenta... And the placenta print... I wept. I love it so much! When I showed it to my cousin, she spontaneously broke into tears as well. I was very, very surprised to experience such a powerful energy around my placenta, and I am very grateful to you and your special work.” Georgia

Ready to have your placenta encapsulated with Kara Lea from Divine Mothers? Go to the Website to book in your placenta today. www.divinemother.com.au

Contact me today on 041-285-5992 or visit www.divinemother.com.au

