

## **Placenta Preparation Protocol**

### **Guidelines followed by Placenta Encapsulation Specialists affiliated with PBI**

#### *Terms & Abbreviations:*

*PBi: Placenta Benefits.info*

*PES: Placenta Encapsulation Specialist*

*Client: Mother and father of newborn baby*

1. PES does not transport placenta. Client transports placenta to their home from the hospital or birth center. PES schedules appointment with the client to start the preparation procedure at their home.
2. PES provides a service that yields dried placenta for the client to use for her own postpartum recovery. PES does not prepare placenta for any other use.
3. PBI has developed a method of dehydration based on techniques from Traditional Chinese Medicine. While this method is proprietary, in general the placenta is steamed, dehydrated and ground into powder. Client can choose to have the PES put the powder into vegetarian capsules if she desires.
4. Client ingests the dried placenta over a period of weeks (generally 2-6 weeks postpartum).

#### **Benefits of placenta**

- Dried placenta used for centuries in Traditional Chinese Medicine (TCM)
- Promotes lactation & relieves fatigue
  - Validated by scientific research
  - TCM Principle
- Natural iron supplementation
- Helps stop/lessen postnatal bleeding
- Improves mood by balancing postpartum hormone fluctuations
- Helps uterus contract back to normal size
- Overwhelming anecdotal evidence
  - Increasing numbers of women use placenta for a better postpartum recovery
- Placenta also useful during menopause