

### **Benefits of placenta**

- Dried placenta used for centuries in Traditional Chinese Medicine (TCM)
- Promotes lactation
  - Validated by scientific research
  - TCM Principle
- Combats fatigue
  - 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

### **Global use of placenta:**

#### US

- Placenta Benefits.info raising awareness for postpartum use
- Midwives aware of placenta benefits for years
  - Midwife Raven Lang discussed it at MANA conference, 1984
- Placenta stem cells used in research
- Cord blood banking considered unusual at first; common practice now

#### Britain

- Midwifery model of care nearly 50% of births
- Placentophagy much more common than US
- Passed law banning hospitals from selling placentas without mothers' consent
  - 360 tons of placenta exported to French pharmaceutical companies annually

#### France

- Pharmaceutical companies use placenta
  - Protein albumin used to treat burns
  - Enzymes used to treat rare genetic disorders

#### Germany

- Create serum/tincture from placenta. Fluid placed under tongue of mother to make use of benefits

#### China

- Variety of medicinal uses for placenta; increase lactation, decrease fatigue

#### Canada

- Midwives aware of benefits – some prepare it for their clients