



Placenta Preparation

Placenta Hominis has been used as a Chinese herb for thousands of years. It is a natural and abundant source of nutrients, hormones, blood, and qi. During the labor and birthing process, women lose a tremendous amount of blood and qi. Taken as an encapsulated supplement, the mother's own placenta is an amazing way to replenish these precious substances. Women heal quicker and more effectively, produce an increased amount of high quality milk, regain their energy sooner and are less likely to experience postpartum depression.

I offer my clients two options based on their individual preferences and needs. It is important to consider that it is ideal to start taking the placenta pills within 4 days of giving birth. Therefore, your needs may differ depending on whether you give birth at home, hospital or birthing center.

First Option:

I come to your home soon after the birth and prepare the placenta in your kitchen. The whole process takes about 12 - 18 hours. I will have all the necessary supplies, but will use your stove and oven in the process. I only need a couple hours of actual hands on time in the kitchen, so I will be out of the way for most of the day.

Second Option:

I pick up the placenta at your birth location (within a 30 mile radius). I prepare and encapsulate. Then deliver to your home or desired location within a few days of birthing.

Please discuss the desire to save your placenta with your midwife or physician and designate someone to retrieve it after the birth. If the placenta is meconium stained, I would suggest planting it under a fruit tree instead of consumption. I am happy to prescribe an herbal formula in addition to or instead of the placenta for mothers who are current patients.