

# PLACENTA ENCAPSULATION—

## *A Holistic Approach for the Postpartum Experience*

Holly Edgecombe, PES, LMT

In recent years, a growing number of women are trusting in placenta encapsulation, as a safe and completely natural way to restore nutrients and balance hormones during their postpartum recovery. What is placenta encapsulation? Placenta encapsulation is the practice of ingesting the placenta, after it has been cleaned, steamed, dehydrated, ground, and placed into nutritional supplements.

The practice of placenta medicine, while only recently gaining popularity in the United States, has been revered in other cultures, for centuries. Evidence of the placenta being used medicinally, has been recorded in China, as early as 1500 A.D. Full of Qi, or “life force energy,” placenta aides in postpartum health by replenishing a new mother’s body with natural proteins and iron stores, while helping to reintroduce essential hormones back into her system, following birth.

Consuming the placenta is believed to offer many health benefits and has been linked to preventing postnatal mood disorder, or



“Baby Blues,” a condition in which 80% of new mothers suffer from. Baby Blues typically begin several days after birth, often continuing for the first week or two of motherhood. New mothers are told to expect these symptoms, which include: sadness, fatigue, anxiety and a sense of emotional instability. These symptoms can exhaust a new mother, leaving her feeling overwhelmed and powerless in the midst of what should be a joyous transition. Many women suffer in silence, left to deal with these issues on their own. Studies have shown that symptoms of Baby Blues are linked with a severe lack of nutrients, including

iron, vitamin B6 and Corticotropin (CRH, a stress relieving hormone), all of which are abundantly contained in the placenta!

Using placenta encapsulation is believed to help strengthen the mother by nourishing her of lost nutrients and stabilizing hormones levels, which may entirely prevent Baby Blues altogether!

Few would argue that a woman’s placenta is a marvelous creation. This unique organ, physically connects mother to baby, providing nutritional, endocrine, and immune system support. It protects and sustains the baby in the womb, and in the final stage of pregnancy, the placenta passes antibodies from mother to baby, delivering immunity for about three months after birth. About 20% of a woman’s blood supply passes through her placenta every minute! In addition to interfacing oxygen and nutrients during pregnancy, the placenta can play a vital role in a new mother’s postpartum experience, boosting her physical and emotional well being.

When properly prepared for consuming, placenta medicine is also believed to support lactation, decrease postpartum bleeding and increase a new mother’s energy level.

While some mothers may choose to dehydrate and encapsulate their own placentas, many more are enlisting the help of a placenta

### **Rich in a variety of beneficial hormones, irons, and proteins, some of the placenta’s healing substances and properties include:**

**Estrogen, Progesterone & Testosterone:** Stabilizes mood, stimulates libido.

**Oxytocin:** Known to decrease pain and greatly reduce postpartum bleeding.

**Prolactin:** Promotes lactation, increases milk supply.

**Placenta Opioid Enhancing Factor (POEF):** Reduces pain, increases well-being.

**Cortisone:** Reduces inflammation and swelling. Promotes healing.

**Iron:** Replenishes maternal iron stores to fight anemia, a common postpartum condition.



encapsulation professional. Placenta Encapsulation Specialists adhere to all OSHA and EPA guidelines, regarding bloodborne pathogens and have completed special training to safely and properly process the placenta. ■

For more information on the benefits of placenta encapsulation, visit [PlacentaBenefits.info](http://PlacentaBenefits.info) or the Independent Placenta Encapsulation Network. To contact Holly, send e-mail to [inspiredtouch1@gmail.com](mailto:inspiredtouch1@gmail.com).

### About your specialist...

Holly Edgecombe, PES/LMT

I first learned of placenta encapsulation while pregnant with my daughter in 2010. Having struggled with a difficult pregnancy, I was drawn to the idea of experiencing a smooth postpartum recovery and was eager to nourish my body following the physical challenges I had endured.

The positive results from my encapsulation were so profound, that I became inspired to seek training and provide this honorable service to other women.



I completed my Placenta Encapsulation Specialist Training through Placenta Benefits, Inc., in 2013. I hold a current Montana State Food Handler's Card and complete all of my placenta services with utmost care and follow strict EPA and OSHA guidelines.

I am looking forward to offering education and support to families of western Montana through this time honored process.

To learn more about Holly's Placenta Services, or to schedule a free consultation, please send e-mail to [inspiredtouch1@gmail.com](mailto:inspiredtouch1@gmail.com).



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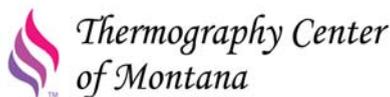
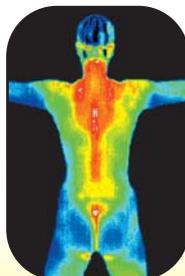
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