

## Placenta Encapsulation Fact Sheet

### \*Our Process

- In-home encapsulation assures peace of mind that placenta never leaves clients sight/home
  - 2-day process includes set-up, steaming, dehydrating (overnight), grinding, encapsulating
  - Client benefits from having doula present for baby, breastfeeding and self care concerns

### Certification

- Our specialists are Certified by IPPA (International Placenta and Postpartum Association) and Placenta Prep by ProDoula
- Our specialists are OSHA certified
- Our specialists hold certification in Blood Born Pathogen
- Our specialists hold certification in PA State Food Safe Handling

### Sanitization

- Everything is sanitized 4 times before it touches the next placenta
- After each use
    - Washed with Hibiclens, sanitized in a bleach solution then packaged away in sealed container
  - Before each use
    - Sanitized again in bleach solution then washed with Hibiclens

### \*\*Anecdotal Benefits

- Boost in energy
- Increased milk production
- Increased postpartum recovery time
- Balance in hormones
- Relieved postpartum blues
- Decrease in effects of postpartum depression/anxiety
- Decrease in effect of PMS (premenstrual syndrome)
- Increase in iron
- Increased pain relief

\*Our process may be unique. If considering another encapsulator, please be sure to find out what their unique sanitization and preparation process is.

\*\*These statements have not been approved by the FDA