



Reported Benefits of Placenta Encapsulation

Placentas are amazing organs. They foster life in the womb from the time they are formed, but their role and influence does not cease at birth. Instead, they are perfectly created to nourish the mother and help her recover from the birth and pregnancy itself. By allowing her system to gradually balance itself, placenta capsules are reported to ease the transition to motherhood for many women.

Nearly every mammal will consume the placenta after it is born. Experts agree that the placenta retains hormones and that reintroducing them to your system could help to ease postpartum hormonal fluctuations.

Reported benefits include:

- ▶ replenishing depleted iron resulting in more energy
- ▶ helping return the uterus to pre-pregnancy state; which reduces postpartum bleeding and healing time
- ▶ studies indicate increased milk production
- ▶ helps you have a happier postpartum period

The placenta can be consumed in a variety of ways:

Raw placenta smoothies can be consumed immediately after birth.

Placenta capsules can be made, for which the placenta is completely dried, ground and placed into empty capsules. The dehydration process preserves the placenta, allowing the mother to benefit from it for weeks instead of just the first few days postpartum. The capsules can be frozen, extending their use from weeks to a year or more. The capsules are beneficial for any stressful transition, going back to work, moving, etc. They can be taken any time the mother feels worn

down or needs to increase her milk supply. Capsules are much more palatable than raw placenta to the majority of women, making the use of placenta for postpartum recovery an option for women who may never have considered it otherwise.

Placenta tinctures submerge raw placenta in 100 proof alcohol for at least 6 weeks. Tinctures are able to be used successfully for years.

Services include pick up and delivery of your placenta to ensure safe handling at all times.



Encapsulation Agreement

Placenta Encapsulation Description:

Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby by gently dehydrating, powdering and placing it into capsules for the mother to use as she sees fit.

Limitations and Disclaimer:

I am not a licensed medical professional and I am not able to diagnose, treat or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised. Any benefits will vary from person to person. Some of the ascribed benefits of placenta consumption are supported by research; however these benefits have not been evaluated or approved by the FDA. Placenta Encapsulation is for natural nutritional supplementation and is intended solely for ingestion by the mother who has birthed the placenta(s) and not for her family members, friends, or other individuals. It is a natural nutritional supplement, and as such, cannot be guaranteed to produce specific results.

It is your responsibility to determine whether using placenta preparations may be of benefit to you. The services offered by Indianapolis Placenta Encapsulation are in a culinary capacity and are not clinical, pharmaceutical, or intended to diagnose or treat any condition. Families who choose to utilize the services take full responsibility of their own health, their research & use of products. Always speak to your care provider regarding any questions about your health, safety and well-being.

Placenta services are not meant to be a replacement for medical advice, medical care or medicine. Mothers experiencing symptoms of postpartum depression, low milk supply, etc. are greatly encouraged to speak to the care provider about how to feel better and treat any existing symptoms or potential conditions. While many women have found placenta encapsulation to be a wonderful and amazing gift, you are still encouraged to seek appropriate assistance and medical care when necessary. It is always okay to ask for help.

_____ **(client's initials)**

Qualifications:

Congratulations on choosing a placenta service provider who has invested years in education and training. In addition to the bloodborne pathogens certification, and food handlers training, I have completed the Association of Placenta Preparation Arts Program and am a certified Placenta Preparation Specialist. I have processed over 300 placentas in the last 4 years, and am dedicated to continued education.

Service Description

I will, ideally, pick up your placenta the day you give birth. Please notify me as soon as possible after the birth so that we can coordinate a pick up time.

I will provide a written explanation of the proper storing and handling of the finished placenta capsules and tincture as well as guidelines for daily ingestion.

Should emergency circumstances, such as weather, prevent me from pick-up, we will need to make arrangements to have the placenta frozen.

If I'm unable to pickup within 48 hours due to personal circumstances such as illness, I will have a backup available to you.

Client Responsibility

◆It is your responsibility to discuss release of your placenta from the hospital where you give birth and to ensure proper storage of your placenta in a refrigerator or cooler with the placenta placed on ice until it can be picked up or delivered for preparation and encapsulation. Please contact me if you need assistance with this.

◆It is your responsibility to notify me as soon after delivery as possible. Failure to do so may result in delayed placenta preparation and encapsulation and may cause spoilage of the placenta which would render it unusable for encapsulation.

◆It is your responsibility to disclose any allergies or sensitivities.

◆Whether birthing at home or in a hospital, please ensure that your placenta is kept fresh. It can remain at room temperature for 3 hours following the birth. After that (or sooner if possible) it should be refrigerated or otherwise kept cool. If you are practicing some form of delayed cord cutting or lotus birth, ice packs may be wrapped up with the placenta to prevent spoilage.

If it is going to be more than 3 or 4 days before the placenta can be prepared, it should be frozen. A frozen placenta will take somewhat longer to prepare since it will require gently defrosting it before preparation.

◆ Please ensure the placenta is placed in a sanitary container OR double bagged in gallon size freezer bags. This is routine in local hospitals.

◆It is important to note that there may be circumstances under which your placenta can not be used. Significant abnormalities of the placenta may necessitate your doctor or midwife sending your placenta to Pathology for further examination. Other conditions, such as signs of infection in the mother during labor, may mean that consuming your placenta will not be beneficial to you. If in doubt, I will consult with you before proceeding. It should be possible to claim your placenta after a c-section.

_____ **(client's initials)**

Fees

\$225 Basic Encapsulation (includes capsules and optional cord keepsake)

\$25 Tincture 4 oz.

\$5 Smoothie Powder (in addition to capsules)

\$5 Frozen Smoothie Cubes

\$15 Placenta Print

\$40 Placenta Pendant

Fees include the pick-up, preparation and encapsulation of the placenta, a storage container, written instructions for storage and handling, and guidelines for taking your capsules, and delivery within designated area. An umbilical cord keepsake is also provided when possible.

I request a deposit of \$25 upon signing this contract, with \$200 payable upon pickup of your placenta. Payments may be made by cash, personal check (made payable to Kylie Sempsrott,) or Payapl.

Additional travel fees may apply to pick-up locations more than 30 miles outside of Indianapolis.

Refunds

In the event your placenta is unavailable to you (sent to Pathology and not released) or if you change your mind and choose to terminate this contract prior to releasing your placenta to me, the deposit will be retained, but may be used toward future placentas, or you may gift (within the year) the deposit towards a friend's placenta if you wish.

There will be no refund and payment will be due in full once preparation has begun, even if you choose not to take delivery of the finished capsules.



Instructions for Labor Support Team

Thank you for being part of _____'s birth team. She has contracted my services for the purpose of preparing the placenta for human consumption through the process of encapsulation.

I am not sure how familiar you are with this process, or the reasons that a family may choose to have it done. Ingestion of the placenta is a common practice among mammals and is believed to have many positive benefits to human mothers. The hormones and iron present in the placenta are said to decrease blood loss, increase energy, speed healing, decrease pain, increase milk's supply and nutrient content, and help with post-partum hormone adjustment to prevent baby-blues. Encapsulation is a process by which the placenta is dried and ground and placed into capsules. It allows the benefits of the placenta to be used for over the course of months and is found to be much more palatable to most women.

In order to provide a safe and effective end product, it is imperative that the placenta is handled in a safe manner after the birth.

PLEASE:

- ▶ Advocate for _____'s choices in cord clamping and cutting, if she would like it delayed. The placenta can be kept at room temperature for up to 3 hours for the purposes of delayed cord severance. Once it is severed please place in cooler, as detailed below.
- ▶ Ensure that the placenta does not come into contact with any chemicals, or medications once delivered.

- ▶ If a sample is required for pathology, we respectfully request that the sample be taken in the room to prevent the placenta from coming into contact with chemicals that will render it unfit to consume.
- ▶ As soon as possible, place placenta in a sanitary container or double bag in ziploc gallon size bags and place in the cooler on ice. It may be sent home with someone right away and placed in the refrigerator, or picked up at the hospital as per our conversation after delivery.

I know your time is valuable and that you are providing service to several different women at a time, all with different expectations and demands of you. I appreciate you taking the extra time to provide culturally aware, evidence based care. If you would like any of the research articles or more information about my services please feel free to ask or email me at indyplacenta@mail.com.

Thank you again for your time and care,

Kylie Sempsrott

Indianapolis Placenta Encapsulation Services