

Why would one want to encapsulate their placenta??

- 1. Decrease in “baby blues” and/or postpartum depression for history of depression and or family history or prior PPD-** it is theorized that consuming encapsulated placenta reintroduces hormones at a tiny but significant level encouraging a more gentle transition
- 2. It can improve sleep quality**
- 3. It is a source of iron and can lead to lower chances of mood issues from iron deficiency**
- 4. It can replenish lost nutrients and substances following delivery**
- 5. Contains B vitamins that can assist with energy levels**
- 6. Studies show increase in milk supply** Studies have demonstrated that reintroducing prolactin via the prepared placenta can contribute to increased milk production. It has further been shown that babies breastfed from a mother who consumes her placenta tend to regain lost birth weight faster.