

Placenta Remedies for Healing After Birth

Placenta remedies have been around for centuries and used to treat a wide variety of ailments, especially those suffered after birth. The placenta has long been thought of as holding a spiritual relationship with the newborn child and in many cultures is treated with respect and admiration for its work during the pregnancy. Most cultures who find these spiritual qualities within the placenta tend to use ceremonial burial as a way of honouring the placenta and the birth.

With new research, anecdotal evidence and understanding of the role of the placenta midwives and birth practitioners are beginning to also accept that the 'role' of the placenta may not finish immediately after birth. Practicing delayed cord clamping has shown significant benefits to the newborn's overall health and well-being and placenta consumption has shown to have significant health benefits to the new mother in a variety of ways as well.

Placenta in Traditional Chinese Medicine:

The first written documentation of placenta used as a remedy or medicine was published in 1578 by Li Shizhen, a great medical and pharmaceutical expert and the first to compile a Materia Medica on Traditional Chinese Medicine (TCM). The placenta is prepared in a particular way using TCM and a dried powder is made and consumed. This powder is considered a powerful medicine, prescribed for deficiency in Lung and Kidney chi (energy) and to augment (make greater) the Essence (constitution) of a person. In Chinese medicine this is a rare form of medicine because 'Essence' is hard to come by and depletes as a person ages. Only placenta 'zi he che' has the ability to give 'Essence' after birth.

Source: Chinese Herbal Medicine Materia Medica. Dan Bensky et al. 2004 Eastland Press, Seattle.

Placenta in Modern Medicine:

The placenta is now none to be life's most abundant supplier of growth factors and stem cells. Recent scientific research has shown that placenta is a rich healing agent for the body and contains potent amounts, over 128, rich growth factors. Also found in potent supply in the placenta are stem cells, the medical miracle of the 20th century. Stem cells have the capability of multiplying into diverse specialised cell types and growth factors in the form of cytokines and hormones stimulate cellular growth, proliferation and cellular differentiation. Stem cells provide the new cells for regeneration of tissue and the growth factors enhance their ability to multiply at a much faster rate. This combination provides the most unique form of cellular healing and repair. Placenta growth factors have been found to have anti-inflammatory properties, improve regulation of the autonomous system, improvement of blood circulation, wound tissue healing, inhibition of protease (enzymes which break down amino acid (protein) chains in the body), enhancement of nerve generation, balancing multiple hormone levels, immune boosting, analgesic effect and improvement of intestinal environment.

There are several biotechnology firms who are using placental stem cells in the manufacturing of new injectable drugs. Pluristem Therapeutics in Isreal currently markets PLX (placental expanded) cells for the treatment of multiple sclerosis, peripheral artery disease, inflammatory bowel disease, and for stroke recovery.

Pluristem CEO Zami Aberman told *Fast Company* that the stem cells obtained from "one placenta can help treat 10,000 people." The company's latest project is a preclinical trial at New York University to test whether placenta-derived stem cells can be used to treat diabetic foot ulcers. Diabetic foot ulcers occur in more than 10% of all patients with the disease and frequently lead to amputation. Doctors at NYU are hoping that the stem cells can help successfully grow new blood vessels from pre-existing blood vessels in patients' feet and to help aid in tissue regeneration.

Source: Stem Cells From Placentas Show Potential in Treating Heart Disease, Multiple Sclerosis, and More

BY [Neal Ungerleider](#) | 03-29-2011 | 9:13 AM

<http://www.fastcompany.com/1743248/stem-cells-from-placentas-able-to-fight-heart-disease-diabetes-strokes>

Placenta Consumption in the Animal Kingdom:

There is also a school of thought that holds that placentophagy naturally occurred to hide any trace of childbirth from predators in the wild, though the fact that amniotic fluid is not similarly ingested by the mother seems to discredit this theory. Most placental mammals participate in placentophagy, including, surprisingly, herbivorous. The placenta contains high levels of prostaglandin which stimulates involution (an inward curvature or penetration, or, a shrinking or return to a former size) of the uterus, in effect cleaning the uterus out. The placenta also contains small amounts of oxytocin which eases birth stress and causes the smooth muscles around the mammary cells to contract and eject milk. <http://en.wikipedia.org/wiki/Placentophagy>

Placenta Benefits for the Mother after birth:

During and after a normal vaginal delivery (including post-natal bleeding) a new mother will lose between 1/8 to 1/10 of her body's blood supply, with cesarean section births blood loss can be significantly more. Losing a large amount iron so quickly can cause anaemia, leaving a new mum feeling tired, faint and exhausted. The blood needs high supplies of iron to carry oxygen to the cells - low supplies of oxygen leave your cells starving and less able to heal after trauma. The placenta benefits the new mother by supplying incredibly rich meaty iron, amino acids and essential fats which we believe is the be the perfect replenishment following the ordeal of birth.

Stem cells and growth factors in the placenta play a key role in healing the wound left inside the uterus after birth by the separation of the placenta from the uterine wall. A mother will typically bleed for 3-6 weeks after birth, blood loss stemmed from this wound. We have found however that mothers who consume their placenta after birth, particularly after consuming raw placenta in a smoothie or other bleed significantly less, usually much lighter bleeding for just 5-10 days after birth.

The most important nutrients found in rich supply in the placenta include:

- Stem Cells and Growth Factors
- Iron - essential for oxygen absorption in the cells
- vitamins B6 - aids in the making of antibodies
- Vitamin E - for healing damaged skin cells
- Oxytocin hormone - essential for facilitating birth and breastfeeding
- Corticotropin-releasing hormone (CRH) - responsible for reducing stress levels
- Cytokins - Fibroblasts that trigger cell metabolism healing and replacing damaged cells and tissue

"I believe that placenta encapsulation is a natural action. I wish that this was offered by the NHS as standard to all women as it is such a healing & powerful source that mothers need following birth. Maybe there would be less PND if this was done. I felt sane, energized and happy even though I had had a particularly traumatic induction due to pre eclampsia. My BP returned back to normal within a week (it can take up to a month or more normally for this). I also had a 2nd degree tear that healed up beautifully without infection, I had stopped bleeding after 2 weeks & my uterus had shrunk back to normal after 2 weeks. My skin, hair & nails still look great 13 weeks later, many of my NCT friends have hair falling out which I don't. Everyone comments how amazing I looked after the birth & I put this down to the placenta encapsulation (PE). I can't thank my IPEN specialist enough for all her support & conviction that this is a right & normal thing to do, it gave me the confidence to talk about PE with friends, family, health care professionals without feeling ashamed; I felt empowered."

Angela and many other mothers have experienced similar positive benefits after consuming their placenta. More testimonials found at www.placentanetwork.com

Remedies that can be made from the Placenta:

There are many types of placenta remedies that can be made from the placenta. We aim to give the most up to date information about placenta remedies and instructions on how to make them or how to find a placenta encapsulation specialist who can help.

- Placenta Encapsulation

IPEN Placenta Specialists are trained to make both dried raw and Traditional Chinese Medicine (steamed) capsules.

- The placenta is collected by a local Placenta Encapsulation Specialist within 48 hours after birth in home or hospital. The specialist will prepare the placenta and remove the umbilical cord to be dried into a heart shape as a keepsake of the birth. The placenta is steamed or dried raw. The dried placenta meat is ground into a powder and put into vegetable capsules. **Placenta capsules contain 100% placenta with no added ingredients.** A placenta will usually make between 90-200 capsules; every placenta is a different size. Placenta capsules can be kept for a long period of time if stored in a cool, dry place. Mothers can take 2-4 capsules for the first 4-6 weeks and then save the rest for times of low energy, reduced milk supply, when travelling, to balance hormones when weaning or even to ease the swings of menopause in later life.

- Dried Raw Placenta Capsules

Some placenta specialists and midwives prefer not to cook the placenta before encapsulation because the heat from steaming using the Traditional Chinese Medicine (TCM) method may destroy hormones and stem cells. We currently have no research to suggest this is true however I believe the method of encapsulation should be chosen by the mother.

- The placenta is washed, sliced raw and dehydrated in a food dehydrator for 12-14 hours. The dried slices are ground and encapsulated. The 'raw' method usually yields many more capsules than the TCM method.

- Raw Placenta Smoothie

The raw placenta is known for its high contents of stem cells and growth factors which together heal damaged tissue and organs at a very incredible rate. Consuming the placenta raw is the most natural and beneficial way to benefit from your placenta after birth.

- Raw placenta taken from the maternal side 'lobes' is washed and added to frozen berries, banana and water, blended until smooth and drank cold by a new mother during the first 5 days after birth.*
*Recommended within the first 12 hours after birth.

- Placental Homeopathic Remedy

Homeopathics, like essences, are remedies that heal on a vibrational, energetic level. Making a homeopathic placenta remedy can be used as your child's constitutional remedy for life since it was their life-giving source for their time in-utero. It contains the blue print of his/her energetic make-up and hence, the amazing ability to bring balance and illicit healing from within when illness, dis-ease, emotional challenges, or difficult life transitions arise.

Order Online with IPEN - Placenta Homeopathic Remedy Kit from IPEN to have remedies made from fresh placenta by our highly experienced Homeopath.

- Placenta 'Mother' Essence

An essence is exactly that, it is the essence, the intrinsic nature, the soul, the fundamental quality of a particular person, place, or substance. The essence of your placenta holds a tremendous power to heal the mother and child. An essence heals on an energetic or vibrational level, stimulating the vital force.

- A raw piece of placenta is steeped in distilled water for 4 hours then strained and equal amounts of high quality vodka added to the placenta water. Stored in an amber glass dropper bottle, taken when needed.

- Placenta Tincture

Placenta tincture is a stronger remedy and useful for all sorts of hormonal balancing from PMS to menopause.

- A raw piece of placenta is steeped in high quality alcohol for 6 weeks, swirling daily. Strain then stored in amber glass dropper bottle, taken when needed.

- Placenta Creams

Placenta powder from capsules can be mixed into many different types of creams and emulsions to make an excellent skin healer. Creams should be mixed fresh when needed to heal caesarean scars, cracked nipples and dried skin. Placenta essence can also be added to a base cream for these ailments mentioned above.

- Placenta Printing

Placenta Printing is a magical and artistic way the capture the form and shape of the placenta is all it's mystery for a lifetime.*

- It's important to use a high quality absorbant paper, similar to that which would be used for water colour painting. Natural coloured paper gives the print an earthy feel and blends nicely with the rich colour of placental blood. Dabbing the fetal side of the placenta with kitchen roll/paper towel will help you reach a finely tuned print showing the true structure and maze of vessels and the beautiful spiral of cord. *We do advise not to use the placenta for remedies after you've completed your print with paints. You can however make a blood print using the blood contained on the placenta if you are planning to consume your placenta in capsule form.

- Umbilical Cord Keepsake

A cord keepsake is a wonderful gift to the new mother, an everlasting symbol of the physical connection a mother had with her child.

- Shape the raw cord into a heart shape or spiral, dehydrate in a food dehydrator for 10 hours or wrap in kitchen roll and place in an airing cupboard for 5-7 days, checking regularly for signs of bacterial growth. Store in a organza tote bag in a cool, dark, dry place.

Appropriate Placenta Care:

Appropriate 'placenta care' is very important to ensure safety of the placenta for consumption. It is best if mothers book their encapsulation before the birth to ensure the encapsulation runs smoothly. Mothers should add 'placenta encapsulation' to their birth plan to ensure the correct handling of their placenta and the respect they deserve for their decision.

The placenta will need to be kept cool the cord is cut to ensure it remains safe to consume after birth. Ideally the placenta should be stored in a refrigerator between 0-4°C however hospitals will not allow storage in their fridges, therefore mothers will need to store their placenta in a cooler bag on ice.

Supplies needed:

- Placenta Storage Dish – sealable glass or plastic dish with lid (at least 10" around and 4" deep)
- Frozen ice packs ready in freezer, to taken to hospital
- Cooler bag large enough to store the placenta storage container and ice packs

ENSURE YOUR DISH IS CLEARLY LABELLED WITH MOTHERS FULL NAME. Keep placenta cooler bag with in hospital room until it's collected by a Specialist or until a family member or friend transports it to the home refrigerator.