



Placenta Encapsulation

ABBY HALL LUCA
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SLIDING SCALE FOR SERVICE

\$250-\$350

We each have different access to resources, so I encourage you to place yourself where you comfortably fit. If you're uncertain, Google the "Green Bottle Sliding Scale" for visual guidance.

WHAT DOES THIS COVER?

Your fee covers:

- my on-call time and availability to process your placenta when you give birth
- around 4 hours of time processing your placenta
- my time and resources driving to you to get your placenta and to bring you your capsules
- packaging materials for the finished product
- disposable materials like masks, gloves, and chux pads
- cleaning supplies for sterilizing and disinfecting equipment

I am a midwife on extended sabbatical for family building, and placental encapsulation is just one of the many ways that I remain in service to the families of Western Maine and the Mount Washington Valley of New Hampshire. I have a decade and a half of experience as a birth worker and have been encapsulating placentas for almost as long. It's an honor to serve you and your growing family!

BENEFITS OF ENCAPSULATION

While there are no benefits to consumption of one's placenta backed by quality scientific studies (and placenta pills are not intended to cure, treat, or prevent any disease), clients have reported:

- Support with **milk supply** in instances where there's a worry about underproduction
- Assistance with **mood stabilization** and easing of the "baby blues" postpartum (please note, placenta capsules are not a treatment for postpartum depression or psychosis, and you should consult your doctor with concerning symptoms)
- Supported **healing in the postpartum** (placentas contain about two standard doses of iron when consumed in their entirety)
- Energetic, or "**heart medicine**" connection to the process of pregnancy, and sense of honor for the magic and mystery of the placenta

HOW DO I GET MORE INFORMATION?

Please email me at the address at the top of the handout.