

BioMama Birth and MamaCare

Birth Doula Services

Placenta Encapsulation

Photography

Postpartum Doula Services

Breastfeeding Education

and more...

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Placenta encapsulation is the process of preparing the placenta for ingestion after birth. The purpose of placentophagy is to reintroduce the beneficial vitamins, minerals, hormones, proteins, and other nutrients to the mother's body following birth. Placenta encapsulation services are available utilizing the traditional Chinese medicine (TCM) method, balanced method, and raw method. In TCM the placenta is steamed prior to dehydration. In the balanced and raw methods the placenta is simply cleaned and dehydrated. Some families prefer the additional step of steaming and the warming qualities provided by the traditional Chinese medicine method. Some families choose to have as little processing done to the placenta as possible and prefer the raw method. The balanced method is the middle ground between the two other methods.

- I would like my placenta steamed in a TCM preparation with warming foods (ginger, lemon, and black peppercorn)
- I would like my placenta prepared using the balanced method via high heat dehydration
- I would like my placenta prepared using the raw (low heat) dehydration method

Placenta preparation can be done in my facilities or in the clients' own home. Please note: preparation in your home requires someone to give me access on 2 separate occasions, which can be logistically difficult when having a hospital birth.

- I would like my placenta prepared in my preparer's fully sanitized facilities
- I would like my placenta prepared in my own home (\$50 convenience fee)

Client Responsibilities

It is your responsibility to notify me as soon after the birth as possible to make arrangements for pick up or drop off. Failure to do so may result in delayed placenta preparation and encapsulation and may cause decreased potency of nutrients, hormones, and other beneficial attributes of the placenta, and even spoilage of the placenta which would render it unusable for encapsulation.

It is your responsibility to negotiate release of your placenta from your baby's birthplace and to ensure proper storage of your placenta until it can be retrieved for preparation and encapsulation. This means that you will need to bring an insulated container and some ziploc bags and request that your nurses or doula assist you in packaging the placenta in the insulated container surrounded by at least 2 bags of ice. _____ (client's initials)

Whether birthing at home or in a hospital, please ensure that your placenta is kept fresh. It can remain at room temperature for 3-4 hours following the birth. After that (or sooner if possible) it should be refrigerated or placed in your insulated container with ice. If you are practicing a longer form of delayed cord cutting, ice packs may be wrapped up with the placenta to prevent spoilage for up to 4 hrs. postpartum. Placenta encapsulation cannot be done after a traditional lotus birth. The placenta should be frozen if the placenta encapsulation process cannot start within 2 days of the birth. Frozen placentas are best if prepared by 4 weeks; however frozen placentas up to 6 months old can still be used.

BioMama Birth Doula Services does not determine whether or not the placenta is suitable for consumption; it is your responsibility to discuss this with your care provider _____ (client's initials)

It is important to note that there may be circumstances under which your placenta cannot 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, consult your care provider before proceeding.

It is also your responsibility to inform me of any known blood-borne illness(es) or other health issues (such as HIV, hepatitis, etc.) that could place me or any others who may come in contact with bodily fluids at risk. At this time I am unable to process a placenta for clients who are HIV or hepatitis positive. _____ (client's initials)

Fees

- \$300 for full Placenta Encapsulation Services in my facilities or \$350 in your home.
- \$260 for Placenta Encapsulation Services if your doula or family member delivers your placenta to me when processing in my facilities.

- Extras include:
- \$40 - Placenta tincture: high grade alcohol is used to preserve the protein and hormonal elements of the placenta in a liquid form that will last many years.
 - \$50 - Placenta salve: 4oz of organic, all-natural salve containing soothing oils, shea butter, and beeswax along with your placenta powder for personalized healing.
 - \$15 - Tree of Life keepsake print: your one-of-a-kind placenta shape captured in a print of the fetal side (where your baby lived) on archival quality paper.
 - \$5 - Upgrade to colored and flavored opaque capsules to assist with aftertaste and palatability. Choose: Grape, Bubblegum, Mixed Berry, -or- Strawberry

Total for desired option(s): _____

Fees include the preparation and encapsulation of the placenta, packaged capsules, written instructions for storage and handling, and guidelines for taking your capsules. An umbilical cord keepsake is always provided where possible. A 50% deposit is due upon signing this contract. The balance is payable upon pick-up of your placenta. Payments may be made by personal check (payable to Erin Carter), cash, Venmo, or Zelle. Your agreement may be returned via email or postal mail to: Erin Carter 118 W Hillcrest Blvd Inglewood, CA 90301.

Refunds

If your care provider informs you that your placenta is unsuitable for consumption and you let me know this before I leave to pick up your placenta you will receive a full refund of fees.
If you choose to terminate this contract after releasing your placenta to me but before any preparation has begun, I will return your placenta to you for disposal. A \$75 cancellation fee will be retained.
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.

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 guaranteed. Any benefits will vary from person to person. Some of the ascribed benefits of placenta consumption are supported by ongoing research; however these benefits have not been evaluated or approved by any regulatory agency. It is your responsibility to determine whether using placenta preparations may be of benefit to you. _____ (client's initials)

I, _____ have read and understood the terms of this agreement.

Client's Signature _____ Date _____

Home Address _____

Phone Number _____ Email Address _____

My due date is: _____ Baby's Name (if chosen): _____

Birth Location: _____