

Your Amazing Placenta

Your placenta is unique to you. It delivers oxygen and nutrition to your baby throughout all of pregnancy. It also creates a variety of hormones and helps labour begin. Mothers generally lose between 1/10-1/8 of their total blood volume during birth. When the placenta detaches from your uterus following birth, there is also a temporary wound site left behind which is approximately 18 cm in diameter! It is believed by many that both humans and other mammals consume their placenta following birth to promote postnatal recovery and healing. When the placenta is consumed, the body is replenished with stem cells, growth factors, hormones, minerals, vitamins, high levels of bioavailable iron and much more!

Why Should You Consume Yours?

We know that the placenta has been used for centuries to treat a variety of ailments all over the world. For example, placenta powder has been used historically in Europe to promote maternal healing and lactation! The benefits of consuming one's placenta are numerous and are being talked about more openly in recent times. Scientists continue to conduct studies of the placenta and its consumption, the most recent findings [published in 2018 from Jena University](#). Testimonials from my clients (and the Placenta Remedies Network) have indicated a reduction in postnatal depression symptoms, higher energy levels, reduced postnatal bleeding, improved skin tone, less hair loss, slowing or stopping postpartum haemorrhage, increased breast milk production, mood stabilisation and more.



What are Your Next Steps?

- Ensure you read this document and the contract Terms & Conditions before making your €50 deposit payment
- Book in using our convenient online booking system
- After securing your booking, you will receive a chiller kit by post. This kit has everything you need to keep your placenta properly chilled until collection from home or hospital.

Once you book in with Limerick Doula services, the documentation of your services begins. From this point all the way through until you receive your remedies, a strict **FSMS (food safety management system)** is followed and paperwork is completed to ensure safety.

How to Keep Your Placenta Chilled

Your placenta will need to be chilled until collection from your home or hospital. It should be put into a refrigerator or cooler bag within 30 min of its delivery and kept at 8°C or below to ensure it is safe to consume. Some hospitals may have a refrigeration unit where your placenta may be kept until collection. Always bring a cooler bag and ice blocks even if this is available to you, just in case. Please discuss your options with your care provider.

The following items will be included in your chiller kit along with a document on use.

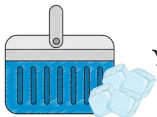
- **Plastic storage container: 2 litre lidded and leak proof**
- **New large re-sealable food storage bag**
- **Ice blocks**
- **A cooler bag to fit all of the above**

Your placenta may be in a cooler bag for **no longer than 12 hrs.** Please have a family member or friend move your placenta to a refrigerator as soon as possible. It is my aim to collect your placenta from your home or hospital within this 12 hour period. However, I am also a birth doula and may be attending a birth. In this case, your placenta may be safely stored in any refrigerator for up to 72 hrs. I will always collect before this time but I intend to collect as soon as possible.

How Does the Process Work?



Book in online and pay deposit



Your chiller kit is posted to you



Ring once baby + placenta arrive



I arrange a time to collect your placenta

What to Do When Labour Begins

- Please call/text me or ask your birth support person to do so once labour begins, if possible. This provides me with additional notice for collection, which I appreciate.
- Following the birth of your placenta, please contact me via a phone call. I will arrange collection of your placenta from home or hospital.
- I will make all of your unique remedies in my designated placenta processing facility. Hospital grade cleaning supplies, disinfectants and personal protection equipment is used before, during and after your remedies are made. As a Placenta Remedies Specialist Trained with IPEN, safety is my top priority. You are encouraged to ask any safety questions you may have. **I am fully trained and hold certifications in Food Safety and Hygiene, Hazard Analysis and Bloodborne Pathogens- Infection Control.**
- Once your remedies are made, they will be personally delivered to you by me or posted to you via registered post, depending on your location.

Types of Placenta Remedies



** All of the remedies below can be made from a single placenta, so you may order as many as you like. For example, you could order capsules, a smoothie and a tincture.

PLACENTA SMOOTHIE

Your placenta is rinsed and then a small piece (approx 3" diameter) is blended with fruits of your choice and water, milk or a milk alternative. Consuming a smoothie within 24 hrs may help reduce postnatal bleeding and replenishes the body with essential hormones and minerals that can aid recovery. Raw placenta is also packed with stem cells and growth factors that research has proven help with cell repair.

What does a smoothie taste like? An ordinary sweet fruit smoothie!

PLACENTA CAPSULES

How your capsules are prepared:

- Your placenta is thoroughly rinsed
- If you decide to book in for capsules using the steamed method (see below), your placenta will be steamed with lemon, ginger and chili
- Your placenta is then sliced and dehydrated
- The dried placenta pieces are then ground and put into empty capsules. The number of pills made depends on the size of your placenta



The Two Method Options

Steamed Method

First your placenta is steamed using lemon, ginger and chili. This is an important aspect of this method and is done before your placenta is then sliced and dehydrated for 10-15 hours. The dried placenta pieces are then ground and put into capsules for your consumption.

Storage: In a cool, dry place.

Simple Method

Some professionals believe the steaming process may lessen the amount of hormones and vitamins in the placenta. The simple method of encapsulation involves slicing the raw placenta and then placing the pieces into a dehydrator. The steaming process is completely omitted. The placenta pieces are dehydrated at 70°C for at least 60 min to destroy any surface bacteria, fungi, yeasts or other pathogens. It is then reduced to 55°C for 14-16 hours until fully dehydrated.

Storage: In a cool, dry place.

How Often You Should Consume Your Capsules

All dosage instructions are provided for each remedy you receive. As a general recommendation, mothers may consume one to two capsules 1-3x a day during the first four-six postnatal weeks.

** All placenta capsules are size 0 and vegan. You may opt for mixed berry flavoured capsules that are opaque purple in colour, but not vegan, for **€10 extra**.

PLACENTA ESSENCE



An essence provides healing for mum and baby on an energetic level. The essence is made by taking a small piece of the placenta and steeping it in distilled water for four hours. After straining, the water is then added to equal parts 40% alcohol. You will receive your essence in an amber glass bottle in both a concentrated form (100 ml) and a diluted form (25 ml). Essence is often used during times of transition, illness, when stressed, or when you require emotional or hormonal balancing. It may also be used with baby while experiencing fussiness or teething.

Dosage: Suggested dosage is 1-4 drops in any beverage. You may also massage into your own pulse points on your wrists or baby's pulse points. This remedy contains alcohol so it does not go rancid and can be used for weeks, months or years! Store in a cool, dry place.

** You may use placenta essence during times of illness or infection, so it is a perfect "replacement" remedy if you have steamed capsules. You may resume your steamed capsules once your illness/infection has resolved.

PLACENTA TINCTURE



A tincture is made by a piece of the placenta being steeped in 125 ml of 40% for six weeks. The placenta is then strained and the remaining alcohol is poured into a 100 ml amber bottle and a 25 ml dropper bottle. It is not diluted further. This remedy is stronger than the essence and is not for everyday use but when needed. It helps regulate emotional and mental instability and is also regarded for its ability to help with PMS and menopause symptoms. Many mothers would save this remedy for these times specifically, as the tincture lasts indefinitely.

Dosage: All remedies come with instructions for use. Suggested dosage is 10-14 drops in a beverage 2-3x a day as needed.

HOMEOPATHIC PLACENTA REMEDIES



Limerick Doula Services is a member of the Placenta Remedies Network and has fostered relationships with many other Placenta Remedies Specialists. Another specialist who is also a registered homeopath in Ireland prepares all homeopathic remedies for both mum and baby. One of your placenta capsules is posted to the homeopath, who then makes the remedy and posts it back to you directly. When you order this product you receive both a remedy for mum (approx 100 capsules at 30c potency) and a remedy for baby (approx 200 capsules at 7c potency). Mothers that have availed of this product have reported it helps with reducing postnatal depression symptoms, enhances emotional stability and reduces feelings of anxiety, self-doubt and separation. Babies have benefited from this remedy when given it for colic, fussiness, crying, teething and other times of significant development (walking, crawling, etc.). The remedy may be crushed up and put on the nipple prior to latching, can be put into solids or with formula to be

given to baby. A Homeopathic Placenta Remedy Guide is provided to all clients who request this service.

Terms and Conditions

1. IPEN Placenta Remedy Specialists (Michelle Mayefske with Limerick Doula Services) provide placenta services including placenta encapsulation, raw placenta smoothies, placenta essences, placenta tinctures, placenta prints and the arrangement of homeopathic placenta remedies.
 2. Michelle has been trained and certified by a IPEN accredited training provider to provide placenta encapsulation services to the public.
 3. The TCM process of encapsulation used by IPEN Placenta Remedy Specialists is based on Traditional Chinese Medicine.
 4. Placenta encapsulation itself is experimental in nature and whilst the benefits of consuming the placenta post-birth are based on research studies, articles and testimonials from new mothers this research is ongoing and Limerick Doula Services does not give any warranty or representation that these benefits are guaranteed.
 5. Clients who choose to utilise these services take full responsibility of their own health and for researching and using the remedies provided in this service.
 6. The Client agrees that IPEN and Limerick Doula Services are not liable and do not take responsibility for any results or effects the Client may experience before, during or after consuming the placenta unless resulting directly from the negligence of the Specialist.
 7. Limerick Doula Services recommends that placenta capsules are for the Client's own use only.
 8. Placenta services cannot be provided for Clients who have ever tested positive for HIV/AIDs, Hepatitis B and/or Hepatitis C.
 9. All methods of decontamination and disinfection of equipment used by IPEN Placenta Remedy Specialists are practised according to Government guidelines and regulations.
 10. The Specialist retains ownership of any photographs taken of the Client's placenta which may be used anonymously for education, advertising and promotional purposes. The Client will inform the Specialist if they do not wish photos to be taken of their placenta.
 11. Limerick Doula Services aims to prepare the placenta within 3 days after the birth. However, we will not be held accountable should circumstances arise where the placenta encapsulation cannot be completed until an agreed date and time.
 12. Limerick Doula Services does not take responsibility for damaged or lost placentas before the placenta comes into our care.
 13. The Client agrees to store their placenta in a clean, labeled container inside a cooler box/bag on ice or in refrigerator within 30 minutes after birth of the placenta and agrees to ensure their placenta remains chilled until collection.
 14. The Client agrees to contact their placenta specialist within 12 hours after birth to arrange safe collection of her placenta and/or home visit. **Please phone anytime 083 810 8212. No text messages past 9pm please!**
 15. The Client will be liable for damaged property and/or equipment belonging to us should any equipment become broken and/or damaged whilst in the Client's care. (For example our food dehydrator may be left overnight in the Client's home during a Home Visit.)
- The logo for Limerick Doula Services features the name 'Limerick Doula' in a large, elegant, gold-colored cursive script. Below it, the word 'SERVICES' is written in a smaller, gold-colored, all-caps sans-serif font. The text is set against a light pink, brush-stroke style background.
16. The Client consents to the removal of the placenta from the hospital (or home) by Limerick Doula Services to the extent necessary for the performance by Limerick Doula Services of the placenta services.
 17. Placenta remedies will be returned to the client via registered post/courier or delivery in person. Clients within 40 km will receive free in-person delivery. Those requiring delivery further than **40 km** will incur an additional delivery charge or can choose the post/courier option at no additional fee.

18. If the Client is not home or misses delivery of their capsules via registered post/courier, it is their responsibility to contact the appropriate delivery service to track their package. If capsules are lost or undelivered, no refund from Limerick Doula Services will be provided and the Client will be encouraged to file a claim with the delivery service directly.
19. Homeopathic remedies may be re-ordered via the PRN Homeopath, who will keep a 1c copy of the Client's original sample for a period of 5 years.
20. The Client consents to the safe disposal of the original placenta sample used for their tincture, essence and homeopathic remedies.
21. Limerick Doula Services avails of back up placenta specialist services only when needed. If a family emergency, etc. arises for Michelle Mayefske, alternative arrangements with another trained specialist will be sought immediately. If the Client decides not to avail of this back up support, €50 will be kept by Limerick Doula Services to cover administrative fees and for being on-call.
22. **Refunds:** If the placenta cannot be used for remedies because of a medical condition, (infection, being sent to pathology) or because the client did not follow proper storage instructions for chilling, the client will receive a partial refund. €50 will be kept by Limerick Doula Services to cover administrative fees and for being on-call. If placenta encapsulation processing has already begun and a client decides not to have their placenta encapsulated for any reason, no refund will be provided.

A €50 deposit is required upon booking. Remaining payment by cash or online payment is due before or upon collection of the placenta.

By providing your electronic signature upon completing the online booking form for placenta encapsulation you agree that all the information you have provided is correct and to the best of your knowledge. You also agree to the **Terms and Conditions** above and you have thoroughly read and will follow all the guidelines provided within this document titled '**Guide for Expectant Families**', ensuring the proper care and safe storage of your placenta.

Have other questions?

You are more than welcome to contact me via:

Tel: 083 810 8212

Email: info@limerickdoulaservices.ie

I have a series of Frequently Asked Questions on my website and at the Placenta Remedies Network website at:

www.limerickdoulaservices.ie

<https://placentaremediesnetwork.org/frequently-asked-questions/>