



WHAT IS POSTPARTUM?

It's the time period after you give birth. In the old days, it used to be called "the lying in" period. Each woman bounces back from birth differently. Some women experience a wide range of emotions and hormonal fluctuations. For some women this can be a difficult time. For others it is filled with joy.

WHY CONSUME THE PLACENTA?

Virtually all mammals consume their placenta at birth. There are important factors in it that support women to recover more easily after the birth of a baby. It is comfortable and simple to consume the placenta when it is prepared into capsules. You can take it with your daily vitamin.

Postpartum Depression (PPD) occurs to some degree in as many as 22% of women. Women with increased risk factors for PPD include those with personal or family history of depression, difficulty with spouse relationship and those experiencing health problems with their baby. If you've experienced PPD before, relapse in subsequent births is 35%-60%.

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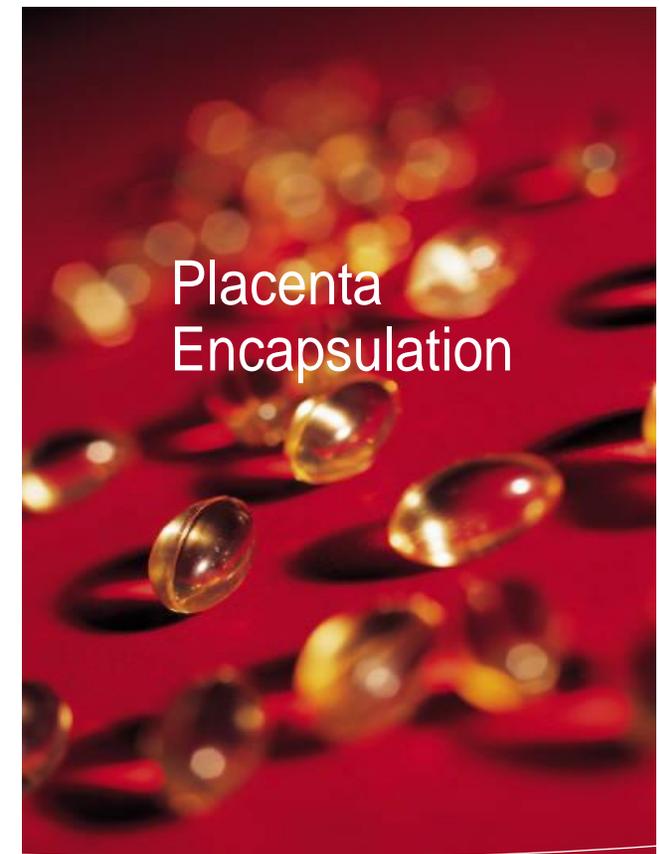
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Placenta Encapsulation

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For a smoother postpartum experience

Have your placenta prepared so you have the option for prevention of postpartum fatigue and improved nourishment for your infant.

The natural solution for your after birth recovery

PLACENTA BENEFITS:

- IMPROVE IRON STORES.
- REDUCE POSTPARTUM FATIGUE
- AVOID THE BABY BLUES
- INCREASE MILK SUPPLY
- BALANCE HORMONES.



HOW POSTPARTUM FATIGUE OCCURS:

Women lose iron at birth, through the infant, through the placenta and through bleeding. Iron deficiency develops gradually starting with a negative iron balance. Iron deficiency affects the quality of your life and may affect your ability to parent your newborn. You may experience symptoms even though your iron tests at adequate levels. Low iron symptoms are fatigue. Unrelenting fatigue is a leading indicator of postpartum depression. The placenta is high in iron and can replace the losses from birth. Prevention is much more preferable to going through the experience of postpartum depression and seeking treatment.

HOW TO PRESERVE YOUR PLACENTA:

The encapsulation process should begin within 24-48 hours of the birth. The Placenta contains the iron and other vitamins and minerals that the postpartum woman will find helpful to her recovery.

If it is not possible to start the process within the first 48 hours of birth, the placenta should be promptly frozen. Double-bag the placenta in gallon-sized zip lock freezer bags. The placenta must be completely thawed before encapsulation, which will take at least 24 hours in the refrigerator.

IMPROVE YOUR IRON STORES



The placenta contains iron. Between 8% and 33% of a woman's body stores of iron can be lost at birth through the placenta.



AVOID BABY BLUES

A woman's hormones plummet after birth regaining her pre-pregnancy level by the 5th day postpartum.



INCREASE YOUR MILK SUPPLY

Ingestion of placenta elevates levels of prolactin, the nursing hormone. Placenta has been used by Traditional Chinese Medicine for improving milk supply for centuries.



REQUEST YOUR PLACENTA IN YOUR BIRTH PLAN AND AT YOUR BIRTH.

Prepare today to have your placenta encapsulated. We will begin the process right after you give birth.