



Encapsulation service
including cord keepsake:
\$300

Placenta Print on card
stock: \$10

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Benefits include:

- Higher energy levels
- Decreases chance of baby blues
- Decreases chance of post-partum depression
- Aids in balancing mood and hormones
- Increased milk supply
- Higher iron levels
- Reduced postnatal bleeding
- Uterus returns to normal size quicker
- Helps lose baby weight
- Overall better and quicker recovery from birth

PLACENTA
ENCAPSULATION
SPECIALIST



TRANSFORMING BIRTHS DOULA
SERVICES

(919) 618-4391



The traditional method of encapsulation is based on traditional Chinese medicine. Traditional Chinese herbal medicine is one of the oldest herbal systems globally, dating back 5000 years or more. While methods vary slightly from text to text, they all include draining the blood, a light steaming with certain herbs (ginger and lemon) in the steaming water, and drying the placenta before grinding it into a powder for consumption

Salve: \$40, made with coconut oil and shea butter. There are also benefits to using the placenta on mom and baby skin. Salves are derived from dried placenta powder and used topically on any skin irritation or minor wound to promote healing and comfort.



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Tincture: \$30, made with placenta powder and vodka, matures after 5 weeks, instructions included. A tincture extends the longevity of your supply to give you continued benefits of encapsulation when you have completed your capsules.