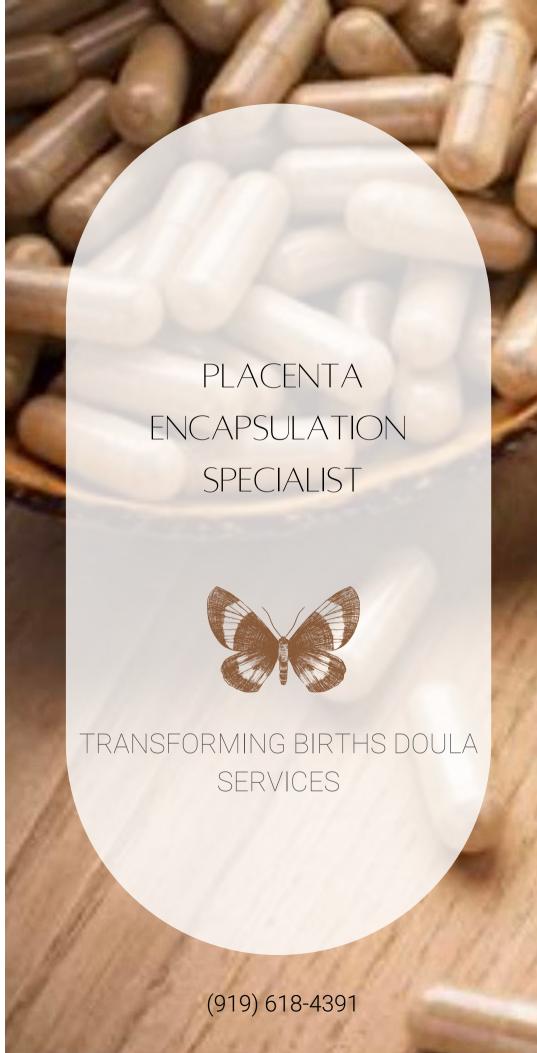


Encapsulation service including cord keepsake: \$300

Placenta Print on card stock: \$10

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

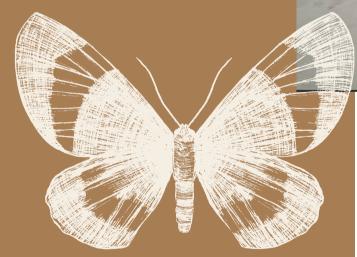


cathy@transformingbirths.com



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.

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



www.transformingbirths.com



benefits of encapsulation when you

have completed your capsules.