



Nina Basker LM, CPM
39 Belmont Avenue
Fairfax, CA 94930
(415) 858-8220
CA License # 731

Bay Area Homebirth Placenta Options

Print

Placenta prints are a beautiful option for honoring and preserving your placenta. They can be done with as much, or as little detail as you would like. You can make the print yourself using a large sheet of watercolor paper, a pre-stretched canvas, or craft-paper. Part of the decision of which surface to use will be made by what you would like to do with the prints. If you are worried about how long they will last, you will want to use archival paper, which is acid-free. Your choice of ink will also be important. Some families decide to use blood in the placenta in order to make a print. (This is done by placing the baby's side of the placenta-up on a clean surface, and pressing the paper flat against the placenta). Some people use crushed berries or plant-based organic paints. These are great options if you are going to consume the placenta after making the print. If you plan to dispose of or bury the placenta when your art project is done, you might use paint or ink. There are many ways to do placenta prints, you just need to follow a few directions. A placenta print is included in the placenta placket I offer.

Plant

If you want to celebrate your baby's birth by planting something, a placenta planted under a tree or a bush can be the perfect thing to do. The placenta is an amazingly

strong fertilizer. My advice is to plant the placenta in the earth and give it time to break down for a few months to a year, before you plant anything with it. If you plant a tree or anything right away, the chemical makeup of the soil may be too strong for the plant. Many families who rent or live in a home they may move from will plant the placenta in a large pot so they can take it with them when they go. If you would like to plant it or aren't sure, you can always freeze it until you decide.

Consume

Some people prefer to eat the placenta. This can be done in a variety of ways. This can include cooking, eating raw/frozen, dehydrating and encapsulation. There are numerous options! Some families choose to freeze a few portions for later use in smoothies, and encapsulate the rest, or put a few chunks in a smoothie immediately postpartum which is believed to help reduce postpartum bleeding. A good way to store for smoothies is to cut up and place small chunks in an ice tray inside a freezer bag.

Encapsulate

The Placenta is full of vitamins, minerals and hormones that are available to you after birth. The purpose of consuming your placenta is to reintroduce some of these nutrients back to your body for a smoother transition into the 4th trimester. Placenta medicine is made to nourish your body as you care for your newborn and has been shown to help reduce postpartum bleeding, increase milk supply, replenish nutrients, help with baby blues and increase energy levels.

Raw Method

The placenta is cleaned, sliced and dehydrated at 120 F for 24-36 hours, then ground and placed into capsules. This method is believed by some to preserve the full nutrient content compared to the steaming method below. People who are looking to increase their energy levels after birth are likely to benefit from raw capsules. Another benefit is that a higher yield of capsules will mean they can be consumed over a longer period.

Traditional Chinese Method (TCM)

The placenta is cleaned, steamed (typically with ginger, lemon and cayenne), then dehydrated at 160 F for 12-24 hours, and ground up to be placed into capsules. The placenta has been used in Traditional Chinese Medicine for generations; believing to restore the warmth lost following birth, and therefore assisting in the body's postpartum re-balancing of yin (cold) and yang (warmth) once more. It is believed that our body's natural immunity, known as wei chi, is reduced following birth and is thought to be restored by adding heat: The steaming process itself directs heat at the placenta, in addition, heat is infused into the placenta through the use of lemon, ginger and cayenne. Cayenne itself is warming, lemon being a grounding remedy, which alongside ginger aids in circulation and the distribution of healing properties throughout the body. The steamed method of encapsulation will yield fewer capsules, as the steaming process shrinks the placenta. This method of encapsulation promotes warmth and calm.

Tincture

A piece of the placenta is steeped in alcohol for 6 weeks to create a tincture that contains the nutrients and hormones of your placenta to provide balance when your body needs it. Some people even keep the tincture and take it during menopause!

Store

You might not have a clue as to what you want to do with the placenta. Or you may be planning a move and wanting to wait to bury or plant it. Sometimes families just don't know what to do but want to keep their options open. If this is your case, I would advise that you freeze the placenta. A small plastic container in the back of the freezer works well. I then would write the name of the baby on the top of the container. (This also helps if you have multiple placentas in your freezer. I would then add a zippered, clear plastic bag over it to prevent leaking before it's thawed. You can also keep it in the fridge for a few days. If you plan on encapsulating your placenta, you shouldn't keep it in the fridge for more than 72 hours. If you plan to consume it (as in frozen chunks for smoothies, try to use it up within the first 6 weeks - and store in the back of the freezer). Follow guidelines for storing raw meat.

The Placenta Package

The Placenta Package offered by Bay Area Homebirth includes a print, capsules, dehydrated cord keepsake, and tincture if desired. The encapsulation process begins within 48 hours of birth and is typically completed and returned to you by day 3. I will then let you know when the process is complete and arrange the best time to return to you. The cost for the package is \$350

*To reserve placenta processing services, a \$150 non refundable deposit is required. You will need to request that your birth care team save your placenta for me to process (preferably on ice or refrigerated), and you, or a family member will need to coordinate with me for pick up from the hospital, birth center or home.



- *Please venmo (@Nina-Basker), or make a check payable to NINA BASKER*
- *Mailing address: 39 Belmont Avenue, Fairfax, CA 94930.*
- *In signing this contract you agree to the above fees and services.*

Printed Name Expected Due Date

Signature Date

Co-signed: Nina Basker, Bay Area Homebirth Date