

# Placenta Preparation Methods

## TCM (Traditional Chinese Method)

Steam the placenta with lemon and ginger before drying at a temperature that inhibits bacterial growth and encapsulating. In the Chinese culture, it is believed that newly postpartum parents should never consume anything "cold." Steaming the placenta warms it making it suitable for postpartum consumption. The addition of heat to the placenta slightly decreases the hormones and nutrients in the placenta, giving it a milder effect. This method is the best option for someone who has had previous anxiety disorders or hyper-lactation (over supply of milk).

If, there has been a delay in processing the placenta more than 72 hours after the birth, this method is preferred. It is also preferred if there have been certain medications used during labor or specific conditions during pregnancy. Please discuss these concerns with your PPS.

## Steamed

Similar to TCM, only the placenta is processed without lemon and ginger during the steaming process.

## Raw

No steaming of the placenta prior to drying. Since no heat has been added to the raw placenta from steaming, this method is much more potent. If you are concerned about milk supply, depression, energy levels or blood loss, this method is preferred. Preparations need to begin within 72 hours of birth, unless the placenta is frozen.

## 50/50

Half of the placenta is prepared via a steamed method. The other half is prepared using the raw method. Pills are kept separate and bottled and labeled separately for the user to decide on dosage.