



Placenta art, Encapsulation , Smoothies & Steak prep - Hope Birth & Beyond, LLC

Eating your **placenta** also known as placentophagy offers numerous benefits.

The **placenta** is rich in nutrients and natural hormones that help you recover more smoothly after birth. There are many ways in which you can eat your **placenta**. It can be encapsulated, eaten raw or cooked.

Why should I eat my placenta?

People who support **eating the placenta** say that it can raise your energy and breast milk quantity. They also say it can level off your hormones, lowering your chances of postpartum depression and insomnia. ... In animals other than humans, **eating** the afterbirth has some perks

Placental encapsulation is the practice of ingesting the **placenta** after it has been steamed, dehydrated, ground, and placed into pills. Traditionally, this is taken by the mother and is believed to impart numerous health benefits

Placenta encapsulation must start within 48 hours after birth. This process takes time as we use the Chinese tradition of steaming, drying and encapsulating.

What is a placenta print?

The **placenta prints** are made by taking the **placenta** after birth and placing it, along with the umbilical cord, on acid-free paper. The result is a work of art that looks something like a tree, which makes sense as the **placenta** is sometimes referred to as the “Tree of Life.”

Placenta art can take place with any service offered by HBB (doula , midwifery, photography etc).

What is a placenta smoothie?

A placenta smoothie is typically made with raw placenta, however if you are GBS+ you will need to have your placenta steamed.

Placenta smoothies must be prepared within 48 hours, but 24 hours is preferred.

We do ask that you use red fruit in each smoothie and a banana (if you like)

What is a placenta steak?

Placenta Steaks are chunks prepared and frozen for the birthing person to eat/ cook with.

***Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food borne illness**

Can I have all of these options?

Yes you can! Booking together gets you a discount too!

How many capsules will I get and how do I use them?

That will depend on the size of your placenta. Most placentas will get us 80-200.

We provide you with a card of how to use your capsules, tincture, smoothies or steaks.

Pricing:

Placenta Art: \$15.00

Placenta Smoothies: \$30.00 Fruit not included. Adding organic fruit \$45.00

Placenta Steak prep: \$35.00 Freezer bags not included.

Placenta Encapsulation package: \$ 200.00 (Includes keepsake art and broth)

Tincture : \$50.00

*****Multi package discount available *****

Travel and Tolls charges may apply



Agreement;

Benefits of placentophagy are supported by ongoing research
But have not been evaluated by the Food and Drug Administration.
Placentophagy, (as it pertains to this contract agreement, is for natural nutritional supplementation and is intended solely for ingestion by the mother who has birthed the placenta(s) and not for their family members, friends, or other individuals),it's a natural nutritional supplement and as such cannot be guaranteed to produce specific results.

_____ Client initials

Client Responsibility

It is the client's responsibility to notify HBB as soon after the birth as possible (preferably the same-day as the birth itself)

*Failure to do so may result in delayed placenta preparation and encapsulation and may cause decreased potency of nutrients, hormones, and other beneficial attributes of the placenta(s), and even spoilage of the placenta(s) which would render it unusable for encapsulation.

It is also the client's responsibility to discuss release of her placenta(s) after they birth from the establishment where the delivery takes place and to ensure proper storage of the placenta(s) in a refrigerator or cooler with the placenta(s) placed on ice until it can be picked up or delivered to HBB for preparation and encapsulation.

_____ Client initials

It is also the client's responsibility to inform HBB of any known blood-borne illness(es) or other health issues that We, Hope & Jimmie Staves and any other HBB employee, may become infected with through contact of bodily fluids (specifically maternal and fetal blood and amniotic fluid), such as HIV, hepatitis, STD's, STI etc.

_____ Client initials

It's the client's responsibility to stop taking the capsules/smoothie/broth/tincture at any time if they do not feel like it is best for them. The client is requesting these services and does not hold Hope Birth & Beyond or any affiliated parties responsible at any time.

Sign _____ Date _____

HBB Sign _____



Refunds and payment policies:

A deposit of 10% must be paid before booking. Refunds may be issued BEFORE any preparation takes place.

If the client decides that she does not want the finished placenta pills AFTER HBB has begun the encapsulation process, or if it the process has been completed, the client will not be refunded any moneys already paid to HBB and will owe HBB the balance of the fee previously agreed upon if the balance is still owed (i.e. no refund or waiving of fees will be made).

In signing this Contract, you agree that you have read and understand the Service Descriptions

and Agreement for Hope Birth & Beyond, LLC and that you agree to the terms and conditions outlined therein, as well as the stated fee.

Hope Birth & Beyond offers a team that is PTCB certified and Food Handler Certified.

Placenta work takes place in the comfort of YOUR home.