

GUIDANCE

How are things, mama?

I trust you are progressing rapidly through your pregnancy now. Feeling those kicks gently within your belly, enjoying the interesting foods you crave and losing sight of your toes. It is a magical but sometimes challenging time. We, as women, completely surrender ourselves in pregnancy to the subtle changes that occur, all in this journey of becoming a mother.

I wanted to help answer any questions you may have about placenta encapsulation and various other arts and guide you with your decision making in regards to your investment. If you haven't already, I suggest perusing my blog www.crescentmoonservices.com.au/blog, which covers a lot more information.

Placenta Encapsulation

You have two options regarding placenta encapsulation. One method is called Traditional Method, or simply steaming. This involves steaming the placenta before dehydration and is roughly based off Traditional Chinese Medicine (TCM). Through steaming, this increases the qi and heating elements within the body. TCM practice involves keeping the postnatal woman warm with heating foods and practices. Sometimes, lemon, ginger or chilli can be added to the steaming process to increase heating properties.

The other option available to you is Raw Method. This involves slicing the placenta raw and then dehydrating. Women report increased benefits from this method as it is said to retain nutrients and hormones more readily. A note about Raw Method - it is not recommended to prepare in this method if there is known Group B Strep, meconium or another blood borne pathogen.

In both methods, the placenta is dehydrated for at least 10 hours and then ground down into a fine powder and poured into capsules.



» *I love the encapsulation, but what else can I do to honour my baby's lifeblood?* «

Umbilical Cord Keepsake

You may choose to keep a part of your baby's umbilical cord that has dried out into a heart or spiral shape. I am able to accommodate some different designs, depending on the length of the cord. If you have specific wishes, let's work together to make it happen! Mother's choose to frame their dried cord or bury the cord due to cultural reasons. The choice is yours.

Placenta Blood Print

A placenta blood print is a beautiful way to cherish and honour the role it performs in your baby's journey. The blood print is placed on thick waterproof paper and sealed with a clear film. This film will prevent potential bacteria growth. Mothers commonly frame the print and hang it in the nursery.

Placenta Salve

Powdered placenta is added alongside oils and herbs to make a hardened cream that can be applied to wounds or nipples. I only use Certified Organic ingredients. The salve contains apricot kernel oil, rosehip oil, lavender, calendula, comfrey and beeswax. Please check for any allergens.

Mother's Broth

This is only offered to those who choose a steamed or Traditional Method of placenta encapsulation. The steaming liquid is drained and poured into a glass jar for consumption. Mother's may freeze the broth into ice cubes for longer storage. Often, the placenta broth can be added to smoothies or soups for a nourishing pick me up.

Placenta Tincture

A small part of your placenta will be added to high grade alcohol and allowed to rest for 6 weeks. In this time, the placenta is said to release important nutrients and hormones into the fluid. The tincture can be used in times of stress or some women choose to use it for menopause. Unfortunately, there is currently no research on placenta tinctures.



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