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Eating Placenta Derails Postpartum in New Moms Gentle Birth World Congress and Free Baby Expo Showcase Unique Birth Options

Portland, Ore.— An ancient and newly revitalized homeopathic solution for postpartum wellness, ingesting the placenta, is gaining new footing. PlacentaBenefits.info is the company behind the resurgence and will be exhibiting at the Gentle Birth World Congress and Free Baby Expo September 27 – 30, 2007, at the Oregon Convention Center.

“I believe nature intended women to begin their mothering journey balanced, rested and joyful. Placenta capsules are an easy way to restore what is lost during pregnancy and birth,” said Jodi Selander, founder of PlacentaBenefits.info. “There are many ways to prepare your placenta for ingestion. Some women feel comfortable putting placenta in a smoothie, creating a special recipe or even consuming it raw. My preferred method of ingestion is to dry the placenta and put it into capsules. The Gentle Birth World Congress and Free Baby Expo is the perfect venue to share this information. Exhibitors and speakers all have the common objective of bringing birthing options into the mainstream health care system.”

More than 80% of new mothers suffer from mood instability caused by hormonal fluctuations beginning in the first week after giving birth. The placenta contains a woman's own natural hormones to alleviate fluctuations, as well as iron, protein and other nutrients which provide the means to replenish and nourish a woman's body. Women who take placenta capsules report fewer emotional issues, have more energy and tend to enjoy a faster, more pleasant postpartum recovery. Research has found that placenta significantly increases a woman's milk production, and affects a variety of chemicals in the brain.

(more)

In addition to PlacentaBenefits.info, the Free Baby Expo will feature a variety of exhibitors, speakers, demonstrations, film viewings, and audio/visual presentations all designed for promoting health and wellness in pregnancy, childbirth, and the early years of parenting. The Gentle Birth World Congress will take place simultaneously and will address topics that include: The connection between vaccinations and autism, The financial, physical and legal needs of health care providers, Optimizing the physical, psychological, and emotional outcomes of mother and baby, Reducing health care costs, liability risk, and high turn-over, Medical intervention in birth from a lawyer’s perspective, and Collaboration between health care and allied health care providers.

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Additional resources:

Gentle Birth World Congress and Free Baby Expo web site:

www.gentlebirthworld.com

Electronic press kit:

www.gentlebirthworld.com

PlacentaBenefits.info web site:

www.placentabenefits.info