

Placenta benefits women during life transitions:

- Helps uterus contract back to normal size
- Promotes lactation – validated by scientific research & principles of Traditional Chinese Medicine (TCM)
- Combats fatigue – TCM principle
- Helps stop/lessen postnatal bleeding
- Improves mood by balancing postpartum hormone fluctuations
- Lots of anecdotal evidence from women whose placenta has helped them have a better postpartum recovery
- Placenta also useful during menopause

Countries that use placenta:

Britain

- Midwifery model of care nearly 50% of births
- Placentophagy much more common than US
- Passed law banning hospitals from selling placentas without mothers' consent
 - 360 tons of placenta exported to French pharmaceutical companies annually

France

- Pharmaceutical companies use placenta
 - Protein albumin used to treat burns
 - Enzymes used to treat rare genetic disorders

Germany

- Create serum/tincture from placenta. Fluid placed under tongue of mother to make use of benefits

China

- Variety of medicinal uses for placenta; increase lactation, decrease fatigue

Canada

- Midwives aware of benefits – some prepare it for their clients

US

- Midwives aware of placenta benefits for years
 - Midwife Raven Lang discussed it at MANA conference, 1984
- Placenta stem cells used in research
- Cord blood banking common practice now – considered unusual at first