

Things to do with your placenta!

Plant a tree:

Many mothers keep their placentas. Those who do often bury them in their yard in a special place and then plant a tree or bush over top of it. Then, every time they see the plant bloom or grow, it is a special reminder of their baby's birth! Trees and bushes planted over a placenta do very well and often grow faster than other plants.

Making Placenta Prints

Before the birth, pick up a few sheets of nice quality art paper. This can be watercolor paper, or some of the really unique specialty papers found in an art supply store. After the birth, take the fresh placenta and lay it out on the paper. You can make the prints with the blood that covers it, or wipe it off and put ink or paint on it first. To get the best prints, make sure there isn't too much or too little fluid for the print. Many parents have found this to be a fun activity as well as giving them a very unique, artistic keepsake of their pregnancy.

<http://www.geocities.com/virtualbirth/placenta.html>

<http://www.birthdiaries.com/diary/48vbirth2.htm> (this site has picture of how to make prints)

Make capsules out of your dried placenta for ingestion after the birth (to ward off post partum depression and retain vitamins/minerals that may be lost during the birth process), **I have included 2 recipes below:**

"Cut off the cord and membranes. Steam the placenta, adding lemon grass, pepper and ginger to the steaming water. The placenta is "done" when no blood comes out when you pierce it with a fork. Cut the placenta into thin slices (like making jerky) and bake in a low-heat oven (200-250 degrees F), until it is dry and crumbly (several hours). Crush the placenta into a powder - using a food processor, blender, mortar and pestle, or by putting it in a bag and grinding it with rocks. Put the powder into empty gel caps (available at drug and health food stores) or just add a spoonful to your cereal, blender drink, etc. The recommended doses vary, some suggest up to 4 capsules a day, others just one. Perhaps the best advice is to take what makes you feel good".

"Thinking About Eating Your Placenta?" by Susan James, which appeared in the winter 1996 issue of "The Compleat Mother"



Gently rinse the fresh placenta (it must not have been frozen, the fresher the better), keeping as much blood as possible. Steam the placenta for 15 minutes, then turn it over and steam for 15 more minutes. In the steaming water you must put a jalapeño pepper, some fresh ginger root and a slice of lime. When the placenta is finished steaming slice it into thin strips and place these in a dehydrator or your oven at its lowest temperature. Dry the strips until they are completely dry, they should snap. This generally takes about 8 to 10 hours. Your house will smell like placenta (women like this smell but men generally find it unpleasant). When the slices are completely dry, break them up into smaller chunks and then grind them into a fine powder. A mortar and pestle can be used or a hand grinder. Raven said you can also put the pieces in a paper bag and pound with a rock. When you have powdered the placenta keep it in a cool dark place in a glass jar tightly capped. It will keep indefinitely this way.

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