

WHAT CAN YOUR PLACENTA DO FOR YOU?

Discard

Your placenta provided you with your baby! There is no messy clean up nor any concern for proper transportation or storage of "medical waste"



Delayed cord clamping

Provides full physiologic allotment of iron, red blood cells and stem cells to your baby. (This is especially important in premature births)



Cord blood collection

Stem cells



Lotus birth

The benefits of delayed clamping plus a period of complete mindfulness.



Cord burning

The benefits of delayed clamping plus a ritual severance. Protects your baby from infection and bleeding from the stump

Keepsakes

Provides a memento for you, your family and your baby to enjoy



Placentaphagy and encapsulation

Prevents fatigue and post partum depression. Promotes healing and pain relief. Supports breastfeeding. May allow for hormonal balance during premenstrual and perimenopausal phases.



Burial

Provides another opportunity for sacred ritual plus unparalleled as fertilizer



Freeze and save for later

Allows you time to decide which option is best for you or to save for later use

From **Re-Purpose Your Placenta: 7 Amazing Gifts From Your Baby's Afterbirth** by Ruth Goldberg, CNM

WWW.REPURPOSEYOURPLACENTA.COM

Nothing in this infographic is intended to replace medical advice.
Please seek medical care for any health concerns