

# Placenta Preparation Agreement

Yes! I would like to have my placenta prepared by Nourishing Roots.

The format that I would like my placenta prepared:

- \_\_\_\_ % Steamed and encapsulated
- \_\_\_\_ % diced into frozen cubes for smoothies
- \_\_\_\_ % Raw prep and encapsulated
- Umbilical Cord dehydrated as keepsake (no charge)

## ***Personal Information: (please print.)***

Name: \_\_\_\_\_ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Due Date: \_\_\_\_\_

## ***Birth Care Provider Information: (please print.)***

OB / Midwife (circle one) Name: \_\_\_\_\_

Intended Place of Birth: \_\_\_\_\_

Address where birth will take place: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

## ***Payment Method:***

The cost for these services totals: \_\_\_\_\_

We accept cash, or checks payable to:

Naomi Murphy  
18026 73rd Ave W  
Edmonds, WA 98026

**Or PayPal:** seanandnaomi@mac.com

*Send the first two pages of this document along with the fee to the address above to secure services, keep the third page for your own reference. (emailed copies are fine as well: nourishingrootswa@gmail.com )*

Responsibilities:

I \_\_\_\_\_ agree to the following:

- Arrange for someone to contact the Nourishing Roots: Naomi Murphy following the birth of my baby so that they may make proper arrangements for the preparation.
- I will inform my provider that the above Representative will be picking up my placenta. In addition to signing any release forms prior to her arrival.
- Allow the Representative to take my placenta from the place that I am birthing my baby for the sole purpose of preparing it

Nourishing Roots agrees to the following:

- They will pick up my placenta within twenty-four (24) hours following receiving a call that I have birthed my baby.
- They will finish the preparation within a timely fashion, within 2-4 days.

Additional:

I understand that encapsulations are said to last indefinitely although some say to replace them after 2-6 years to keep a stronger potency supplement on hand. I understand that the process to prepare a dehydrated, ground up and encapsulated pills is approximately 2-4 days.

- I understand that the act of ingesting placenta in any form has not been tested, nor approved by the FDA, and I ingest this at my own risk. Furthermore, I release Nourishing Roots and it's representatives from any liability. (initial) \_\_\_\_\_

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

## CLIENT KEEP THIS FORM

*How do I contact my representative when our baby is born?*

Please let us know (if possible) that labor is imminent so we can better plan for the process of encapsulating. We will come pick up the placenta from you either at the hospital or if you are birthing at a birthing center or at home, we will pick up the placenta from your home.

Our Nourishing Roots:

Naomi Murphy

206.853.1149

nourishingrootswa@gmail.com

*How should my placenta be stored/transported?*

If you need to transport it home from the place of birth, they will wrap it in a bag and put it in a container. It should go into a fridge as soon as possible. You can use a cooler for transport if it will be more than 30 minutes from fridge to fridge.

*How long does the encapsulation process take?*

Typically we start the process the evening we pick up the placenta, especially if we were given warning of the labor before the birth! We do the second part the following day and can usually be ready for capsule delivery that afternoon.

*How much do I take?*

The placenta yields anywhere from 100-250 capsules depending on size and method of preparation (raw prep yields more). We recommend the following:

Yield: 100-150

Week 1: 3 capsules twice daily

Weeks 2-3: 2 capsules twice daily

Week 4: no guideline

Yield: 150+

Week 1: 3 capsules twice daily

Weeks 2-4 2 capsules twice daily

Week 4-5 2 capsules per day until gone or

Any remaining capsules can be kept in the freezer for future use.

*How do I store it?*

They need to be stored in the dark jar, and kept in a cool, dark, dry place like a refrigerator. If they are left out overnight (even for a few days), it is ok. They are fully dehydrated!

*What is the shelf life of my capsules?*

It's been said that capsules can be kept and used through menopause. We recommend it being kept in a freezer if you plan on saving them long term. The potency will be expected to decrease if kept long term.