

## Placenta Encapsulation Form

According to Traditional Chinese Medicine, the placenta is used to help women heal from birth, replenish nutrients and hormones, regain energy and enhance milk supply. Birth & Biodynamics follows the traditional Chinese medical method of cooking (steaming and dehydrating), grinding and encapsulating the placenta.

To ensure that your placenta is optimally handled before preparation and consumption, please follow these guidelines:

1. After the placenta is delivered, wrap it immediately inside two gallon-sized zip-lock bag or place in a clean disposable container, as soon as possible.
2. Refrigerate or put ice, immediately until you can either take it home or give to the midwife for processing.
3. A refrigerated placenta should be prepared within two days. If the placenta will be prepared at a later date, the placenta should be frozen as soon as possible and it may not be refrozen.
4. The placenta will be prepared by Dominique Clothiaux of Birth & Biodynamics. Please call or text 434-996-5095 (any day or night) to arrange pick-up either at the hospital, birth center, or your home.

You will receive between 70-225 capsules, depending on the size of your placenta. You may start taking the capsules after day 3 of the birth. A common dosage is two pills twice a day with food, during the first few weeks. You may take them as needed, such as, for low energy/mood. Capsules can be saved for times of hormonal imbalance (weaning), PMS, menopause. Capsules should be stored in the freezer and, can be kept for many years to be used for the child in times of illness or by the advise of a Chinese medical doctor.

I, \_\_\_\_\_, give Birth & Biodynamics permission to encapsulate my placenta. My estimated due date is \_\_\_\_\_.  
Planned place of delivery \_\_\_\_\_.

The fee for the service is \$300, a non-refundable half payment of \$150 is due upon submission of this form and request for placenta encapsulation, the second half payment of \$150 is due when the placenta capsules are delivered to you.

Client \_\_\_\_\_ Date \_\_\_\_\_

Phone/email \_\_\_\_\_

Address \_\_\_\_\_

Please mail this request form with half payment to: Birth & Biodynamics 1142 Saint Clair Ave  
Charlottesville, Va 22901 or email the form to [dominique@birthandbiodynamics.com](mailto:dominique@birthandbiodynamics.com) payment via Venmo  
and Cashapp are accepted