



Placenta Dosage from Atlanta Placenta

You have 3 pieces of placenta medicine: placenta pills with herbs, placenta pills without herbs and a placenta tincture. Start with the placenta pills with herbs to get a great postpartum boost. The herbs that were included are lavender, red raspberry, nettle, alfalfa and blessed thistle. If there is any undesired reaction or after those are gone, please switch to the placenta pills without the herbs. The included tincture is your long term medicine. You can use it for your first menstrual cycle, for your children or parents or even for when you go through menopause.

- Start by taking 2 pills 3 times a day for the first 2 week. For weeks 3 and 4 postpartum you can take 1 pills 3 times a day (for usually 2 weeks) or as needed. Keep the pills out of direct sunlight and away from extreme temperature changes.
- You can adjust dosage depending on your needs. If you are feeling great, you can gently decrease the dosage and your capsules will last longer.
- Never exceed 6 pills in 24 hours. (This can create an oversupply issue that could lead to clogged ducts and even mastitis)
- Never stop taking the pills abruptly. The sudden decrease in the oxytocin that the pills provide could spiral mom into the baby blues. As with anything you take orally, reduce the amount gradually over a few days.
- The placenta is tonifying, which means it holds energy in. Should the mother get sick with a fever or any kind of infection, we recommend that mom wean off the capsules over +/- 36 hour, get through the antibiotics then start taking them when the infection has passed. If mom continues to take the pills, it could keep the infection in her body not allowing her to get well. A healthy mother is most important.
- If the mother gets a cold or allergies, she should take the pills at her discretion. Some mothers say it helps, while others noticed that it took longer to get well.
- Really tune in and listen to your body. You know it better than we could ever prescribe.
- After 6-8 weeks (**when your baby is 2 months old**) your **mother tincture** will be ready to use.
- To take the tincture, mix 1 dropper full in a little juice or water and drink.
- If you find that you are using your mother tincture and would like more, please call us BEFORE you use half of your existing tincture. From the remaining half, we can make duplicates.
- The salve is good for any for minor cuts, scrapes, burns and skin irritation (including sore nipples). One capsule will make 2 oz of salve. To order, please visit www.atlantaplacenta.com
- If you have any questions for any reason or if you would like additional tinctures, please feel free to call Stephanie at the contact info below. Enjoy your babymoon!

Stephanie Banguilan, HCHI, HCHD, CLE, IPES
Gentle Journeys Birthing and Atlanta Placenta
www.gentlejournaysbirthing.com • www.atlantaplacenta.com



gentlejournesbirthing@yahoo.com • 678-744-9766

Postpartum Herbal Sitz Bath

Your herbal sitz bath includes calendula, comfrey, golden seal, lavender, plantain, uva ursi, yarrow.

- For bath use: add 1 cup of herbs to 2 quarts of boiling water. Remove water from heat and let sit for 20 minutes. Strain and add to a bath and soak for 20 minutes. Both mom and baby can soak to speed cord and perineum healing.
- Brew with the above ratios and add to a Peri Bottle or sitz bath for use after going to the bathroom.
- Pour some pre-brewed herbal mix onto pads and freeze for a pain relieving ice pack.
- Use a diluted mix around baby's cord for healing.

Stephanie Banguilan, HCHI, HCHD, CLE, IPES
Gentle Journeys Birthing and Atlanta Placenta
www.gentlejournesbirthing.com • www.atlantaplacenta.com
gentlejournesbirthing@yahoo.com • 678-744-9766