

The practice

Psychology, Psychotherapy



Didn't recognize the entire word, but quickly started my research on it. I quickly discovered that post-part mothers ingest their own placenta. This slow growing phenomenon, amongst the new mothers who can stomach, is practiced by 99% of mammals, including humans.

The practice of ingesting the placenta, which has been going on in Asian medicine for hundreds of years, seemed inappropriate, unnatural, and disgusting to me as discovered more about it. I don't think I stand alone when I say that my lack of knowledge on this topic may come as no surprise, since there could be millions of others who are also not educated on this topic. In our society, unless the media presents topics to us, we almost have to be naturally curious or stumble upon things to find out the news of the world or things less commonly known to us regarding health and medical topics.

The more I grew in my knowledge of this practice, the more I discovered the ingestion of the mother's placenta could actually be very beneficial. Mothers across the world have been practicing this post-birth method for quicker healing from post-part depression, as well as its contribution to other great health benefits such as hormone boosting. While other countries are lacking in the times of placenta encapsulation, other entries such as Europe, the US, and Canada have been partaking in this health benefit to mothers for over a decade. The whole ideology of placenta encapsulation is to replace useful hormones lost during birthing the placenta, decreasing postpartum depression because of an iron-deficiency, promote healing and provide energy, controlling any postpartum bleeding, and promote milk production

for successful breastfeeding. Each mother is as unique as the benefits she may experience from participating in placenta encapsulation.