

# KARLA BERGANZA

## PLACENTA SERVICES



[WWW.KARLABERGANZA.CA](http://WWW.KARLABERGANZA.CA)

Hello moms and dads,

As a mom I realized how hard it is to have a baby, carrying them for 9 months and when the time comes we feel so happy but also sometimes we feel sad, sometimes overwhelmed and hormones just DON'T HELP AT ALL. I decided to go for placenta encapsulation (no worries, you don't eat your raw placenta but instead it's pulverized and put in capsules to be ingested). I read LOTS of research and I had to do it. Placenta pills could reduce the baby blues, heal faster, energy booster, increase of iron, increase of milk and mostly LOVE. Would this be as good as it sounds? Well, the outcome was awesome, I felt so good, I healed way faster, milk came sooner, I had a tremendous boost of energy and happiness and somehow I could deal with the sadness I was feeling, I just felt great.

One day I wanted to help a mom and I looked for a placenta specialist and a doula to help her, she is a single mom and had limited access to different resources. I had just two responses from a few groups, they were very serious in volunteer to help her and when the time came they didn't show up. The mom was so sad and I was feeling worse and frustrated for trusting and leaving this mom without support. Since then I started both courses and today I got my certification in both as a doula postpartum and placenta specialist TO HELP MOTHERS WITH LIMITED ACCESS TO FINANCIAL RESOURCES, SINGLE MOMS AND WITH MOMS WITH ANY HISTORY OF MENTAL HEALTH. If you are a mom that might need support please contact me and I'll be happy to work with you.

Love,  
Karla Berganza



# Why did I eat my placenta?

As every first mom I was very worried about what people was saying about postpartum depression and not being able to breastfeed my baby. I

started to research about placenta and placentophagy it's been around for a long long time, enough that moms keep doing it and keep confirming that is the best way to go after giving birth. Either because of tradition or research studies the outcome was amazing so I tried it. My experience was great! I had lots of energy, I felt I healed faster than other moms. I had plenty of milk for my baby and just happy, I didn't feel depressed.

I always say is good to make a good research BEFORE consuming placenta. So you are on the right way and congratulations for taking the first step!

The placenta is a remarkable organ. It is an organ, just like your liver, kidneys or heart. But it's the only organ the human body can grow when needed and remove when its job is done. And then your body can grow a new one when needed again. Your bag of waters, growing out of the margins of the placenta, is your baby's home for many months, with your placenta providing everything your baby needs to grow and thrive. As Williams Obstetrics puts it, "It may not be pretty to look at, but it's the most beautiful organ there is."

"THESE PLACENTA PILLS ARE AWESOME! I'm now 10 days postpartum, and chipper as anything. None of the crushing despair that usually engulfs my soul is present at all... It has made such a difference during these precious early days of having a new baby. This is the first time I have ever fallen joyfully, ecstatically in love with my baby before. Previous times, I've fallen tragically and morosely in love, while sobbing. Equal in magnitude and intensity, very different in mood and feeling." --mother of 3



So what happens when your body and your baby no longer need their placenta? It doesn't have to be discarded as medical waste. More and more families are choosing to keep their placenta and celebrate its health and strength.

Some people bury their placenta deep in the earth, perhaps planting a tree or shrub over it that their child can visit in the future. Some use ink and paper to preserve the image of the placenta's beautiful treelike structure.

Others use their placenta the way it is used by almost all mammals that live and birth on land: to support the transition time after birth by consuming it. Those who have done it say that ingesting placenta can help rebuild their blood supply, help increase their milk production, help them feel more energy and less discomfort, and reduce or eliminate the baby blues.

You can take advantage of what your placenta has to offer without having to deal with it raw or use it all up immediately after the birth. It can be dried and prepared in capsules that you can take in the days and weeks after the birth of your baby.

# Benefits of Placenta Encapsulation



Can speed up mother's postpartum recovery



May aid breastfeeding by enhancing breastmilk supply



Helps uterus return to original shape and size



Increases Energy



Regulates postpartum hormones



Help prevent baby blues & postpartum depression



Minimizes postpartum bleeding



Increases iron levels/decrease anemia risk





|                             | TCM Based Method  | Raw Prep Method   |
|-----------------------------|---|---|
| Is the placenta steamed?    | Yes   | No  |
| Is the placenta dehydrated? | Yes   | Yes   |
| Temperature dehydrated?     | 52 - 55 °C  | 40 - 45°C   |
| Length of time dehydrated?  | 10 - 12 hours   | 16 - 24 hours   |
| Amount of capsules?         | Lower (approx 70 - 120)   | Higher (approx 100 - 200)   |
| Also known as:              | TCM Method<br>Chinese Method<br>Steaming Method   | Raw Method<br>Raw Encapsulation<br>Raw Foods Method   |
| Considerations:             | Based on method and philosophy used for centuries. Provides more protection against bacteria due to high heat involved in steaming. Positive feedback received. | A modern adaptation to the traditional method. Thought to retain more nutrients and hormones as less processing occurs. Protection against bacteria can be increased by dehydrating at a higher temperature for initial few hours if requested. Positive feedback received. |
| Best prepared within:       | 72 hours from birth   | First 24 - 36 hours from birth  |





## SERVICES

### Placenta Capsules

The Traditional method of placenta encapsulation is based in the principles of Traditional Chinese Medicine (TCM). Your placenta is gently steamed with lemon, ginger and hot peppers, and other herbs if needed, then dried and encapsulated. The herbs are not included in the capsules themselves, just pure placenta. This method is believed to be warming and replenishing to the postpartum body and circulatory system, and more supportive of mood.

The Raw method of placenta encapsulation is simply that. Your placenta is prepared for dehydration from the raw state. Your placenta must be very fresh. It is dehydrated at a high temperature to kill off any harmful bacteria that may be present, but is otherwise unprocessed. This method is believed to better preserve hormones and nutrients. Some clients say it provides more of an energy boost. The Raw method makes about 20% more capsules, but the dehydration stage takes significantly longer.

Traditional or Raw, the choice is yours!



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### Umbilical Cord Keepsake

Typically, the umbilical cord is not included in the capsules. Instead, it is dried separately and presented in a cloth pouch to keep. It provides a loving memory of the first connection between parent and child. (If you don't want the cord, it can be included in your capsules.)

### Tincture

A tincture is made with fresh placenta components steeped in brandy. Swirled daily for six weeks, it creates a gentle placenta infusion that can be used long after your capsules are gone.

### Prints

Standard prints are made with your fresh placenta and the natural blood onto heavy watercolour paper. It's a wonderful way to commemorate your placenta's beauty. This works well with decorative papers as well.



## SERVICES FEES

Choose a standard package or create one of your own!

BASIC : \$175

-capsules (one method), with or without umbilical cord keepsake and two prints

RESTORATIVE: \$200

-capsules (one method), tincture and balm

DELUX: \$250

-capsules (half and half), cord keepsake, prints, tincture and balm.

Smoothies: \$ 10 (one to take right away and the other to save for later)

Special recipes (please ask for more info about this)

Mother tea: \$10 made with the juices of your placenta and Ayurvedic herbs which will help you to feel calm, happy and energized.





## SERVICES FEES

-Just tincture \$50.

Extra baby any service fee \$50 for each baby.

A booklet with instructions in how many pills to take and storage will be given with your package. If you want tincture an extra dropper will be also given.

AT THE END OF EACH PROCESS, ENCAPSULATION, PRINT, CORD KEEPSAKE, BALM, SMOOTHIES, TEA, SPECIAL RECIPES THERE IS A SMALL BLESSING MADE WITH SONGS, MANTRAS AND PURE LOVE FOR YOU MOM.




### Disclaimer:


I am not a licensed medical professional and I am not able to diagnose, treat or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised. It is your responsibility to determine whether using placenta preparations may be of benefit to you. I do comply with the designated certifications under the Canadian Law of food handling and Biohazard products management. All my equipment and utensils are properly sanitized and used just for one placenta. I will not be working with more than one placenta, I want to keep you and my family safe. I finished my training with the International Placenta and Postpartum Association.




# READ THIS STUDIES



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