



## The Birth Servant

Alisha Stoltzfus  
Natural Birth Doula & Placenta Services  
Student Midwife  
Serving the area of Northern and Eastern Minnesota  
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## Placenta Services and Costs

As a student midwife in attendance/assisting at home births and studying physiological birth with Indie Birth Midwifery School, I have extensive knowledge and practice with placentas. I follow all OSHA guidelines in handling blood borne pathogens with strict protocols in sanitizing my workspace and placenta equipment. I offer the following options in honoring or consuming the placenta:

- ❑ **Raw smoothie** (\$15) - the first smoothie can be raw and later with frozen chunks. I like to keep the recipe simple with strawberries and/or other berries, yogurt, honey (lots), and any other ingredients that seem delicious at the time. Consuming the placenta raw immediately after birth can aid in even faster healing and help with blood loss.
- ❑ **Traditional Chinese Method Dehydrated Capsules** (\$175) - this method involves rinsing, steaming with lemon, jalapeno, and fresh ginger, rinsing, and dehydrating. It is said to have a “cleansing”, “warming”, and “energizing” effect.
- ❑ **Raw Method Dehydrated Capsules** (\$150) - this method is done raw (no rinsing or steaming) and placed on dehydrator as soon as possible to preserve its most natural form.
- ❑ **Tincture** (\$20) - this is used as an extra hormonal boost or for when capsules run out. This may also be useful if you have prolonged postpartum bleeding past six weeks. A tincture is made with a small piece of placenta in 100 proof vodka or grain alcohol. It must sit in a cool, dark place for six weeks before ready to consume.
- ❑ **Print** (\$15) - art prints can be made with the fetal side of the placenta and cord or with the maternal side. Best size of paper is 11x14 or larger, and can use watercolor paint (or other preferred paint) to stamp placenta on paper. You can also make a print with no paint, but original blood stain. I have also printed on a T-shirt before, so the options are endless! Let me know what art project you are interested in.
- ❑ **Dehydrated cord keepsake** (\$5) - dehydrating the cord in any shape or wording possible (ex: “love” or a heart shape). The cord will then be transparent and should be able to see the two veins and artery inside. It is strong and almost unbreakable. Can also make into an ornament.
- ❑ **Cord burning kit** (\$10) - some people prefer a gentle, “slower” option to severing the cord between placenta and baby. This traditional method is used with a box, tinfoil, and two candles held by birth parents in cord location of choice. I can help facilitate or drop off supplies before/after the birth.
- ❑ **Lotus birth kit** (\$40) - this is a spiritual or preferred practice of leaving the umbilical cord uncut to dry off naturally when baby and placenta are ready. The kit includes a bag to store placenta, absorbent wrapping cloth, drying herbs to cover the placenta, and optional cord cover.
- ❑ **Burying placenta** (free, only asking for gas money) - another way to honor the placenta is to bury it under a tree, plant, or particular location. I want to help you if support is needed. I can find the plant wanted or bury it for you. I also can say a prayer of blessing or thanks.

## Frequently Asked Questions

*How many pills/dehydrated capsules will I receive?* Depending on the method chosen, you will receive between 100-200 pills. The raw method yields more pills and the traditional chinese method shrinks the placenta during the steaming process.

*When will I receive my pills/dehydrated capsules?* The placenta must be dehydrated for 12-24 hours before encapsulation process can begin. I can most often have your pills ready by day 2 or 3 postpartum. I tend to be speedy with my process as I want the best postpartum healing experience for you.

*What does pick up look like? Do I need a cooler?* In the hospital setting, let your doctor or nurse staff know you would like to keep the placenta. Some hospitals have a release form both of us must sign. They will put it in a bin and either set it on ice or allow you to store in the mini fridge in your room. You can let me know when baby is born or all is settled, and I will be there within 2-3 hours with a cooler that I provide. I prefer to give you space and time to rest before I show up; the placenta is fine if on ice or in the fridge for a few hours. If you have your baby in the middle of the night, I will be there first thing in the morning. Please text to let me know if the birth happened between 11pm-5am, otherwise please call at all other times 5am-10pm for prompt pick up. In the birth center or home setting, it is similar. You are welcome to store it in a chux pad or ziploc bag in the fridge until I arrive for pick up.

*How do I store dehydrated placenta capsules?* In a cool, dark, dry place is optimal. The fridge or freezer can cause condensation and begin to dissolve the gel capsules. Some people prefer the freezer, and that is fine as long as they are not left out.

*How do I take my dehydrated placenta capsules?* Take regularly to suit you for the first 4-6 weeks, then as needed. Some people like to take two capsules at each meal three times a day for the first couple of weeks, then one capsule at each meal for the next couple of weeks, then as needed or whatever is leftover. I recommend taking with orange juice or vitamin C rich foods to aid in optimal iron absorption.

*Do the dehydrated placenta capsules taste weird?* From personal experience and feedback given, the aftertaste or burp can taste a little like iron, but nothing more.

*What are reasons I would not be able to encapsulate my placenta?* Please do not consume a placenta that has been taken to lab pathology at the hospital, if you had an infection during labor (chorioamnionitis), or if you have HIV, Hepatitis A, B or C.

*How long do dehydrated placenta capsules last for?* The idea of encapsulating your placenta is to consume in the first 4-6 weeks of postpartum. If stored in the freezer, they may last longer (if condensation does not bother the capsules). Some people like to save a few pills for menopause or for boosting milk supply later in baby's growth spurts. If you notice a change in smell (unpleasant or off putting) or a change in color, texture, or appearance, DO NOT consume; please dispose or bury in soil.

*What if I give birth prematurely, have a C-section, epidural, or am Group B Strep positive?* You can still encapsulate placenta for any of these reasons. The dehydrating process will kill any bacteria present in the placenta. Please ask any questions for more information if you still have concerns.

*Are placenta services included if I am your doula client?* Yes, if you are my doula client, all placenta services are included in the overall cost. If you are a Duluth Midwife client (the midwife I apprentice with), the cost is \$50 for either of encapsulation methods chosen.

## Contract

I allow Alisha Stoltzfus, owner of The Birth Servant, to handle and be in possession of my placenta and to care for my postpartum needs regarding the placenta. I understand a placenta exam will be performed, and any questions regarding the placenta birth will be asked. I also understand Alisha Stoltzfus is a student midwife and may be on call or at another birth at the time of my delivery/drop off time and will be of service as soon as she is available.

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

I agree to the below checked option for payment and will follow through as planned.

- Pay non-refundable \$25 deposit at 36 weeks pregnant and remainder of invoice due by 4 weeks postpartum
- Pay full invoice at 36 weeks pregnant
- Payment plan option (customizable)
- Sliding scale in combination with one of the options above

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