

Additional Options for Preserving the Placenta

Tincture

A small piece of your placenta is added to grain alcohol and allowed to sit for 48 hours. This extracts the healing components of the placenta. The alcohol is then strained and decanted into an amber glass bottle for long term storage. Tinctures must cure for 6 weeks to reach full potency. You may choose to add the drops to tea or juice, or drop them directly on the tongue. People who have a difficult time taking pills will choose this option. Also, those who are looking for a long term solution to balance their hormones may prefer a tincture. Tinctures are reported to help with mood swings, depression/anxiety, and energy levels.

When stored correctly, a tincture can be safely used for many years. It can even be saved for menopause! A tincture can be made in addition to encapsulation, as it uses only a small portion of the placenta.

Cord Keepsake

A small piece of the umbilical cord is washed and dried into the shape of a heart for long term storage. Many choose to put then put it in a book or shadowbox.