



Phone: 530-391-9557

Email: kelseajustus@gmail.com

Placenta Client Intake Form/Agreement

Name _____

Partner's name (if applicable) _____

Phone number (preferably cell) _____

Email address _____

Home address _____

Estimated Due Date _____

Place of birth _____

Have you experienced postpartum depression in the past?

I am interested in placenta encapsulation because (circle all that apply)

- hormone regulation
- fatigue
- breastmilk production
- baby blues/postpartum depression
- after birth pains
- recommended by a friend
- media/blog mentioned it
- not sure

I am interested in the following services :

Basic Package: \$150.00

(circle services you would like)

- Details on creating your personal postpartum plan (via email or phone)
- Placenta capsules
- Placenta tincture if requested
- Umbilical cord keepsake if requested
- Follow up with you via phone/email and unlimited email access

Deluxe Package \$175

(circle services you would like)

- Details on creating your personal postpartum plan (in person, phone or via email)
- Information on other options for your placenta
- Placenta prints
- Placenta capsules
- Placenta tincture if requested
- Aromatherapy treatment for mom
- Follow up with you via phone/email, unlimited email access
- Umbilical cord keepsake if requested

I understand that herbal encapsulations are said to last indefinitely although some say to replace them after 2-6 years to keep a stronger potency medicine on hand.

I understand that the process to prepare dehydrated, grind up and encapsulated pills is approx. 2-4 days.

(initial)_____

As your encapsulation specialist, I am not a licensed medical professional such as a care provider or physician. I am not able to diagnose, treat, or prescribe for any medical or health condition. Services and fees are for the service of encapsulating your placenta, not the sale of the capsules. Benefits of placenta consumption are supported by on-going research, however, these benefits have **not been evaluated or approved by the United States government or the Food and Drug Administration**. It is your responsibility to decide if using placenta capsules can be beneficial to your whole-body-wellness during the postpartum period.

It is your responsibility to notify me within 4 (four) hours of the birth. Improper storage of the placenta may cause loss of nutrients and spoilage. It's your responsibility to discuss release of your placenta from the facility where you will give birth during the prenatal period and to ensure proper storage of your placenta in a refrigerator or cooler. The midwives or hospital staff should be aware of your desire to encapsulate and can assist in proper storage. Placentas store in the refrigerator/ coolers for longer than 3 days without being frozen will no longer be considered healthy to encapsulate.

It is important to understand that there may be circumstances in which your placenta cannot be used. Significant abnormalities of the placenta may necessitate your doctor or midwife sending your placenta to Pathology for further examination. **Once the placenta has been released to Pathology, I will not be able to encapsulate as there is a significant risk for spoilage, loss, mixup, and cross contamination with chemicals or bodily fluids.** Other conditions, such as signs of infection in the mother during labor, may mean that consuming your placenta could be harmful to your health. If your facility or care provider wants to examine or hold placental tissue, please encourage them to take a small piece and leave the rest in your possession. I will always consult with you prior to making a choice on whether or not your placenta is viable for ingestion. It should be possible to claim your placenta after caesarean surgery. It is important that you let me know if you have any health concerns or conditions which may affect the health of your placenta or the health and safety of anyone who may come into contact with your placenta.

I abide by the Health Insurance Portability and Accountability Act of 1996 (HIPPA). You can ensure your information is confidential.

I hold the highest standards of cleanliness, safety, and quality of professional placenta preparation services. In the event that I am unable to be available for your placenta encapsulation, I will provide a backup placenta specialist who is capable of providing services.

Kelsea Justus, owner and sole operator of Earth Bound Birth Services and I, have agreed upon the following price for the above services. \$150_____ \$175_____ (\$25 Travel fee for clients outside a 10 mile radius of downtown Coeur d' Alene) \$25.00 travel fee YES NO

I _____ agree to the following:

Arrange for someone to contact Kelsea Justus following the birth of my baby so that she may prepare my placenta.

I understand that the act of ingesting placenta in any form has **not been tested, nor approved by the FDA**, and **I ingest this at my own risk.**

Furthermore, **I release Kelsea Justus from any liability.** (initial) _____

Placenta Specialist _____ Date _____

Client _____ Date _____

*I respect your right to privacy and assure you that all answers are held in the strictest confidence. Please be as honest as possible with your responses.

It is your responsibility to inform me of any known blood-borne illnesses or other health related issues such as HIV, Hepatitis, STD's, etc. This is a key factor in ensuring a safe environment for me, my family, and other clients. GBS+ **does not** exclude you from encapsulation. It is however your responsibility to inform me and I will prepare your placenta accordingly to ensure all bacteria is eliminated.

* Please note: In order to ensure that transmittable disease doesn't infect others, a copy of your latest blood work may be requested.

*Please note: Although it is generally safe for women who have HIV and Herpes (no active outbreaks) to encapsulate, Kelsea will not encapsulate for the health and safety of herself, her family and her clients.

Have you had any of the following prior to or during this pregnancy? (Circle all that apply)

Herpes, STD's (Chlamydia, Gonorrhea, Syphilis, other _____) Group B Strep, Hepatitis (any type) HIV/ AIDS, HPV

Other Illnesses/Infections/Diseases: (Please specify) _____
(initial) _____

REFUND

In the event your placenta is unavailable to you (ex. sent to Pathology and not released despite coordination efforts) or if your placenta has been contaminated with a bacterial infection, you will be entitled to a refund in the amount of \$50.00. If you choose to terminate this contract due to change of mind within 7 days of your estimated delivery date, then you are no longer eligible for a full refund. If I have already taken possession of your placenta and you choose to not go forward with services, I will return your placenta to you for disposal. There will be no refund.

DEPOSIT

A \$50.00 deposit will ensure that I have availability and that I will be in town one week before & one week after your EDD. Balance is due upon delivery of capsules. Additional services are available for an extra fee. Deposits can be made electronically via paypal, Square, check, or cash.

I certify the above information is accurate and I understand all the information presented in this document

Client _____ Date _____

Placenta Specialist _____ Date _____



CLIENT KEEPS THIS FORM

Phone: 530-391-9557

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Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby(ies) by dehydrating it to then be ground and placed into capsules for the mother to ingest as she sees fit. The ingestion of the placenta is known as "placentophagy." The purpose of placentophagy by the mother is to reintroduce the beneficial vitamins, minerals, hormones, proteins, and other nutrients to her body following labour and birth to help restore a more balanced body function, prevent "baby blues" and the more serious postpartum depression, increase breast-milk production, shorten healing time, increase maternal energy levels, and provide an over-all feeling of wellness to aid in the transition between pregnancy and the early postpartum period in the woman who has just given birth.

How should my placenta be stored/transported?

You will need to transport it home from the place of birth. It will most likely wrapped in a bag and put in a container by your care provider.

The sooner after birth I start the process, the better.

It should go into the refrigerator as soon as possible(at least 3 hours after birth). You can use a cooler for transport if it will be more than 30 minutes from fridge to fridge. The placenta needs to be frozen if it will be more than 3 days from birth to when encapsulation process begins.

How much do I take?

The typical placenta yields 130-170 capsules.

- The first week, 2-3 capsules 3 times a day
- The second and third week, drop down to 1-2 capsules 3 times a day
- The fourth week, 1-2 capsules twice a day and until they're gone if you wish and feel the need.

If you have any remaining capsules, they can be kept in the freezer for future use.

How do I store my capsules?

They need to be kept in a cool, dark and dry place like a pantry or refrigerator. If they are left out overnight, it's not a big deal. They are fully dehydrated.

What is the shelf life of my capsules?

It's been said that capsules can be kept and used through menopause. I recommend them being kept in a freezer. The potency will be expected to decrease if kept long term.

Tincture Dosage Information

Placenta tincture is a constitutional remedy that can be used for both mom and baby throughout her/his life. The placenta contains vitamins, minerals, hormones and stem cells. It is said to be a very good immune system remedy.

A few uses include cough, stuffy nose, indigestion, teething, high stress events (1st day of school, daycare etc). It's also beneficial for mom during transition and stressful times.

The placenta is said to contain all of one's strengths and weakness so will provide balance when there is imbalance. It is like a personal reset button.

- Store tincture in cool dark location like a kitchen cabinet. It does not need to be refrigerated.
- Shake bottle daily for the first week. Then shake 1-5 times a week for the remaining 5 weeks.
- Your tincture can be used after 6 weeks of maturing for times of stress, anxiety, or emotional lows. Some common times are during your first cycle after birth and during weaning.
- If stored tightly capped in a cool, dark place the tincture should keep indefinitely.
- Dosage: 7-10 drops (NOT DROPPER FULLS) directly on the tongue or in liquid.

