

## Postpartum Depression

Postpartum depression is caused by many factors, some psychological and some physiological. The placenta is part of the answer for this condition. Iron deficiencies have been found to cause postpartum depression. Also, iron deficiencies cause fatigue, which has in turn been linked as a cause of PPD. The placenta can supply up to almost 50% of RDA of iron. Another cause of PPD is low Cortisol levels. The placenta has the hormone CRH, which triggers the release of Cortisol, making it even more help for PPD.

## Mother–baby Bond

Dr. Spinner wrote, “It is widely accepted that the development of the first social tie between child and mother serves as a prototype for all future relationships.” This is a part of birth that should be taken very seriously. The placenta can help in several ways. First, it supplies iron, which has been found to help increase mother-baby interaction. Second, it supplies cortisol, which has been found to increase the interest of the mother to the baby. Third, it supplies oxytocin, which has been found to help with the mother-baby bond and with the mother’s maternal bonding behaviors, such a frequent checking of the baby, gaze, and affectionate touch.

## Pain Relief

A substance found the in the placenta called Placental Opioid-Enhancing Factor (POEF) enhances opioids in their action of blocking pain receptors. A woman’s body makes a natural opioid, Endorphin, during labor. The production of Endorphin peaks at delivery and dwindles for the next two weeks. Endorphins can also be produced during exercise. Thus, the ingestion of placenta, mixed with the postpartum period and exercise, works to reduce postpartum pain.

## Milk Supply

Many hormones are needed for a healthy milk supply, and conveniently, the placenta supplies many of these hormones. These hormones include: Estrogen, Human Placental Lactogen, Oxytocin, and Prolactin. Placentophagy is a gentle, natural way of boosting these hormone levels in the body and enhancing the milk supply.

## Balance Of Hormones and Mood

During pregnancy, your body is producing huge amounts of hormones, some of which are being produced mostly by the placenta. After birth, it takes months for the body to signal the brain to produce the correct amount of hormones again and bring the body into balance. Ingesting the placenta can supply small amounts of these hormones to help supplement them in your body until your brain can start producing them again.

Adequate iron has also been found to improve behavioral and cognitive function in the postpartum woman, as well as decrease fatigue, which always circles back to our mood. In the 2013 study, 40% of women reported improved mood and 26% of women reported increased energy. Also, 69% of women reported no negative effects from their placentophagy. In the same study, 75% of women described their placentophagy experience as “Very Positive”.

## Additional Resources

- [Iron Content of Intact Placentas and Cords](#)
- [Human placenta processed for encapsulation contains modest concentrations of 14 trace minerals and elements](#)
- [Placenta as a Lactogon](#)
- [Presence and concentration of 17 hormones in human placenta processed for encapsulation and consumption](#)
- [Enhancement of Opioid-Mediated Analgesia: A Solution to the Enigma of Placentophagia](#)
- [Placentophagy: A Biobehavioral Enigma](#)
- [Wound Healing Activity of Human Placenta Extracts in Rats](#)

## References

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