

Preparing The Human Placenta

The Chinese medicine has been using the human placenta as a precious tonic herb for thousands of years, while in the western medicine its usage is only a recent development, along with the cord blood. In Chinese medicine, the two ways to prepare and consume the human placenta are to make it into a soup or dry it and pack it into capsules. Using the capsules, some nutritional content may be lost because it is necessary to wash off the blood of the placenta, making it less potent; however it may be easier to ingest. Capsule kits can be found at your local health food store.

Capsules

1. Wash the placenta with water, just as if you would wash a chicken before cooking. You may use some wheat flour to rub it for further cleansing.
2. Drain out all excess water from the placenta.
3. Put the placenta in an oven at low heat, until it's completely dried but not turning brown (around 180°F, depending on your oven). You want to dry it, not cook it. You may need to turn the placenta over a few times.
4. Grind the placenta into powder, and then load the placenta powder into capsules for usage.

Soup

Please Note: The person who prepares the placenta will usually lose the desire to eat the soup due to the smell. Therefore, someone else should clean and cook the placenta. The soup itself does not have an unpleasant odor or taste.

1. Lightly wash the placenta under running water. It's not necessary to wash off all the blood inside the placenta, as the nutrition content may be lost by over washing.
2. Cut the placenta into pieces that are approximately the size of 1/2 egg. Place the placenta pieces in a cooking pot with other ingredients you like, typically chicken or black bone chicken.
3. To enhance the flavor and add nutritional value to the soup, you may add some herbs, such as Huang Qi, Dang Gui, Dang Shen, Da Zao, Go Qi Zi, & etc. Ask your herbalist for specific dosages of each herb.
4. Add water and a few slices of ginger to the pot. You may also add some salt, but salt is not recommended for postpartum patients. Cook for 1 to 1.5 hours.
5. Consume all of the soup within one or two weeks. Eat a few pieces of placenta each time. The soup does not smell unpleasant. You can add more chicken and herbs to re-cook.