

# Postulated Benefits And Side Effects Of

## *Ingesting Placenta*



### Postulated Benefits



Reduces mood swings and postpartum pains

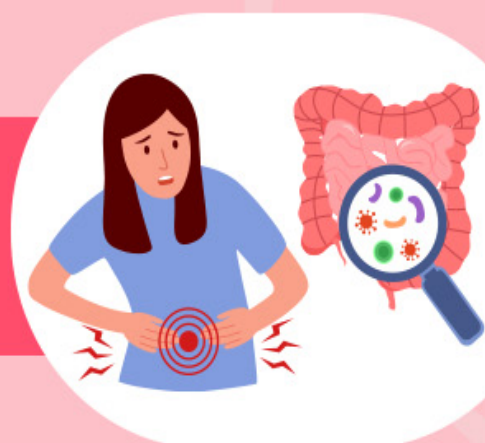
Helps fight stress and postpartum depression



Reduces bleeding and facilitates overall recovery

### Possible Adverse Effects

Increases risk of infections to the mother and baby



Probable exposure to toxic metals and unwanted drugs

Negative impact on milk production (especially if mother has blocked ducts)

