

BELLY BINDING

30% - 68%

OF POSTPARTUM
WOMEN/PARENTS ARE
LIKELY TO DEVELOP
DIASTASIS RECTI ¹.



It is extremely common in women/people who have been pregnant.

The Bengkung style of belly binding is common and seen by Malaysian culture. Normally cotton, muslin, or silk fabric will be used to wrap the abdomen to support the body's natural healing process. ²

HOW DOES IT WORK?

- Use it for the first 30-40 days after birth, for 12-24 hours.
- When do I start belly binding? 2-5 days postpartum after vaginal birth and 4-6 weeks postpartum after a c-section. ³
- A Postpartum Doula, Trained Belly Binding Person, or Midwife can teach you how to apply in-person or virtually.

BENEFITS OF BELLY BINDING

- Core Support – Abdominal muscles need time to heal. It helps to slim the ribcage, abdomen, and hips. Pulls in the separated abdominal muscles (diastasis recti) back together. Supports relaxed and stretched-out muscles.
- Pelvic Floor Support – The pelvic floor is connected to your abdominals and glutes, and as the core is supported, so is the pelvic floor.
- Low Back Support – Belly Binding helps with posture and proper alignment even while resting.
- Pelvis Support – supports the bones of your pelvis to come back to alignment.
- Breastfeeding/Chestfeeding Support – If you are choosing to breastfeed, one of the most common mistakes is to bend forward so the binding will encourage good posture.
- Can be a part of a “Closing Ceremony” to offer emotional and physical respect to the role your womb played at the beginning of this new phase in your life, and your child’s life.
- Emotional Support - Gets rid of the “empty” feeling after childbirth. Nurtures the mother in a time of vulnerability and healing. Decreases postpartum bleeding time.
- Postpartum support - In the case of a miscarriage or stillbirth, belly binding can improve emotional healing as it speeds physical healing. ^{2. & 3.}

Learn more at www.latinxwomenshealth.com

REFERENCES

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2. Ward, K. (2019, May). What postpartum belly binding can do for your post-baby body. Care.com.
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PLACENTA ENCAPSULATION

HOW DOES IT WORK?

- I will pick up of placenta at your place of birth
- Preparation and delivery within two to four days
- I will steam or raw prepare the placenta and dehydrated
- Dehydrated umbilical cord keepsake
- Deliver the encapsulation placenta with instructions.

BENEFITS OF PLACENTA ENCAPSULATION

- A decrease in postpartum mood disorders,
- increased production of oxytocin,
- a decrease in stress hormones,
- restoration of iron levels following bleeding after birth, and
- increased milk supply.
- In a small study, data has demonstrated that following the preparation process, hormones do remain present in the placentas.
- Researchers have found that levels of both progesterone and estradiol are present at high enough levels that they could cause physiological effects when consumed.
- According to the American Pregnancy Association, placenta encapsulation has been demonstrated to assist with mood stabilization through supplementing oxytocin levels. Additionally, this suggests that placenta encapsulation has a potential regulatory effect on postpartum hormones, affecting both postpartum mood and milk supply.

CONS OF PLACENTA ENCAPSULATION

No large randomized study currently exists to suggest that there are any risks associated with placenta encapsulation.

- All evidence of benefits and risks is anecdotal at this time, but in a rare occupation, some potential side effects that have been reported include headaches, stomach aches, increased anxiety, too much energy, insomnia, or under- or over-supply of breast milk during consumption. It is important to talk with your encapsulator and medical provider about any ill effects you may experience, and a consumption adjustment may be needed.

Cost: \$200

Learn more at www.decolonizehealthwithsteph.com