New research suggests no mental health benefits to eating your placenta
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Eating one's placenta following childbirth is a growing trend, with many celebrities claiming that the practice provided them with health benefits, including preventing postpartum depression. However, previous studies have shown that consuming human placenta poses risks for mothers and their babies, including viral and bacterial infections.

"Given the health risks associated with consuming your placenta, and the absence of detectable benefits, we strongly recommend women do not, and instead look to other mental wellness resources," said Austin, who also holds the Canada Research Chair in Translational Psychiatric Genomics.

The study also showed that women who consumed their placentas did not have more energy, had no increase in their vitamin B12 levels, and required no less lactation assistance than women who consumed their placentas.


Provided by University of British Columbia

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