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HEALTH & WELLNESS



## BORN TO BE BREASTFED

WITH  
MARIE BIANCUZZO RN MS IBCLC



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**Born to be Breastfed**  
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**February 26th 2018: Eating Your Placenta: The Pros and Cons You Need to Know**

Biologist Charles Darwin famously pointed out that there are many similarities between humans and other mammals. Now, many mothers are wondering: Should we take a tip from the animal kingdom when it comes to placentas? Kim Kardashian West, January Jones and many others have consumed theirs. Is there some health-based reason for doing so? What are the benefits? The risks? Join Marie as she talks with nurse/lactation consultant/herbalist Donna Walls about the increasingly common practice of eating the placenta. Is it a new fad? An ancient practice? Why is it done? How can it be prepared—an

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### Featured Guest



**Donna Walls**

A Registered Nurse for 45 years, with 43 years in maternity, Donna Walls became a certified childbirth educator in 1984 and a certified lactation consultant in 1987.

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