**Health Matters - Josh**

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| **Happened?** | **What set this up/ context/life**  | **Consequences** | **Medical take/offers** |
| Abortion | Day 6 conception (6 wk cycle) | Almost infection | I resolved with lymphatic drainage and herbs |
| Miscarriage | Maybe brought on by . .  |  |  |
| Some morning sickness | Nausea eased by a pkt ginger | Very cold one day and lost bub | No action |
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| Pregnancy 3 weeks later |  |  |  |
| Morning sickness few weeks | Distress over being preg with K | ‘Dream’ intervention |  |
| Malaria 14 weeks | Holiday in Solomons | V V ill Hb 4 | Useful drugs out of blood then liver |
| Scanned at 17 weeks | K wanting perfect child | 80 minute scan very antiquated likely very strong | Possible placenta previa – need scan again late pregnancy |
| Heartburn very badly | Likely all those drugs/illness | Put on over pregnancy 3 stone | No action |
| Swelling in legs and sore soles | Weight gain and body not OK | Put up with | No action |
| Kidney infection | All that came before | Got v v ill before Dr Elliot moved on this. | Strong antibiotics |
| All carried on – heartburn, weight and sore feet, puffy  | No real treatment  | Soldiered on | No action |
| Labour naturally initiated | EDC minus 3 days | Went to hosp too soon | Wait and see |
| Membranes ruptured | My hasty actions/they offered | 5 to 10 cm in 30 minutes | Wait and see |
| Pushing 90 minutes | Exhausted and wrong position | Ages to get positioned to arrive | Wait and see |
| Born – started bleeding | Shock likely from ruptured memb | No action for a while | M/W called in reinforcements |
| Manual extraction of placenta | Shock likely from ruptured memb | Likely more shock/stop bleeding | Wait and see |
| Into shock and down tunnel | Shock likely from loss of blood | ‘Checked out’ and came back | Did they even notice? |
| Blood matched and given | Allergic response | More drama | Packed in ice, injected with Fenergan, steroids |
| Home in 5 days . . | Not enough rest  | Straight into life as was | Expected |
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