**Health Matters - Skye’s pregnancy - born 7th November 1986**

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| **Happened?** | **What set this up/ context/life** | **Consequences** | **Medical take/offers** |
| Accidental – day 10 conception | Babies come when they do | ? |  |
| ‘Period cramps’ when due – KI 9 | Likely bub having 2nd thoughts | I kept her in | No action |
| Stopped miscarriage – 6+ wks | Likely as above | As above | No action |
| Nausea | Minor -manageable | Realised needed distractions | No action |
| Strong painless contractions | Lack of Mg/I (and D3??) | Tired always | No action |
| Tooth capped | Excess sugar in youth and mineral depletion | Lack of Zn/ Se/Mag - fetal consequences + Hg poisoning. | No action |
| Early labour (29 weeks) | Likely the mercury poisoning | Set up O.P. | Ventolin Tabs – not taken |
| Constantly stopping this | Tired | Wearing out maternal supplies | No action |
| Heartburn | Diet: steak & mushroom pies/+++fruit and sugar | Drinking so much cold milk | No action |
| Weight gain | As above and 2 litres milk daily | Weight gain | No action |
| Fluid in legs | Thyroid not happy | All falling apart | No action |
| Really bad ‘lung fire’ in nose | Likely toxo and malnutrition to fight off. Source? Dental ++ Hg | Bad health outcomes:subsequent in utero toxo bub. Mum ill always | No action |
| Stopping constant nightly contractions | Uterus trying to reposition bub in O.A. – me lying back on sacrum | Exhausted | No action |
| Deciding to terminate early (38+ weeks) – O.P. no one corrected | Maternal exhaustion | Alive baby – she was already compromised with toxo | No action |
| Eventual waters broken | As above | Inco ordinate labour due to | Watchful waiting |
| Eventful labour | Fetal malpositioning | Fully dilated eventually – no bub | Watchful waiting |
| Epidural | Not sure - whether C section or ? | Safe stuck baby extraction |  |
| Keillands rotation forceps | Stuck OP Brow presentation baby |  | Well executed |
| Intact perineum | Diligent perineal massage/oiling | From 29 weeks | Well executed |
| Mum ‘OK’ | Very worried about bub | No one listened | No action |
| Baby not ‘OK’ | Bad jaundice worsening etc | Discharged as a well baby | No action |