**Health Matters – Ryan dob 3rd Nov 1994**

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| **Happened?** | **What set this up/ context/life** | **Consequences** | **Medical take/offers** |
| Unintentionally pregnant | It was time | Set whole life aside to handle | No Action |
| Ill/diahorrhea | Exhaustion | Had to really work out future | Eventual drugs |
| Very torn/stressed | Life | As above | No Action |
| Fat and fluid again | Not able to enjoy pregnancy | Hopefully baby OK in all of this | No Action |
|  |  |  |  |
| Decide to leave Australia | Too hard – no support & worse from the dad | Easier for my life | N/A |
| Finger nail off | ?? Karma? | Hard work | Minor surgery- no Ab |
| Infection | Inevitable | Same | Eventual right Ab |
| Very bad insomnia /worry | Inevitable – lack of nutrients to cope with all the ‘stress’. | Found anthroposophical medicine | No Action |
| Ankle goes | Body malnutrition? | Had to have a C section | No Action |
| Stay pregnant | Me working in it | More attention paid to myself | No Action |
| Ankle goes again | Body malnutrition? | On notice – needed more Mag | No Action |
|  |  |  |  |
| Epidural – lose BP | ??Lying on left side: undiagnosed mitral valve prolapse/cardiac edema/congestive heart failure | Body did not cope | No Action |
| A few times | Not being aware/present | Hard on me and bub I imagine | No Action |
| C section | Clot uterine-placental interface | We lived | Could have been more mindful |
| Bashed on diaphragm x 2 | Medical stupidity | Hemorrhrage | Could have been more mindful |
| Hemorrhrage | Medical stupidity | No blood returned to me | Stopped it |
| Fixed up | Had to – or maternal death | Very painful belly skin after this | Is their job |
| Home early | Not being looked after properly | Life happened easier. | Against ‘advice’ |
| Nipple problems | Not paying attention/baby not up to task |  | No Action |