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**From:** Melissa

**Sent:** Wednesday, October 31, 2007 10:13 AM

**To:** optimum@netvigator.com

**Subject:** introducing Elizabeth Rose Fordham

Dear Dr Yuen and all the staff

Thank you so much for all your support over the last nine months and before. Here are some photos of our beautiful baby daughter, Elizabeth Rose, born 21<sup>st</sup> Oct weighing 3.245 kilos (7lbs exactly). She is an angel and extremely relaxed. Must be all that good nutrition she got from me in the womb, under your loving care!

The arnica was fantastic, not so much during labour as that was extremely quick, but for the wounds afterwards (I tore terribly but didn't have to take any of their pain killers). I have also had extreme breast engorgement with too much milk but using the space healer on the blockages on the breasts and also on different pulse points on the upper arms really cleared the problem and prevented me developing mastitis. Perhaps this will be useful info to pass on to any other of your pregnant patients?

Anyway, thanks again for everything.

Melissa

SSL15037 = 30 mins old, taken in labour room

SSL15073 = 1 day old, taken at Queen Mary

SSL15092 = 5 days old, taken at home