

Most of the files you will read have come from Dr Sarah Smith (Andreae Jones) or DocSarah me.	to
I have split her articles up into Chapters for one very good reason. DocSarah - she is never satisfied and always strives to improve the work she has done. It was not uncommon to have or 6 different versions of an article before she finally concedes defeat and let's me publish it.	: 5
Some articles became very technical (I am not medically qualified) and if I couldn't understan it, many others would not either. After furious emails back and forth, revised editions would slowly appear.	ıd
Other articles appeared where the offer of haemorrhoid cream, from too much fence sitting, we needed!	vas
Other than that I have not revised, edited or altered one word. You will find that some articles repeat themselves at times. This is necessary as sometimes they were smaller articles, expanded on, or larger articles reduced to one particular area of interest to other people.	<b>;</b>

