

14th June 2014

The University of Auckland
Private Bag 92019
Auckland 1023
New Zealand

Re: Sam Thurlby-Brooks, Mumanu

To Whom it May Concern,

I met Sam while using her massage service during my own pregnancy and would wholeheartedly recommend her on both a personal and professional level. In my professional capacity as a researcher and lecturer in Obstetrics and Gynaecology at the Faculty of Medical and Health Sciences, University of Auckland, I would not hesitate to recommend the kind of pre-natal massage that Sam provides. Her ability to therapeutically ease many common aches and pains reported by pregnant women allows her clients to remain fit and active throughout their pregnancy, which is not only key for fetal health and well-being both in utero and throughout the infants lifespan, but also for preparing the mother for the challenges of labour. Furthermore, her ability to relax her clients plays an important role in helping them manage stress during pregnancy, benefitting the mother's mental well-being leading into the postpartum period with its associated risk of depression, and also ensuring her immune system remains at peak function for the duration of pregnancy to protect fetal well-being and maintain maternal tolerance of the fetus and placenta. Sam has an active interest in the latest research in the obstetric field, and updates her practice accordingly.

On a personal level, I found Sam extremely welcoming easy to get along with, and thoroughly enjoyed my sessions with her. I was able to remain free of back pain or any swelling throughout my pregnancy, and I am sure that my regular sessions with Sam contributed to my ability to carry my baby with such ease. I am disappointed she is leaving New Zealand and will not be able to use her services in my future pregnancies.

Yours sincerely,



Dr Jo James