The Red Hat Dispatch For Friday October 23



TORSOE Iron Fruit Drink

Soak the following in 64 of red grape juice overnight.

- 1/2 cup raisins
- 1/2 cup black mission figs
- 1/2 cup dried apricots

Remove the fruit with a strainer. It can be added to other dishes. The resulting liquid is an iron drink. Drink 1-2 ox three times a day. May not be tolerated by diabetics or others with sugar restrictions.

Organic Egg and Grape Juice (For severe cases of anemia

Mix a raw, organic egg in a glass of grape juice. This can help build the blood of a person who is a candidate for a blood transfusion/

Red Hat Dispatch

You are dispatched to a private residence for a seventy-two-year-old male complaining of severe lower abdominal discomfort and difficulty urinating. The caller reports he has a history of an enlarged prostate and has only passed a few drops in the last ten hours, but feels a strong urge to go. He's conscious, alert, breathing normally, but uncomfortable and restless per his wife. Priority is urgent medical response. You're responding with your partner. On arrival, he's sitting on the edge of the bed, leaning forward and holding his lower abdomen.

As a LIVE FREE Lifestyle investigator, what lifestyle habits would you expect the person to have? You can email pastor@torsoe.org. 706-897-8537.

- Love God (Describe his stress level)
- Include Temperance (Describe him drinking, smoking, & overworking)
- Vital Water (List beverages he might drink? It's clearly not much water)
- Eat Healthy (What would you expect him eating habits to be?)
- Fresh Air (Describe a man who does not get out much.)
- Rest (Describe someone burning the midnight oil.)
- Exercise (Describe a man who does not even go the gym.)
- Enjoy Sunlight (Describe a person who is mostly in doors.)