The Red Hat Dispatch For Monday October 19



TORSOE Rocket Fuel

1 cup Lemon Juice
3 cups Water
1Tbsp. ginger powder or chopped ginger
10-12 cloves garlic
1/2 small onion
2 tsp of turmeric powder.
pinch (1/16 tsp.) cayenne
1 cup honey or agave nectar if you are diabetic or have sugar restrictions

Blend all ingredients until smooth

Drink one quart daily

The Seven, Nine, Eleven Breathing Exercise For Hypertension

Slowly inhale for seven seconds. Hold your breath for nine seconds. Slowly exhale for eleven seconds. Do this exercise while dwelling on some positive promise from God's word. It can lower your blood pressure several points.

Topic for today is "Hypertension and the LIVE FREE Lifestyle".

Red Hat Dispatch

"You are dispatched to a home of an 78 year old male man who is complaining of knee and hip pain. As a lifestyle investigator, you respond with an EMS team to a residence for a 78-year-old male complaining of severe pain in both knees and his right hip. The patient has a history of chronic arthritis and reports worsening joint pain, stiffness, and difficulty walking.

The patient describes the pain as a constant, deep aching sensation, with occasional sharp pain when attempting to stand, bend his knees, or bear weight. He reports significant stiffness upon waking in the morning and after sitting for extended periods.

Family members state that his mobility has progressively declined. He now struggles to rise from a chair, climb stairs, get in and out of bed, and perform routine activities such as bathing and dressing. He frequently uses a walker for support and fears falling because his knees occasionally feel as though they may give out.

Today, his pain has become so severe that he is unable to stand or walk without assistance. The patient is conscious, alert, and breathing normally.

- 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.)