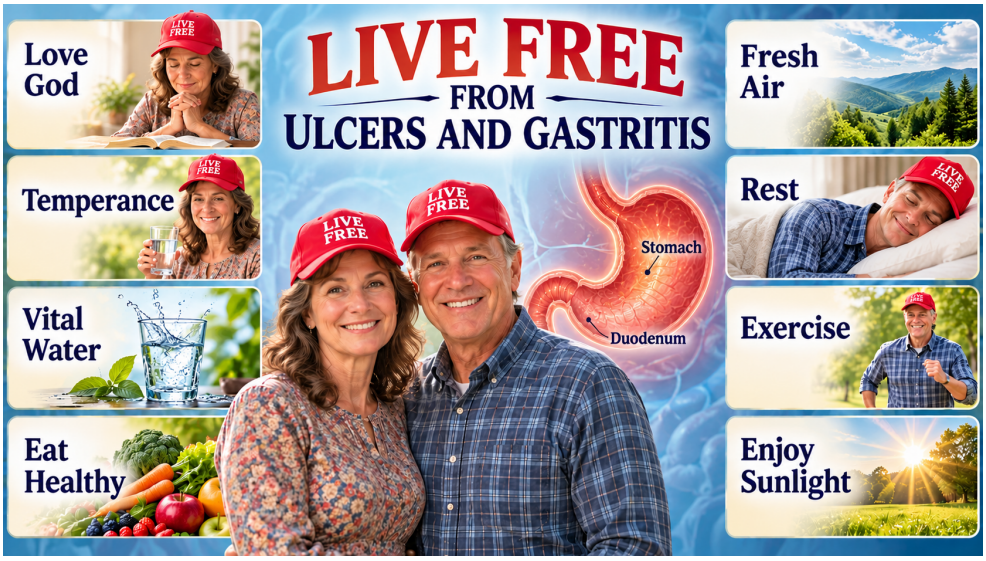
The Red Hat Dispatch For Monday, October 26



Aloe Vera Gel

Drinking the gel of the aloe vera plant helps to coat and sooth an irritated stomach. I have diluted it with a little grape juice in case it is too strong for anyone.

Contrast Showers

Making the water as hot as you can stand it and then turning off all hot water to make it as cold as possible, alternate between one minute hot and ten seconds cold. Do three rotations. For a more intense treatment, alternate between three minutes hot and thirty seconds cold. This helps build the immune system and is a treatment usually done alone. Older people should not have it as hot as you can stand it and it does not need to be as cold as it could be.

Red Hat Dispatch

Live Free Lifestyle Investigators, you are dispatched with an ambulance to a private residence for an adult with sudden severe flank pain radiating toward the groin, nausea, and restlessness. On arrival, the patient is pale, pacing, and unable to get comfortable. They deny chest pain but report sharp colicky pain 10 out of 10. Airway is patent, breathing is adequate, radial pulse is strong. The EMTs obtain vitals, note elevated blood pressure and mild tachycardia, skin cool and clammy. They mention dark urine earlier today. They keep them at rest as able, monitor vitals, consider positioning of comfort, and prepare for transport. They give an early radio report for suspected kidney stones with renal colic, continue reassessments, and transport promptly.

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.)