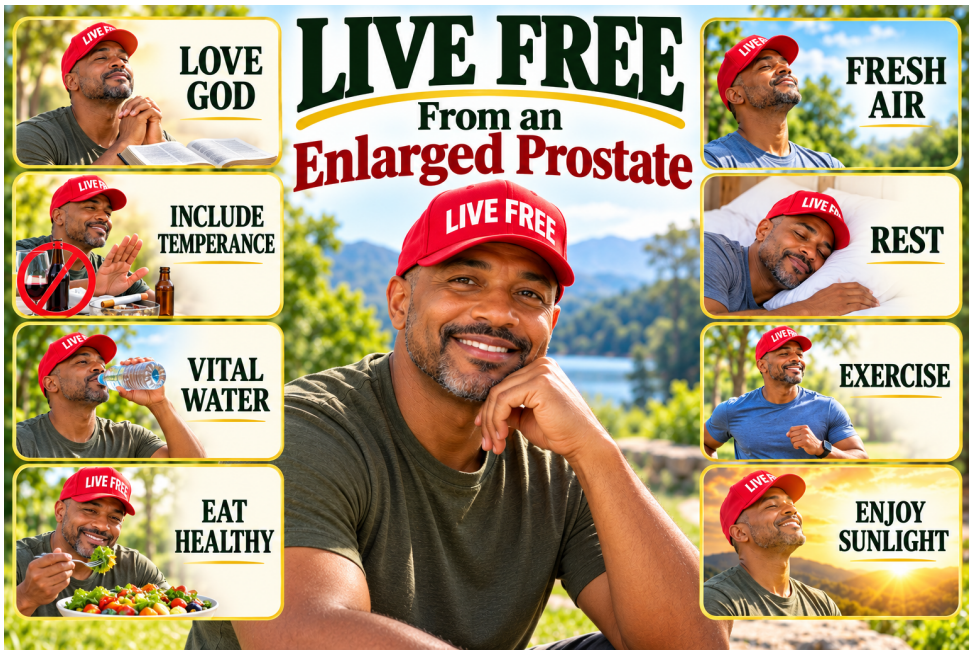
The Red Hat Dispatch For Saturday, October 24



Nut Milk

Blend the following:

- 1 Cup Raw Nuts
- 3 Cups Water
- Add Sweetener and salt to taste (3 oz Agave and 1/4 Tbsp salt)

Steam Inhalation Treatment for Sinuses

Add essential oils to water then boil. Breathe the steam. You can cover your head with a towel or umbrella to help trap the steam.

Red Hat Dispatch

You are dispatched to a private residence for a 34-year-old female with severe joint pain, swelling in hands and knees, extreme fatigue, muscle aches, intermittent low-grade fever, headaches, and a red butterfly-shaped rash across the cheeks and nose. She's also reporting photosensitivity, hair loss, painful mouth sores, decreased appetite, occasional nausea, and swelling in her feet and ankles. She describes chest discomfort with deep breaths and occasional shortness of breath. She has a known history of systemic lupus erythematosus and believes she may be flaring.

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.)