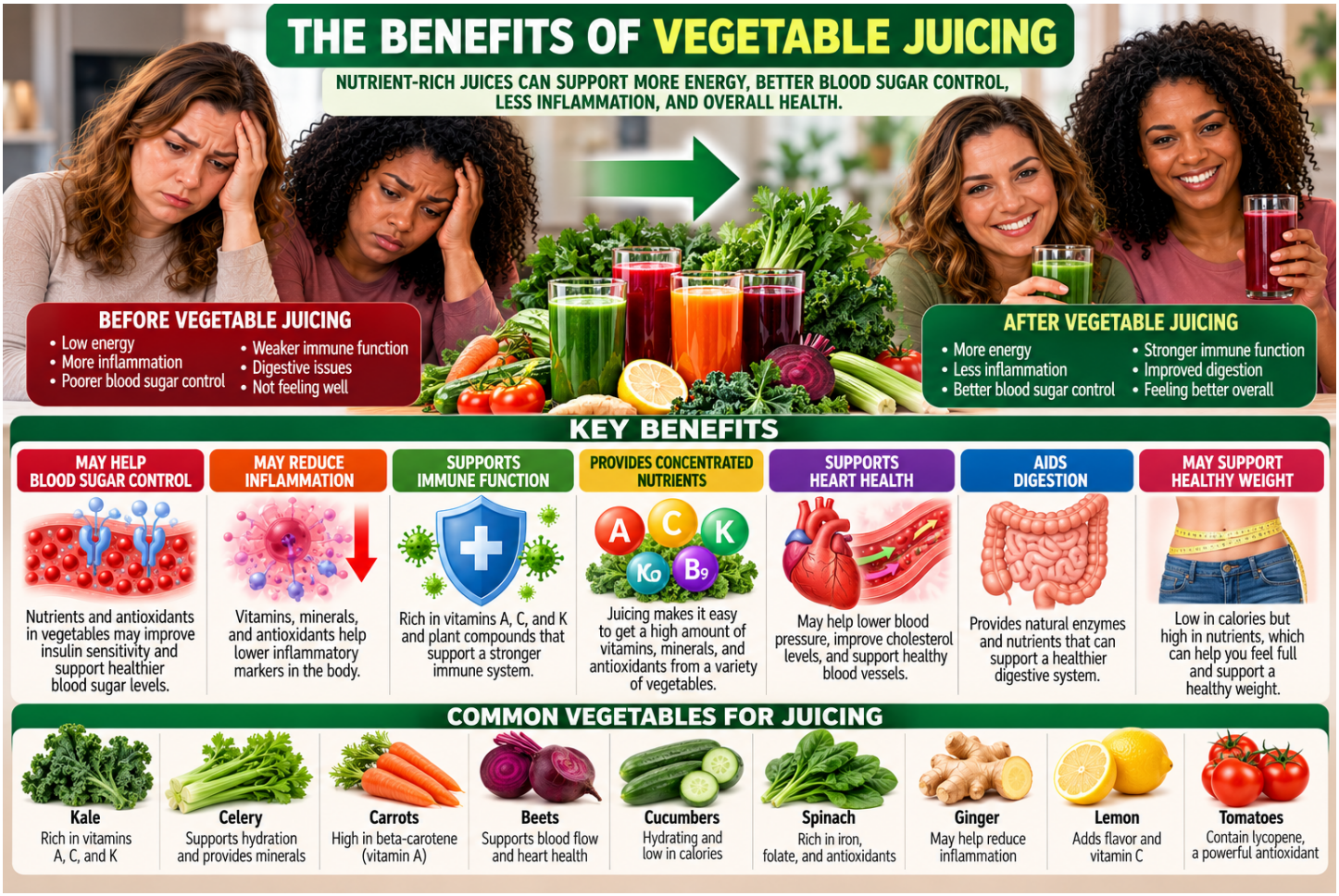
The Red Hat Dispatch For Sunday October 18



Cold Sock Neck Wrap

Materials Needed.

- White cotton sock
- Plastic Wrap
- Wool Scarf or towel

Immerse the sock in cold water. Wring it out good. Place cold, wet sock around the neck. Cover with plastic wrap. Cover this with a wool scarf or towel. Sleep with it or keep it on for several hours. It helps with a sore throat.

Topic for today is "Insulin Resistance and the LIVE FREE Lifestyle" plus more foundational information.

Red Hat Dispatch

"You are dispatched to an office building and find a female executive slumped over her desk. Her coworkers said that they witnessed her having a seizure and she has no history of seizures. She has a severe headache, blurred vision, chest pain, shortness of breath, confusion, nausea, vomiting, dizziness, weakness, numbness, difficulty speaking, and feels like she wants to pass out. The EMTs check her blood pressure and its 180 / 120. Normal blood pressure should be 120/80. You overhear the EMT mention that he or she suspects that the female executive is in a hypertensive crisis. They treat her chest pain with aspirin. She does not have any nitroglycerine prescribed so they put her on a nasal cannula for supplemental oxygen and then "package" her for rapid transport. You hear them say, "This is a load and go, not a stay and play situation. What do you expect her lifestyle habits be like as far as the LIVE FREE lifestyle is concerned?

- Love God (Describe her stress level)
- Include Temperance (Describe her drinking, smoking, & overworking)
- Vital Water (List beverages she might drink? It's clearly not much water)
- Eat Healthy (What would you expect her eating habits to be?)

- Fresh Air (Describe a career executive that does not get out much.)
- Rest (Describe someone burning the midnight oil.)
- Exercise (Describe a person who does not even go the gym.)
- Enjoy Sunlight (Describe a person who is mostly in doors.)