The Red Hat Dispatch For Sunday, October 25



Juicing

Today we will be juicing carrot, celery, cucumber, mandarin, granny smith apples, ginger, lemon.

Epsom Salt Slush

This is especially good for minor burns and cuts.

Red Hat Dispatch

You are dispatched to a private residence for a 52-year-old male with severe abdominal pain. He reports a burning sensation just below the breastbone, worsening sharp stomach pains, nausea, vomiting, bloating, belching, and indigestion.
He also notes acid reflux, loss of appetite, early fullness, fatigue, weakness, dizziness, and lightheadedness, worse after meals and sometimes waking him at night. He vomited this morning with dark material resembling coffee grounds and reports black, tarry stools. Possible gastrointestinal bleeding.

You arrive to find him sitting on the couch, leaning forward, pale, slightly diaphoretic. His wife says the pain has worsened over the past hour.
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.)