The Red Hat Dispatch For Thursday October 22



TORSOE "PEAR BARE" SMOOTHIE

- 4 cups of fresh pineapple chucks (this is your juice for this smoothie)
- 1 frozen banana
- 1 cups of frozen blueberries
- 1 cup of yellow grapes
- 3 yellow pears
- 1 T each of flaxseeds, chia and pumpkin seeds
- 1 T of vegan protein powder

This smoothie is pack with healthy vitamins and others great nutrients that helps with healing the shingles virus. Blend all ingredients and enjoy! Yields: 3+ cups

BENTONITE CLAY MASK

Materials:

Wooden or plastic bowl
Wooden or plastic spoon
Bentonite Clay
Water or Apple Cider Vinegar
Make up brush (optional)

Instructions:

Clean the skin first.
Mix 1 part clay to 2 parts water or apple cider vinegar using a wooden or plastic spoon and a wooden or plastic bowl. Do not use metal bowl as it believed to remove the electrical charge of the clay.
Apply a thin layer to face with hands or a makeup brush.
Let it dry on the face for 20 minutes.
Rinse with water and pat the face dry.
Use warm water and a wash cloth to gently wipe the clay from the skin.

Vinegar increases the effects of bentonite and should be used with caution by those with sensitive skin.

Red Hat Dispatch

You are dispatched to a private residence for a 54-year-old female experiencing severe generalized pain and weakness.
Patient has a reported history of fibromyalgia and is experiencing a severe flare-up. Patient reports widespread muscle pain, joint discomfort, extreme fatigue, muscle stiffness, tenderness throughout her body, burning sensations, numbness and tingling in her extremities, severe headaches, dizziness, difficulty concentrating, and disturbed sleep.
Patient also complains of muscle spasms, increased sensitivity to touch, abdominal discomfort, nausea, and difficulty walking due to pain and exhaustion. Patient rates her pain as 9 out of 10 and states that her symptoms have progressively worsened throughout the day.
According to the caller, the patient is conscious, alert, and breathing spontaneously but is having difficulty getting out of bed because of the severity of her symptoms.

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.)