The Red Hat Dispatch For Tuesday October 20



Who Has The Courage to Make Your Own Smoothie?

Here are the ingredients you have to work with. You can use some of them or all of them. I only require that you use some AAA Supertonic Superfood.

Blueberries
Bananas
Tangerines or oranges
Almond Milk
Agave Nectar
Fruit Juice
Nuts
AAA Supertonic Superfood



Blend all ingredients until smooth

Ingredients: Moringa, Mangosteen, Noni, Wheat Grass, Rice Bran, Astragalus, Spirulina, Peppermint, Elutheurococcus, Alfalfa, Echinacea, Acai Berry, Barley Grass, Chlorella, Bee Pollen, and Stevia.

Castor Oil Packs

Pour castor oil onto commercial packs or pads or cloths. Massage the oil into the pad, cloth or pack. Apply to the body and keep on for several hours.

Topic for today is "Arthritis and the LIVE FREE Lifestyle".









Red Hat Dispatch

"You are dispatched respond to a private residence for a 40-year-old female complaining of severe pelvic pain and heavy vaginal bleeding.
Upon arrival, EMTs find the patient sitting on her couch, visibly uncomfortable, pale, and complaining of weakness and dizziness.
During the patient assessment, the EMT learns that she has a history of uterine fibroids and has been experiencing the following symptoms:

- Heavy and prolonged menstrual bleeding, sometimes with large blood clots.
- Severe menstrual cramps and persistent pelvic pain.
- A feeling of pressure, fullness, and heaviness in her lower abdomen.
- Abdominal bloating and enlargement.
- Lower back pain and pain radiating into her legs.
- Frequent urination and difficulty completely emptying her bladder.
- Constipation and discomfort during bowel movements.
- Pain during sexual intercourse.
- Fatigue, weakness, dizziness, and occasional shortness of breath associated with heavy menstrual blood loss and possible anemia.
- Difficulty sleeping and performing normal daily activities because of her pain and discomfort.

The patient reports that her bleeding has become increasingly heavy over the past several days and that she now feels lightheaded whenever she attempts to stand.

Chief complaint: Severe pelvic pain and heavy vaginal bleeding.
Primary EMS concerns: Significant blood loss, possible anemia, dehydration, and potential hypovolemic shock.

Dispatch priority: BLS response with prompt assessment, vital signs, evaluation for shock, and transport to an emergency department. Request ALS assistance if the patient is unstable.

As a LIVE FREE Lifestyle investigator, what lifestyle habits would you expect the person to have? You can email pastor@torsoe.org.

- 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.)