# The Red Hat Dispatch For Tuesday, October 27




## Oils and Red Light Treatment

Use a combination of Castor Oil and Black Seed Oil. Rub onto the back and lay under a lamp with red light heat.

## Juice

Today's juice is carrot, kale, apple and ginger

🚑 EMERGENCY DISPATCH — LIVE FREE LIFESTYLE INVESTIGATORS

Dispatch, Medic Unit 4, and LIVE FREE Lifestyle Investigators:
You are being dispatched to a private residence for a 42-year-old male experiencing severe respiratory distress, with a reported history of asthma. The patient is conscious and alert but experiencing significant difficulty breathing. Upon arrival, you will find the patient sitting on the edge of his bed in a tripod position, leaning forward with his hands resting on his knees in an attempt to breathe more comfortably.

The patient is exhibiting the following symptoms:
- Severe shortness of breath
- Rapid, labored respirations
- Audible wheezing, particularly during exhalation
- Persistent coughing
- Complaints of chest tightness
- Difficulty speaking in complete sentences
- Visible use of accessory muscles to breathe
- Retractions between the ribs
- Nasal flaring
- Increased heart rate
- Profuse sweating
- Anxiety and restlessness
- Prolonged expiration
- Increasing fatigue and respiratory muscle exhaustion

Family members report that the patient has experienced progressively worsening breathing difficulties throughout the morning. He has used his prescribed rescue inhaler several times without significant improvement.

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.)