

MOST MASKS ARE QUITE UNHEALTHY AND SOME ARE EVEN DISEASE-PROMOTING—HERE'S WHY!

Edited from an article posted at: <http://stateofthenation.co/?p=17388#more-17388>

Chemical Off-gassing - Those who are manifesting COVID-19 symptoms have a greater need for fresh clean air. Because of the various respiratory illnesses associated with *Coronavirus syndrome* they require prana-filled air more than anything. So do folks who want to prevent catching the coronavirus. However, when wearing a synthetic mask the person is filtering their air through a synthetic material that outgases the petrochemically derived constituents that most are made of. The masked individual is then breathing in those aerosolized toxic chemicals. Many of the sickest COVID patients already have various respiratory illnesses and/or chemical sensitivities, so putting a mask on them is the worst thing that can be done. The same applies to people who are relatively healthy but have E.I. syndrome or MCS.



E.I. Syndrome = Environmental Illness Syndrome & MCS = Multiple Chemical Sensitivity - Brand new products just taken out of a box are notorious for outgassing various chemical toxins. In the case of a new mask, which is placed right over the mouth and nose, these airborne chemicals go right into both airways. Therefore, patients stricken with the novel coronavirus ought to be spared from such a misguided practice. A chemical overwhelm can even trigger a respiratory condition that compels the attending physician to put the patient on a ventilator which ought to be strictly avoided for COVID-19 patients.

Oxygen & Carbon Dioxide - With each and every in-breath, the sick individual is also intaking some of the carbon dioxide they just exhaled. Instead of breathing in fresh clean air full of oxygen, the mask is diminishing their oxygen intake and replacing it with the respiratory waste product—carbon dioxide. By subtly decreasing their oxygen levels in this manner they are being deprived of the most powerful healing agent for respiratory diseases—*Molecular oxygen* (O₂). Furthermore, even a slight increase of the carbon dioxide levels in their bloodstream can contribute to anxiety and feelings of nervousness as well as cause headaches, dizziness and fatigue. The flip side of the very same problem is that prolonged mask wearing can lead to oxygen deprivation also known as hypoxia. See: Physician Warns About Prolonged Mask Wearing and Hypoxia. For these reasons especially, both the healthy and the ill should avoid wearing a mask like the plague. otherwise you may end up getting this coronavirus "plague."



Unhygienic and Unsanitary - Even after wearing a mask for a short period of time it becomes filthy. The more polluted the indoor and/or outdoor ambient air is, the quicker the mask will become contaminated. Not only is the mask capturing particulate and chemical pollution from the ambient air, the accumulation of these throughout the course of a day further obstructs the necessary breathing process. Hence, the longer a mask is worn in a polluted environment, the dirtier and more contaminated it will become. Just take a close look at the return air filter in your home or garage if you want to see what's happening with a well-worn mask; albeit, on a much smaller scale. Now let's add into the mix the constant coughing and sneezing and spitting up phlegm and mucus. What will inevitably develop regarding the mask is a worst-case scenario that can push the patient onto a ventilator.

Damage the Immune System - The following excerpt was taken from this article published by the Alachua Chronicle in Gainesville, Florida: "Face masks can damage the immune system." Stress can lower your immunity. A face-covering or mask that interferes with respiration can add to stress. Cortisol is a hormone closely linked with stress. It works as a key player in the body's stress response and is often measured in research as an indicator of stress. Cortisol plays a vital role in the body's functioning; it's secreted by the kidney's adrenal glands. But high and sustained blood levels of cortisone in individuals stressed by the fear of COVID-19 can trigger serious and emergent health issues.

Higher and more prolonged levels of cortisol in the bloodstream (such as those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences

It can also lead to increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, developing metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems.

Uncomfortable and Depressing - Anyone who has ever worn a tight, scratchy, synthetic mask knows they are so uncomfortable they want to take it off as soon as they put it on. And, that the longer they feel compelled to wear the mask, the more depressing the whole experience becomes. Not only is this discomfiting experience physically depressing for all the reasons explained above, it can also become emotionally distressing. There is a LOT of anecdotal evidence that proves the longer the mask is worn throughout the day, the more dispiriting. Likewise, the more days or weeks of continuous mask-wearing, the more distressful life becomes.



The best example of this new fact of life can be found in the many stores where the employees have been forced to wear a mask during the entire workday. Clearly, they are not happy. Nor are they as helpful as they used to be. The usual courtesy and cheerfulness have been replaced with gloom and/or sadness and/or frustration.

GOVERNMENTS AND MEDIA HAVE LIED ABOUT CORONAVIRUS.

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Matt Hancock – 24 April 2020 – Online Interview - "The evidence for the use of masks by the general public – especially outdoors – is extremely weak..."

Government Briefing Statement on 24 April 2020 - "The evidence on facemasks has always been quite variable... quite weak, quite difficult to know and there's no real trials on it."

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28 April 2020 – Government Briefing - The recommendation from SAGE is completely clear – which is that there is weak evidence of a small effect in which a face mask can prevent a source of infection going from someone who is infected to the people around them.

Chris Whitty (Chief Medical Adviser to the UK Government) on 11/5/2020 - <https://www.bitchute.com/video/9YYPBCcwGOU/> "The great majority of the population won't die from this. A proportion of the population won't get the virus at all. Of those who get symptoms – 80% mild or moderate. Even the very highest risk groups – the great majority if they catch this virus will not die".

Masks Don't Work – Read the Science Journal Papers!

University of Edinburgh: "Conversely, surgical and hand-made masks, and face shields, generate significant leakage jets that have the potential to disperse virus-laden fluid particles by several metres. The different nature of the masks and shields makes the direction of these jets difficult to be predicted, but the directionality of these jets should be a main design consideration for these covers. They all showed an intense backward jet for heavy breathing and coughing conditions. It is important to be aware of this jet, to avoid a false sense of security that may arise when standing to the side of, or behind, a person wearing a surgical, or handmade mask, or shield." <https://arxiv.org/ftp/arxiv/papers/2005/2005.10720.pdf>

(JAMA) Journal of the American Medical Association: "Face masks should not be worn by healthy individuals to protect themselves from acquiring respiratory infection because there is no evidence to suggest that face masks worn by healthy individuals are effective in preventing people from becoming ill." <https://jamanetwork.com/journals/jama/fullarticle/2762694>

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(NEJM) New England Journal of Medicine: "We know that wearing a mask outside health care facilities offers little, if any, protection from infection." PMID: 32237672

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