

Masks Are Causing More Harm Than Good

Most of our communications are non-verbal. Wearing a mask hides our full compliment of expressions. We need to understand how harmful this is to us all on such a deep level.

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We need to breathe fresh air. With a mask on, we inhale way more carbon dioxide, leading to a host of problems, even serious or life threatening. While wearing a mask, we are not breathing fresh oxygen and are re-breathing carbon dioxide!

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Masks are another control mechanism meant to silence us! Masks are a clear symbol of being subservient to agendas which do NOT have our good health in mind! The wearing of masks has, in fact, been orchestrated by those who have monetized our suffering. Please consider these points

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1. Masks Are Neither Effective Nor Safe: A Summary Of The Science

<https://www.technocracy.news/masks-are-neither-effective-nor-safe-a-summary-of-the-science/>

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2. The Psychological Manipulation of Universal Masking

Heather Leigh · WEDNESDAY, APRIL 29, 2020·READING TIME: 8 MINUTES

<https://www.facebook.com/notes/heather-leigh/the-psychological-manipulation-of-universal-masking/10159673405413146/>

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3. TWO DOCTORS SAY WEARING A MASK HURTS YOUR IMMUNE SYSTEM

<https://www.bitchute.com/video/jJ26bdQ4rhxY>

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4. Face-Masks-For-All Is Not Scientific; But What's the Harm in Wearing One Anyway? Kevin Asher Eyanu - May 6, 2020 - 6 min. read

<https://www.timesofnewrome.com/2020/05/face-masks-for-all-is-not-scientific-but-whats-the-harm-in-wearing-one-anyway>

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5. Cloth masks in a RCT against medical masks and a control group. They had more infections than both the medical mask and control group.

"Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection."

"This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. This is an important finding to inform occupational health and safety. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection. Further research is needed to inform the widespread use of cloth masks globally. However, as a precautionary measure, cloth masks should not be recommended for HCWs, particularly in high-risk situations, and guidelines need to be updated."

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/?fbclid=IwAR28a1rQ01-wRDQkiL57xG50vbUZFFt6F8DtBD1MkWLvCRySeGAbBT5TMxU#_fn_sectitle

6. The reasons why wearing a mask for a considerable amount of time and isolating yourself actually drops your immunity -

Hypercapnia is excess carbon dioxide (CO₂) build-up in your body. This can happen from wearing a mask for extended amounts of time.

What's a symptom of Hypercapnia? An inability to concentrate or think clearly.

What's the third leading cause of death in the US? It's medical errors. Who wears a mask for long periods of time?

Hypercapnia can be caused by rebreathing your own exhaled CO₂ by wearing a mask continually. The normal breathing process is when you inhale, you are breathing in oxygen. When you exhale, you are breathing out carbon dioxide/CO₂. Use your common sense people... By prolonged use of masks, you are disrupting the normal airway, breathing process and inhaling excessive carbon dioxide/CO₂ instead of oxygen.

Did you know?? When you are hyperventilating-rapid breathing, the treatment for this is by breathing in a paper bag to help return CO₂ into the blood.

But by prolonged use of the mask, you're doing the exact same thing, and causing the hypercapnia- excessive CO₂ in the blood, increasing abnormal PH levels.

Severe hypercapnia symptoms include:

- confusion
- coma
- depression or paranoia
- hyperventilation or excessive breathing
- irregular heartbeat or arrhythmia
- loss of consciousness
- muscle twitching
- panic attacks

7. Cloth masks – dangerous to your health? 23 APR 2015 DAN WHEELAHAN

The use of cloth masks by healthcare workers may actually put them at increased risk of respiratory illness and viral infections and their global use should be discouraged, according to a UNSW study.

<https://newsroom.unsw.edu.au/news/health/cloth-masks---dangerous-your-health>

8. New Jersey Driver Crashes Car After Passing Out From Wearing N95 Mask
Posted by Erin Elizabeth | Apr 25, 2020

<https://www.healthnutnews.com/ny-post-new-jersey-driver-crashes-car-after-passing-out-from-wearing-n95-mask>
<https://6abc.com/.../n95-mask-car-crash-medical-ask-.../6129475/>

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9. Chinese jogger suffered from collapsed lungs after performing a 2.5 mile run in the city of Wuhan by | May 13, 2020

https://www.ibtimes.com/jogger-runs-couple-miles-while-wearing-mask-ends-burst-lungs-2975048?fbclid=IwAR1hWq_DK4HqatTEpJ-QZFY4YvAiYH46UFMM_yY4dQX_a9L53-vi96JdSD8

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10. Evaluation of N95 respirator use with a surgical mask cover: effects on breathing resistance and inhaled carbon dioxide

<https://pubmed.ncbi.nlm.nih.gov/23108786/>

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11. No good choices: A mask may block out some pollution but have other ill health effects. A mask may also cause respiratory distress and become a hotbed for microbes to thrive.

Akshita Nagpal - Dec 04, 2017

<https://scroll.in/pulse/860276/no-good-choices-a-mask-may-block-out-some-pollution-but-have-other-ill-health-effects>

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12. Relative survival of Bacillus subtilis spores loaded on filtering face piece respirators

<https://www.ncbi.nlm.nih.gov/pubmed/29855107>

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13. Ultraviolet germicidal irradiation of influenza-contaminated N95 filtering facepiece respirators

<https://pubmed.ncbi.nlm.nih.gov/29678452/>

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14. Effects of Ultraviolet Germicidal Irradiation (UVGI) on N95

<https://pubmed.ncbi.nlm.nih.gov/25806411/>

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15. Filter quality of electret masks in filtering 14.6–594 nm aerosol particles:

https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0186217&fbclid=IwAR1iRLLdibAOXj6DaGxOb6GFVt19MDRxeWRoYBXqUkotfcInSIH_N6gpLWM

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16. A cluster randomized trial of cloth masks compared with medical masks in healthcare workers

https://bmjopen.bmj.com/content/5/4/e006577.full?fbclid=IwAR3UznQLphU8S76GzFyC_foDknaE51A5iiX9E_FpyXc1a5eWnA9gHvMh4Yo

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17. N95 Respirators vs Medical Masks for Preventing Influenza Among Health Care Personnel: A Randomized Clinical Trial

<https://pubmed.ncbi.nlm.nih.gov/31479137/>

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18. Limited, indirect evidence from lab studies suggests that homemade fabric masks may capture large respiratory droplets, but there is no evidence they impede the transmission of aerosols implicated in the spread of COVID-19

<https://www.cidrap.umn.edu/.../data-do-not-back-cloth...>

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19. From the WHO: There is limited evidence that wearing a medical mask by healthy individuals in the households or among contacts of a sick patient, or among attendees of mass gatherings may be beneficial as a preventive measure.

14-23 However, there is currently no evidence that wearing a mask (whether medical or other types) by healthy persons in the wider community setting, including universal community masking, can prevent them from infection with respiratory viruses, including COVID-19.

[https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak?](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak?fbclid=IwAR0IJ4AZfKZ9EB1UZAcnHEJ8cj11kl155rLJ8_PcYvv3okt8v4IcNEky2XM)

[fbclid=IwAR0IJ4AZfKZ9EB1UZAcnHEJ8cj11kl155rLJ8_PcYvv3okt8v4IcNEky2XM](https://www.who.int/publications/i/item/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak?fbclid=IwAR0IJ4AZfKZ9EB1UZAcnHEJ8cj11kl155rLJ8_PcYvv3okt8v4IcNEky2XM)

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20. Facemasks for the prevention of infection in healthcare and community settings

<https://pubmed.ncbi.nlm.nih.gov/25858901/>

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21. History of surgical face masks

<https://pubmed.ncbi.nlm.nih.gov/5333967/>

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22. Cough aerosol in healthy participants: fundamental knowledge to optimize droplet-spread infectious respiratory disease management

[https://bmcpulmed.biomedcentral.com/articles/10.1186/1471-2466-12-11?](https://bmcpulmed.biomedcentral.com/articles/10.1186/1471-2466-12-11?fbclid=IwAR19gu6g4euHKAdYuLIOV-5T6Ja_Us0Fg2148NmbasisXWewYYpolsyH3CKk)

[fbclid=IwAR19gu6g4euHKAdYuLIOV-5T6Ja_Us0Fg2148NmbasisXWewYYpolsyH3CKk](https://bmcpulmed.biomedcentral.com/articles/10.1186/1471-2466-12-11?fbclid=IwAR19gu6g4euHKAdYuLIOV-5T6Ja_Us0Fg2148NmbasisXWewYYpolsyH3CKk)

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23. Simple Respiratory Protection—Evaluation of the Filtration Performance of Cloth Masks and Common Fabric Materials Against 20–1000 nm Size Particles

<https://academic.oup.com/annweh/article/54/7/789/202744>

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24. Evaluating the efficacy of cloth facemasks in reducing particulate matter exposure

<https://pubmed.ncbi.nlm.nih.gov/27531371/>

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25. Respiratory virus shedding in exhaled breath and efficacy of face

[https://www.nature.com/articles/s41591-020-0843-2?](https://www.nature.com/articles/s41591-020-0843-2?fbclid=IwAR0QhpA_TKozl8Z0qLjZNxPdUwn-RQrTLgK88FUoC2iEH1PB_zwZ_w8fEWA)

[fbclid=IwAR0QhpA_TKozl8Z0qLjZNxPdUwn-RQrTLgK88FUoC2iEH1PB_zwZ_w8fEWA](https://www.nature.com/articles/s41591-020-0843-2?fbclid=IwAR0QhpA_TKozl8Z0qLjZNxPdUwn-RQrTLgK88FUoC2iEH1PB_zwZ_w8fEWA)

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26. Reusing masks may increase your risk of coronavirus infection, expert says

<https://www.news-medical.net/news/20200315/Reusing-masks-may-increase-your-risk-of-coronavirus-infection-expert-says.aspx>

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27. Headaches Associated with Personal Protective Equipment

Out of 158 respondents, 128 (81.0%) respondents developed de novo PPE-associated headaches.

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/340301751)

[340301751 Headaches Associated with Personal Protective Equipment - A Cross-sectional Study Amongst Frontline Healthcare Workers During COVID-19 HAPPE Study](https://www.researchgate.net/publication/340301751)

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28. According to the Florida Statutes if you are wearing a face mask in a public business, on a public way, or in someone's house, or on someone's property , you are committing a criminal act.

<https://www.flsenate.gov/Laws/Statutes/2011/Chapter876>

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29. Face Mask Pose Serious Risk To The Healthy

<https://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/>

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30. Effectiveness of N95 Respirators Versus Surgical Masks in Protecting Health Care Workers From Acute Respiratory Infection:

<https://pubmed.ncbi.nlm.nih.gov/26952529/>

<https://pubmed.ncbi.nlm.nih.gov/31479137/>

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31. A Cluster Randomized Clinical Trial Comparing Fit-Tested and Non-Fit-Tested N95 Respirators to Medical Masks to Prevent Respiratory Virus Infection in Health Care Workers

<https://pubmed.ncbi.nlm.nih.gov/21477136/>

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32. Mask deoxygenation - Report on surgical mask induced deoxygenation during major surgery

<https://www.ncbi.nlm.nih.gov/pubmed/18500410>

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33. Hypercapnia impaired cognitive and memory functions in obese patients with obstructive sleep apnoea

[https://www.nature.com/articles/s41598-018-35797-3?](https://www.nature.com/articles/s41598-018-35797-3?fbclid=IwAR3GK3W4wvktuysvioK13yhSBZQBo142wkrQ4mY2ejGs25tC63a2jgQ9nj4)

[fbclid=IwAR3GK3W4wvktuysvioK13yhSBZQBo142wkrQ4mY2ejGs25tC63a2jgQ9nj4](https://www.nature.com/articles/s41598-018-35797-3?fbclid=IwAR3GK3W4wvktuysvioK13yhSBZQBo142wkrQ4mY2ejGs25tC63a2jgQ9nj4)

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34. "Seventy percent of the patients showed a reduction in partial pressure of oxygen (PaO₂), and 19% developed various degrees of hypoxemia. Wearing an N95 mask significantly reduced the PaO₂ level"

<https://www.ncbi.nlm.nih.gov/pubmed/15340662>

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35. Physiological impact of N95 "Wearing N95 masks results in hypooxygenemia and hypercapnia which reduce working efficiency and the ability to make correct decision."

"Medical staff are at increased risk of getting 'Severe acute respiratory syndrome' (SARS), and wearing N95 masks is highly recommended by experts worldwide. However, dizziness, headache, and short of breath are commonly experienced by the medical staff wearing N95 masks. The ability to make correct decision may be hampered, too."

<https://clinicaltrials.gov/ct2/show/NCT00173017>

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36. Chronic hypoxia "Chronic hypoxia-hypercapnia influences cognitive function"

<https://www.ncbi.nlm.nih.gov/pubmed/18331781>

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37. Cluster randomized controlled trial to examine medical mask use as source control for people with respiratory illness:

<https://www.ncbi.nlm.nih.gov/pubmed/28039289>

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38. The use of masks and respirators to prevent transmission of influenza:

<https://www.ncbi.nlm.nih.gov/pubmed/22188875>

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39. Efficacy of cloth face masks:

<https://www.ncbi.nlm.nih.gov/pubmed/27531371>

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40. Cloth masks not effective relative to normal medical masks:

<https://bmjopen.bmj.com/content/5/4/e006577.long>

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41. Simple respiratory protection--evaluation of the filtration performance of cloth masks

<https://www.ncbi.nlm.nih.gov/pubmed/20584862>

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42. Increased risk of coronavirus:

<https://www.news-medical.net/news/20200315/Wearing-masks-may-increase-your-risk-of-coronavirus-infection-expert-says.aspx>

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43. Masks don't seem to impact family infection as much:

<https://www.ncbi.nlm.nih.gov/pubmed/28039289>

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44. US Surgeon general: Data doesn't back up wearing masks in public amid coronavirus pandemic:

<https://www.foxnews.com/media/surgeon-general-explains-masks-public-coronavirus>

45. "STOP BUYING MASKS': US Surgeon General warns wearing face masks could 'increase the spread of coronavirus"

<https://www.businessinsider.com/americans-dont-need-masks-p...>

46. U.S. Surgeon General: "...STOP BUYING MASKS!

They are NOT effective in preventing general public from catching #Coronavirus...":
https://twitter.com/Surgeon_General/status/1233725785283932160

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47. Forced face masking is a civil rights offense:

<https://tinyurl.com/ybas9cdd>

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48. Healthy People Wearing Masks, Should They or Shouldn't They?

<https://jennifermargulis.net/healthy-people-wearing-masks-during-covid19>

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49. 'Masks Are Symbolic,' say Dr Fauci and The New England Journal of Medicine

<https://hennessyview.com/masks-are-symbolic-dr-fauci/>

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50. Universal Masking in Hospitals in the Covid-19 Era

<https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

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51. Sorry Oregon, your mask is useless (according to the science)

<https://www.professorhinkley.com/blog/sorry-oregon-your-mask-is-useless-according-to-the-science>

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52. Ca made a deal with China to buy face masks off of them and then mandated them for the state.

<https://www.google.com/.../gavin-newsom-releases...>

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53. Carbon Dioxide Triggers Primordial Fear of Suffocation

By Charles Q. Choi November 25, 2009

<https://www.livescience.com/5910-carbon-dioxide-triggers-primordial-fear-suffocation.html>

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54. Masks, Quarantine, and Lockdown

By Dr. Les Berenson

https://lesberensonmd.com/?attachment_id=5321

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55. Respirator masks protect health but impact performance:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748517/?fbclid=IwAR1Xi_6VDV14kw1adW847Kku1CkduVtcQ5V4dPvzixkgB7RcNXHiyGyM7Ps

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56. Masks Dont Work:

https://drive.google.com/file/d/1AmDEh0eJ-xz02HmCx1_qDpk_swBAWhq6/view?fbclid=IwAR04li8vHQN-AsFgvAs11RIEySlp_NKMHeSWpGUuG1wvYWiG_HsGYLYJo-U