

MASK USE IS ABUSE!



Using a breath hampering mask in the name of "social correctness" does much more harm than good to humans. Several respected if not all medical journals and institutions warn about the side effects of mask use since they can cause complications like **Respiratory Acidosis**.

Also, there is no proof that masks can protect people from even the common cold let alone to speak of other particles or viruses. However, it has been discovered that due to the mask's moisture content and the even leads to the more serious reduction in oxygen flow. Instead, long, or repeated **use of a cloth mask will increase the chance of illness and infection** in healthy people and in fact, all people wearing a mask regardless of their health status or age.

Here are just a few picks from many publications and research data that suggest healthy people should NOT use masks under almost any circumstances.

- **New England Journal of Medicine:** "We know that using mask outside healthcare facilities **offers little, if any, protection from infection**". (PMID: [32237672](#))
- **Journal of Influenza and Other Respiratory Viruses:** "**None of the studies** established conclusive relationship between mask use and protection against influenza infection". (PMID: [22188875](#))
- **Medicinal News Today:** "**Respiratory Acidosis** develops when air inhaled into and exhaled from the lungs does not get adequately exchanged between the carbon dioxide from the body and oxygen from the air". (medicalnewstoday.com/articles/313110)
- **Journal of the American Medical Association:** "Face masks should not be worn by healthy individuals to protect themselves from acquiring respiratory illnesses because there is **no evidence** to suggest that face masks worn by healthy individuals are effective in preventing people becoming ill". (jamanetwork.com/journals/jama/fullarticle/2762694)
- **British Medical Journal:** "Laboratory-confirmed virus were significantly higher in the cloth masks group. Penetration of cloth masks by particles was almost 97%. This study and the results caution about the use of cloth masks because moisture retention, long or re-use of cloth masks along with poor infiltration may result in **increased risk of infection**". (PMID: [25903751](#))

PROTECT YOUR HEALTH BY NOT WEARING A MASK!