

## More than 10 reasons why wearing face masks is dangerous.

### Masks are not effective or safe for the healthy: A Summary of the Sciences:

อย่างน้อย **10** เหตุผลว่าการสวมหน้ากากเป็น “อันตราย”

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#### “Face Masks Pose Serious Risks To The Healthy”--Dr Russell Blaylock<sup>21</sup>

“There is only very limited evidence of benefit of wearing the face mask by the general public. No evidence that wearing them in crowded place helps at all. No evidence at all yet related to Covid-19.”  
Dr Simon Clarke, (associate professor), Cellular microbiologist, University of Reading

1) **Wearing mask decreases our immunity**, increasing the risk of infection. Masks, social distancing, stay home and lockdown slow down the process of “herd immunity” (meaning **natural immunity** in a community) which can help us prevent the next wave or prevent another outbreak next year. Infection causes production of natural antibodies thus called **natural immunity**. If enough people in the community are infected this year, there can be no more outbreaks this year or next year for the community already has developed “herd immunity” and individual natural immunity. (For example, during childhood if we were infected with measles or German measles or mumps we would **not** contract it again and if enough children in the community were infected, we would **not** meet serious outbreaks again because we had already developed natural immunity and herd immunity. (Vaccination is **non-natural** building of antibodies thus called **artificial immunity**). Dr Russell Blaylock<sup>21</sup>

2) **Mask wearing decreases oxygen (hypoxia) which causes headaches<sup>2:3</sup>, dizziness, drowsiness, decreased consciousness and decreased alertness, and thus decreased work performance (work slower and less efficiency due to making more mistakes leading to less productivity**. Students will not learn well and thus have less school performance. (If a person has no oxygen for 5 minutes he will die.) Dr Blaylock<sup>21</sup>

3) **Mask wearing causes an increase of carbon dioxide (hypercapnia) causing dizziness, drowsiness, fatigue, headaches, feel disoriented, and shortness of breath**. Students will not learn well and thus have less school performance. Dr Blaylock<sup>21</sup>

4) “Drop of oxygen levels (hypoxia) is associated with an impairment in immunity... Thus your mask may very well put you at an **increased risk of infections** and if so, having a much worse outcome.” (Dr Blaylock)<sup>7:8:9:21</sup>

5) Hypoxia (low oxygen micro-environment) promotes cancer spread, and inflammation which can further promote the growth and **spread of cancer**. (Blaylock)<sup>21</sup>

6) Repeated episodes of hypoxia (low oxygen) has been proposed as a significant factor in atherosclerosis<sup>10</sup> and hence **increases heart attacks<sup>10</sup> and strokes**. (Blaylock)<sup>21</sup>

7) When a person is infected with a respiratory virus, they will expel some of the virus with each breath. If they are wearing a mask, especially a tight-fitting N95 mask, they will be **constantly rebreathing the viruses, raising the concentration of the virus in the lungs** and the nasal passages. We know that people who have the worst reactions to the coronavirus have the highest concentrations of the virus early on. And this leads to the deadly cytokine storm “Dr Blaylock.<sup>21</sup>

8) **Frightening new evidence.** “By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves (smell nerves) and travel into the brain.” which is deadly dangerous!. Russell Blaylock, MD<sup>11+12+13+21</sup>

9) **Coronavirus (very tiny) can pass through all types of masks** and the virus can also penetrate through the sides or gaps of the mask or face shield and invade or enter the mucosa surface of the mouth, nose, eyes and ears. Surgical mask can have “pore sizes of up to 250 microns”. Coronavirus size (0.125 micron=um) can have “a size 25,000 times smaller. Virus is 1000 times smaller than bacteria. Sneezing can produce droplets down to 15 microns so they can still penetrate the mask.” Pore size of N95 mask=0.3um; Size of Flu virus similar to Coronavirus; (Dr Graham Rideal, senior scientist of Whitehouse Scientific; Blaylock)

10) **Prolonged wearing of masks (esp.tight fitting) cause red inflamed, sore marks or scars. irritation dermatitis and allergic dermatitis** ( some are allergic to the synthetic material of masks) YouTube: See photos of Wuhan nurses showing and complaining of painful sore marks and scars on face due to masks.<sup>13-24</sup>

11) Masks over the mouth for prolonged periods can cause **gum inflammation** and oral infections, bad odors or bad breath, tooth decay , fungus infections, and can increase **atherosclerosis** causing increased risk of strokes and heart attacks.

12) With the mask covering the mouth, **speech or voice may be hindered or distorted** and become softer or muffled or made indistinct. It may be harder to understand each other or one may have to waste energy to speak louder. A masked speaker in a meeting is not practical and looks unnatural and ridiculous and funny like a clown !

13) With the mask covering the face, full facial expressions are not seen and thus it is like talking to a non-human robot has **no facial expressions** which are essential to all human interactions for facial expressions can often tell the real inner feelings or perhaps reveal the real character inside. Covering the face with a mask may make us unable to know whether the person we address to is happy or

sad, smiling or grimacing in pain or in stress, pretty face or ugly face, fierce-looking and hateful or maybe kind and loving as may be shown on the face.

14) We may not recognize a masked face (esp. with a hat or hood on); one's identity may instantly be covered-up and hidden and thus **a masked face may become an instant, unrecognizable masked robber** or hooded masked terrorist. (happened in USA already— Youtube: Masked men rob customers at 7-Eleven<sup>11</sup>)

15) **Moisture and wetness immediately collect on the mask** from the very moment we put it on from our expired and inspired air and the mask (especially cloth) may become wet with unseen moisture or saliva which is **an excellent media for bacteria and fungus growth** especially if masks are not changed often enough or washed and dried frequently. (One source recommends changing our mask every 2-4 hours ). Prolonged wearing of a mask full of collected moisture and saliva including dust and pollutants and germs ( possibly Covid germs settling on it) can thus be dangerous to your health.

16A) **The greatest or easiest proof that wearing mask is dangerous** is mask wearing is against natural instinct, against common-sense, against the good sense of logical reasoning and against science. Remember the first time (or even now if you had not unawaringly forced your-self to adapt to it) when you wear a mask, you feel unnatural and uncomfortable and have difficult breathing for you notice you have to breath harder or faster. Evidently, natural instinct is **warning** you that you have an unwanted, foreign body (an enemy against the normal function of respiration ) on your face blocking the free passage of air (oxygen) to your lungs and you must thus get rid of it at once or suffer the consequences of lack of oxygen.

Your harder breathing or more difficult breathing is due to **increased airway resistance caused by the mask blocking free air flow** and thus you have to breath harder to suck in more air (oxygen) through the mask to compensate for decreased intake of oxygen. Remember after wearing mask for some time or the whole day when you take off your mask you always feel relieved for you breath better and therefore you feel more comfortable, more relaxed, more natural and free as a real human being or free as a bird without restrictions. Obviously, natural instinct and common-sense (reason from cause to effect) **warn** you to quickly take off the mask for it causes “harder breathing” **and thus dangerous to your health.** (See exceptions below)

16B) **Exceptions:** Masks are necessary for surgeons, dentists, sick Covid patients, persons visiting or taking care of sick Covid patients, dusty polluted areas, and other exceptions.)

17) Wearing masks can **cause a false sense of security** causing us to be careless and forgetting to practice the usual precautions in an epidemic. (e.g. avoiding extra-large crowds, avoid close contact with sick people--coughing and sneezing , avoid poorly-ventilated, sunless places or dark windowless bars or clubs without good ventilation or good air conditioning. We often forget the most important

and best preventive measure—maintaining a healthy life-style to improve immunity-- like doing daily exercise and get enough rest and no drinking and smoking

18) Just quickly putting a hat or hood on a masked face, one's identity may instantly be hidden and thus **become an instant, unrecognizable robber or terrorist**. (happened in California already—masked men robbed 7/11 store--see Google)

19) Mandatory mask wearing is against basic human rights because it is dictatorial and draconian and **thus unconstitutional**<sup>23</sup> and dangerous to freedom.<sup>23-22</sup> Mask wearing is not based on science but based on pseudo-science. Up till now, there is no scientific study that shows or gives evidence that wearing mask can protect one from Covid-19. On the contrary, there is much evidence that wearing mask is dangerous to your health. In fact, when you buy a box of face masks, you can see a warning on the box saying that the masks do not protect against Covid-19.<sup>28</sup> <https://www.thenewamerican.com/print-magazine/item/35788-should-i-wear-a-face-mask>

20) Must read book about the real true story of the origin of the Wuhan virus !!! Read Coronavirus Deception (Covid-19 The Rest of the Story) by Pastor Bill Hughes [https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed\\_df9d253213ab4b2eaf83db48a15fc733.pdf](https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed_df9d253213ab4b2eaf83db48a15fc733.pdf)

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(Some automatic links are censored and disabled, so please try manually by pasting search website to usual website-search-location (URL -upper left hand corner) or search by title or topic in Google or YouTube.)

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2. Zhu JH et al. Effects of long-duration wearing of N95 respirator and surgical **facemask: a pilot study**. *J Lung Pulm Resp Res* 2014;4:97-100.
3. Ong JJY et al. Headaches associated with personal protective equipment- A cross-sectional study among frontline healthcare workers during COVID-19. **Headache** 2020;60(5):864-877.
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5. Shehade H et al. Cutting edge: Hypoxia-Inducible Factor-1 negatively regulates Th1 function. *J Immunol* 2015;195:1372-1376.

6. Westendorf AM et al. Hypoxia enhances **immunosuppression** by inhibiting CD4+ effector T cell function and promoting Treg activity. Cell Physiol Biochem 2017;41:1271-84.
7. Sceneay J et al. **Hypoxia-driven immunosuppression contributes to the pre-metastatic** niche. Oncoimmunology 2013;2:1 e22355.
8. Blaylock RL. Immunoexcitatory mechanisms in glioma proliferation, invasion and occasional **metastasis**. Surg Neurol Inter 2013;4:15.
9. Aggarwal BB. Nuclear factor-kappaB: The enemy within. **Cancer** Cell 2004;6:203-208.
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11. Baig AM et al. **Evidence of the COVID-19 virus targeting the CNS**: Tissue distribution, host-virus interaction, and proposed neurotropic mechanisms. ACS Chem Neurosci 2020;11:7:995-998.
12. Wu Y et al. **Nervous system involvement** after infection with COVID-19 and other coronaviruses. Brain Behavior, and Immunity, In press.
13. Perlman S et al. **Spread of a neurotropic murine coronavirus into the CNS via the trigeminal and olfactory nerves**. Virology 1989;170:556-560.

14. **WHO advice**: Healthy People Do Not Need to Wear Masks.

Coronavirus: Experts warn against using face masks | Nine News Australia

<https://www.youtube.com/watch?v=oYI6ngjDUBo>

**WHO** Admits: No Direct Evidence Masks Prevent Viral Infection ---

<https://articles.mercola.com/sites/articles/archive/2020/08/03/no-direct-evidence-masks-prevent-viral-infection.aspx>

**WHO** ...Switzerland: WHO officials recommend masks only be worn by sick or carers

[https://www.youtube.com/watch?v=BX9Y\\_XTs2EA](https://www.youtube.com/watch?v=BX9Y_XTs2EA)

**WHO** Can masks protect against the new coronavirus infection?

[https://www.youtube.com/watch?v=Ded\\_AxFfJoQ](https://www.youtube.com/watch?v=Ded_AxFfJoQ)

15. **US Surgeon General** says to stop buying face masks

<https://www.youtube.com/watch?v=NdTT4SjKYiY>

---US Surgeon General Tells People To Stop Buying Medical Masks

<https://www.youtube.com/watch?v=uhpCYIHdaqY>

16. CDC: Coronavirus masks not recommended for healthy people

[https://www.youtube.com/watch?v=4XZ\\_jxBh-4c](https://www.youtube.com/watch?v=4XZ_jxBh-4c)

17. Dr. Fauci Agrees - Just Say No to Masks <https://www.youtube.com/watch?v=feWiZ3fLYh0>

18. Dr Ron Paul MD---- Why I wont wear a mask? (automatic link censored and disabled, so please do it manually by pasting website to usual URL website location (upper left corner) by yourself or search by title or topic in Google or YouTube.)

<https://www.youtube.com/watch?v=26pLFGcDRbM&t=106s> Link censored

19. Why I Wear My Mask | Welcome to the Masquerade

<https://www.youtube.com/watch?v=qGYQU1WRGxl>

20. Mandatory mask wearing is against basic science and against basic human rights and thus nonscientific, dictatorial, draconian and dangerous to freedom.<sup>23-22</sup>

21. Dr Russell Blaylock: Face Masks Pose Serious Risks To The Healthy

[file:///C:/Users/Administrator/Documents/mask%20%20Blaylock\\_%20Face%20Masks%20Pose%200Serious%20Risks%20To%20The%20Healthy.html](file:///C:/Users/Administrator/Documents/mask%20%20Blaylock_%20Face%20Masks%20Pose%200Serious%20Risks%20To%20The%20Healthy.html)

<https://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-healthy/> (link disabled) (Some automatic links are censored and disabled, so please do it manually by pasting search website to usual website location (URL-upper left hand corner) by yourself or search by title or topic in Google or YouTube.)

<https://www.youtube.com/watch?v=epM4GpJrhzY>

Neurosurgeon Dr. Russell Blaylock: Face Masks Pose Serious Risks to Healthy Individuals

<https://thepatriotsreport.com/2020/06/29/neurosurgeon-dr-russell-blaylock-face-masks-pose-serious-risks-to-healthy-individuals/>

22. Houston area county judge makes case for reopenings at 100%

<https://www.youtube.com/watch?v=VTrPFfodjJ4>

23 'Unconstitutional!' Federal Court Judge Shreds Pennsylvania Covid Shutdown  
<https://www.youtube.com/watch?v=WgEAU9OxeaA>

**No Government Official Can Overrule the First Amendment of the Bill of Rights.**The Department of Justice recently issued a Statement of Interest brief to support a church's lawsuit against a city for Constitution overreach. The brief stated,

***“There is no pandemic exception, however, to the fundamental liberties the Constitution safeguards. Indeed, “individual rights secured by the Constitution do not disappear during a public health crisis.” These individual rights, including the protections in the Bill of Rights made applicable to the states through the Fourteenth Amendment, are always in force and restrain government action.”***

<https://www.citizensforreespeech.org/>

24. Suffering from 'maskne'? Skin specialists reveal how to prevent irritations, rashes and breakouts from wearing a face covering--

<https://www.dailymail.co.uk/femail/article-8600903/How-avoid-maskne-breakouts-wearing-face-mask.html>

25. Doctor Shares The Potential Dangers of Wearing a Face Mask (O2 in surgeon's blood 2008 study) (link disabled so please try to activate it another way)

<https://medium.com/theusareviewer/the-potential-dangers-of-wearing-a-face-mask-51b9b86980a>

26. Dentists say 'mask mouth' can cause serious health complications, including strokes

<https://rokzfast.com/dentists-say-mask-mouth-can-cause-serious-health-complications-including-strokes-72016/>

27. Dentists Warn Of Harmful 'Mask Mouth'Disease---- link lost

<https://www.technocracy.news/dentists-warn-of-harmful-mask-mouth-disease/>

28) VERIFY: Why a face mask box says it provides no protection to the wearer

<https://www.wusa9.com/article/news/verify/verify-why-a-face-mask-box-says-it-provides-no-protection-to-the-wearer/507-d5070a18-0146-4ef9-9d22-afe9fa7759a0>

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29. Registered nurse warns against wearing mask. <https://www.thenewamerican.com/print-magazine/item/35788-should-i-wear-a-face-mask>

30. Want to know the real true story of the origin of the Wuhan virus ? Read Coronavirus Deception (Covid-19 The Rest of the Story) by Pastor Bill Hughes [https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed\\_df9d253213ab4b2eaf83db48a15fc733.pdf](https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed_df9d253213ab4b2eaf83db48a15fc733.pdf)

YouTube: Be not Deceived—3 tapes—Corona virus Deception –Bill Hughes

31. วิธีที่ดีที่สุดในการป้องกันโรค Covid-19 . What is the best way to prevent Covid-19? See Facebook-Chokchuang Chutinatton , อ่านบทความสุขภาพในเว็บไซต์ [ทำอย่างไรจึงจะไม่เจ็บป่วย - How to live correctly and not get sick](#) [กินอย่างไรจึงจะไม่เจ็บป่วย - How to eat correctly and not get sick](#). Read Health Articles in Website: [www.doctorfreedom.com](http://www.doctorfreedom.com)

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