

More than 10 reasons why wearing face masks is dangerous to your health.

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

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“**Face Masks Pose Serious Risks To The Healthy**” Dr Russell Blaylock²¹

“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 face mask decreases our immunity** and delays “herd immunity” to protect the community. Dr Blaylock²¹
- 2) **Mask wearing decreases oxygen** in the blood (hypoxia) which causes headaches²⁻³⁻²¹ 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 Blaylock²¹
- 3) **Mask wearing causes an increase of carbon dioxide** in the blood (hypercapnia)²¹ causing dizziness, drowsiness, fatigue, headaches, feel disoriented, and shortness of breath. Students will not learn well and thus have less school performance.
- 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)⁷⁻⁸⁻⁹⁻²¹
- 5) Hypoxia (low oxygen micro-environment) promotes cancer spread, and inflammation which can further promote the growth and **spread of cancer**.²¹
- 6) Repeated episodes of hypoxia (low oxygen) has been proposed as a significant factor in atherosclerosis¹⁰ and hence **increases heart attacks¹⁰ and strokes**. (Blaylock)²¹
- 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.” (Blaylock)²¹
- 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 can be deadly.
- 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 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. Covid-19 is a 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; (Dr Graham Rideal, senior scientist of Whitehouse Scientific; Blaylock)
- 10) **Prolonged wearing of masks (esp. tight fitting) cause red inflamed, sore marks**, irritation dermatitis and allergic dermatitis.

11) Masks over the mouth for prolonged periods can cause **gum inflammation** and oral infections, bad odors or bad breath, tooth decay, fungus infections,

12) With the mask covering the mouth, **speech or voice may be hindered or distorted** and become softer or muffled or made indistinct.

13) With the mask covering the face, full facial expressions are not seen and thus it is like talking to a non-human robot which has **no facial expressions** which are essential to all human interactions

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-Eleven¹¹)

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**.

16) **The greatest proof that wearing mask is dangerous** is mask wearing is against nature or against natural instinct, or against common-sense. Remember the very first times you wore masks (even now unless you had gotten used to it already) you felt unnatural and had difficult breathing. Common sense or nature **warns** you that **“Something is wrong somewhere”** for that “something” is a foreign enemy called the mask which is blocking the free passage of air (oxygen) to your lungs.” Nature tries to correct the human error (mask wearing) by increased, more difficult breathing or faster breathing to compensate for loss of oxygen.

Moreover, if masks really work (can block virus), common sense tells you that this means that lots of germs or virus will be blocked and be collecting on or in the masks and thus the mask wearer will be re-inhaling through the nose and absorbing by mouth the extra virus accumulating on the saliva-wet-masks and thus contaminating his hands with the virus when he touches his contaminated virus-ridden mask many times a day.

17) Wearing masks can **cause a false sense of security** causing us to be careless and forgetting to practice the usual **more important** precautions in an epidemic like maintaining a healthy life-style to increase immunity which is the best protection against any disease—daily exercise enough sleep and rest, not to over work, eat correctly and proper diet and nutrition, plenty of fresh, unpolluted air and drink plenty of pure or clean water and frequent sunlight (get free Vitamin D), no drinking and smoking, avoid stress, conflicts, tension and maintain good mental health by trusting in Divine power to protect and keep and help you in troublous times like this.

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, social distancing and compulsosry home stay are against basic human rights, dictatorial and draconian and **thus unconstitutional**²³ and dangerous to freedom.²³⁻²² Mask wearing for the healthy is not based on science but based on pseudo-science. You can see a warning on the box saying that the masks do not protect against Covid-19²⁸

20) **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 See Youtube+Google https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed_df9d253213ab4b2eaf83db48a15fc733.pdf

*****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.)

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