

## Face Masks, Including N95 Masks: A “Gold Standard” of Protection? Or...



**By Nora Gedgudas, CNS, FNTF, BCHN**

Much ado is being made about the supposed need for mask wearing in public places, the supposed risks and dangers of not doing so, and the extra improved, super duper protection provided by N95 masks, more or less advertised as the gold standard for everyone's best protection. But is this really the case? Well, your local bureaucrats and other vested interests may be telling you so, but that isn't what actual science has to say about this. In fact, there is really literally no

evidence that any mask affords any protective benefit against respiratory infection---and in fact—according to available, credible research---these face coverings are much more likely to harm than help you in any way.

Let's start with the most common form of masks worn by the general public, cloth masks:

The image shows a screenshot of a research article abstract from BMJ Open. The article title is "A cluster randomised trial of cloth masks compared with medical masks in healthcare workers". The abstract text is highlighted in yellow and contains the following key findings:

- "The rates of all infection outcomes were highest in the cloth mask arm... penetration of cloth masks by particles was almost 97% and medical masks 44%."
- "[T]he results caution against the use of cloth masks. This is an important finding to inform Occupational Health& Safety..."
- "Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection."

Additional text at the bottom of the abstract includes: "workers. BMJ Open 2015;5: there is no difference between medical masks and cloth masks for emerging infections, but there have been no".

On the right side of the abstract, there is a vertical text: "BMJ Open: first published as 10.1136/bmjopen-2014-006577".

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

This study should have you questioning what we are all being told to do right out of the gate. Think of it as an appetizer.

The researchers in this study published in the British medical Journal in 2015 concluded that:

“The rates of all infection outcomes were highest in the cloth mask arm... penetration of cloth masks by particles was almost 97% and medical masks 44%.”

”[T]he results caution against the use of cloth masks. This is an important finding to inform Occupational Health& Safety...

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

Link to full pdf:

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

*Ok... YIKES! So these types of masks don't work. Surely, the N95 mask is a much better option! Right?*

Well....

It might (or it should) trouble you to know that the wearing of any face mask---but particularly the N95 (with its tight fitting seal) can lead to significant compromises to your physical, cognitive, mood and brain health that simply aren't worth it. Keep reading! I have provided links to every single peer reviewed study mentioned here. Note especially the quoted text enhanced in bold and highlighting (by Yours Truly):

## **Physiological Impact of the N95 Filtering Facepiece Respirator on Healthcare Workers**

<http://rc.rcjournal.com/sites/all/libraries/pdfjs/web/viewer.html?file=/content/respcare/55/5/569.full.pdf#page=1&zoom=auto,-11,792>

“Dead-space oxygen and carbon dioxide levels did not meet the Occupational Safety and Health Administration’s ambient workplace standards.”

*Let that sink in for a moment.*

According to doctors at the Harvard School of Public Health:

Without training, N95 masks may not protect workers on the Covid-19 frontlines

<https://www.statnews.com/2020/04/16/n95-masks-training-needed-protect-against-covid-19/>

The N95 respirator, recommended for medical workers, requires training to use properly and

“without training, the masks could not only expose workers to the virus but also lull them into thinking they are protected.”



Look---COVID-19 kills by causing severe hypoxia (low levels of oxygen in the blood). People wearing masks constantly re-breathe some of their exhaled air, lowering the amount of oxygen they are taking in, while dangerously adding to health-impairing pulmonary/blood CO2 levels. Furthermore, the moist environment generated on the inside of the mask helps trap and accumulate whatever comes out of you, and can readily lead to pathogenic bacterial overgrowth, concentrations of viral particles and also potentially fungal growth---all of which you are inhaling right back into your lungs with each breath. Think of it as an asphyxiating petri dish perpetually strapped to your face.

The "health protecting" effects alluded to in the following study title effectively refer to protection from pulmonary compromising, inhalable larger particulates frequently encountered in industrial and construction work environments, mainly due to dust, etc.

Here are more studies worth paying close attention to:

**Respirator masks protect health but impact performance: a review**

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748517/pdf/13036\\_2016\\_Article\\_25.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748517/pdf/13036_2016_Article_25.pdf)

“Wearing respirators come[s] with a host of physiological and psychological burdens. These can interfere with task performances and reduce work efficiency. These burdens can even be severe enough to cause life-threatening conditions if not ameliorated.”

### **Physiological Impact of the N95 Filtering Facepiece Respirator on Healthcare Workers**

“The FFR [N95 filtering facepiece respirator] with exhalation valve offered no benefit in physiological burden over the FFR without valve. The FFR Dead space oxygen and carbon dioxide levels did not meet the occupational safety and health administration’s [OSHA] ambient workplace standards.”

STUDY CONCLUSIONS: “In healthy healthcare workers, FFR did not impose any important physiological burden during one hour of use, at realistic clinical work rates, but the FFR dead-space carbon dioxide and oxygen levels were significantly above and below, the ambient workplace standards, and elevated P[ulmonary] CO<sub>2</sub> is a possibility. Exhalation valve did not significantly ameliorate the FFR’s PCO<sub>2</sub> impact.”

By the way, the exhalation valve on some N95 masks completely defeats the purpose of even attempting to protect others from what

comes out of your lungs. These masks are primarily protective against inhaling somewhat larger particulates, and they only partially restrict penetration by respiratory viruses, at best. The exhalation valve works by merely expelling some part of what you exhale through the valve into the surrounding environment. But evidently, even the exhalation valve is not as protective against CO2 buildup as hoped or advertised. And N95 mask use by healthy healthcare workers was only found to be "minimally compromising" during periods of just one hour of use "at realistic clinical work rates." In other words, when not exerting themselves in any way.

<http://rc.rcjournal.com/sites/all/libraries/pdfjs/web/viewer.html?file=/content/respcare/55/5/569.full.pdf#page=1&zoom=auto,-11,792>

**OBJECTIVE:** To assess the physiological impact of the N95 filtering facepiece on healthcare workers. **METHODS:** Ten healthcare workers each conducted multiple walking sessions, at 1.7 miles/h, and at 2.5 miles/h, while wearing FFR with and without exhalation valve, and without FFR (control session). We monitored heart rate, tidal volume, minute volume, blood oxygen saturation, and transcutaneously measured user comfort and exertion, FFR moisture retention, and the carbon dioxide concentrations in the FFR's dead space. **RESULTS:** There were no significant differences between FFR with and without exhalation valve and control in the physiological variables, exertion scores, or comfort scores. There was a significant difference in moisture retention between FFR with and without exhalation valve. Two subjects had  $P_{CO_2} \geq 50$  mm Hg. The FFR with exhalation valve offered no benefit in physiological variables compared with FFR without valve. The FFR dead-space oxygen and carbon dioxide levels did not meet the National Safety and Health Administration's ambient workplace standards. **CONCLUSIONS:** For healthcare workers, FFR did not impose any important physiological burden during realistic clinical work rates, but the FFR dead-space carbon dioxide and oxygen levels were above and below, respectively, the ambient workplace standards, and elevated  $P_{CO_2}$ . Exhalation valve did not significantly ameliorate the FFR's  $P_{CO_2}$  impact. *Key words:* facepiece; respirator; physiological; healthcare workers; comfort; exertion; *Occupational Safety and Health Administration; workplace.* [Respir Care 2010;55(5):569–577]

## Introduction

Concerns over emerging airborne infectious diseases have highlighted the importance of respiratory protection for healthcare workers.<sup>1</sup> Respiratory protection in health-

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The authors have disclosed no conflicts of interest.

The findings and conclusions in this report are those of the authors and do not necessarily represent the views of the National Institute for Occupational Safety and Health.

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care settings is generally accomplished through administrative controls and the use of protective equipment such as filtering facepieces (FFRs), of which the most commonly used are N95 FFRs<sup>2</sup> (frequently referred to as N95 masks). Despite widespread concern regarding the physiological burden on healthcare workers, We assessed the impact of FFR with and without exhalation valve, and measured carbon dioxide levels in the FFR's dead space.

## Methods

### Subjects

We recruited 10 healthy healthcare workers (3 men, ages 20–45 y) who were not wearing an FFR (Table 1). Exclusion criteria included smoking, cardiopulmonary disorder, pregnancy, and inability to perform physical work.

Another review of 6 clinical studies, published in the Canadian Medical Association Journal, found that medical workers caught viruses from their patients just as often when they used N95

respirators as when they used ordinary medical masks.

<https://www.cmaj.ca/content/cmaj/188/8/567.full.pdf>

And you will absolutely want to take the time to look at this extremely important report, published at Research Gate in April 2020:

ResearchGate

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/340570735>

## Masks Don't Work: A review of science relevant to COVID-19 social policy

Technical Report · April 2020  
DOI: 10.13140/RG.2.2.34320.40967/3

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[https://www.rcreader.com/sites/default/files/Denis\\_G\\_Rancourt\\_PhD April 2020 "Masks Don't Work" A review of science relevant to COVID-19 social policy".pdf](https://www.rcreader.com/sites/default/files/Denis_G_Rancourt_PhD_April_2020_Masks_Don%27t_Work%3A_A_review_of_science_relevant_to_COVID-19_social_policy)

For a ton more science on this subject, see:

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

*But masks certainly must do something better than nothing, right?*

Guess again (and pay extra close attention to this):

The following recent peer-reviewed paper, published in May of this year (2020), shows that masks effectively do nothing with respect to the spread of either coronavirus or influenza. In fact, there was no evidence at all that not wearing a mask did anything to reduce transmission of either respiratory illness.

The image is a screenshot of a scientific article from Nature Medicine. At the top, it says 'BRIEF COMMUNICATION' and 'nature medicine'. The title of the article is 'Respiratory virus shedding in exhaled breath and efficacy of face masks'. Below the title, there are two yellow boxes containing quotes from the article. The first quote says: 'Among the samples collected without a face mask, we found that the majority of participants with influenza virus and coronavirus infection did not shed detectable virus in respiratory droplets or aerosols... for those who did shed virus in respiratory droplets and aerosols, viral load in both tended to be low.' The second quote says: 'The major limitation of our study was the large proportion of participants with undetectable viral shedding in exhaled breath for each of the viruses studied... We could have increased the sampling duration beyond 30 minutes to increase the viral shedding being captured.' At the bottom, there is a summary of the findings: 'a trend toward reduced detection of coronavirus RNA in respiratory droplets. Our results indicate that surgical face masks could prevent transmission of human coronaviruses and influenza viruses from symptomatic individuals.' Below this summary, there is a paragraph of text: 'Respiratory virus infections cause a broad and overlapping spectrum of symptoms collectively referred to as acute respiratory virus enrolling 246 individuals who provided exhaled breath samples (Extended Data Fig. 1). Among these 246 participants, 122 (50%) participants were randomized to not wearing a face mask during the first exhaled breath collection and 124 (50%) participants were randomized to wearing a face mask. Overall, 49 (20%) voluntarily provided a second exhaled breath collection of the alternate type.'

<https://www.nature.com/articles/s41591-020-0843-2.pdf>

This shocking study showed, unequivocally that:

“Among the samples collected without a face mask, we found that the majority of participants with influenza virus and coronavirus infection did not shed detectable virus in respiratory droplets or aerosols... for those who did shed virus in respiratory droplets and aerosols, viral load in both tended to be low.”

***[I REPEAT... Even those who did shed virus in respiratory droplets and aerosols NOT WEARING MASKS, the viral load was still LOW.]***

“The major limitation of our study was the large proportion of participants with undetectable viral shedding in exhaled breath for each of the viruses studied...[AND GET THIS:] We could have increased the sampling duration beyond 30 minutes to increase the viral shedding being captured.”

SO, in other words...Even after 30 minutes—and even under laboratory conditions—they were having trouble finding evidence of viral shedding from those with confirmed ACTIVE infections. They hypothesized that “forced coughing” “might” have “helped” generate more detectable virus. Even under Laboratory conditions, they had a very difficult time finding any evidence of viral shedding by those who were known to be sick—even in persons with a fever.

So much for the theory of asymptomatic shedding of infectious virus by healthy individuals.

By the way:

***This is the entire premise under which mask mandates are being justified.***

And now this, hot off the press:



The image is a screenshot of a webpage from the American Institute for Economic Research (AIER). The page features a navigation bar at the top with the AIER logo and menu items: Articles, Bastiat Society, Events, About AIER, Store, and a green Donate button. The main heading of the article is "Lockdowns and Mask Mandates Do Not Lead to Reduced COVID Transmission Rates or Deaths, New Study Suggests", written by Stephen C. Miller on August 26, 2020. Below the title is a breadcrumb trail: "AIER >> Daily Economy >> Economic Education >> Crisis" and a "Print" icon. A large, vibrant image of the Earth with blue and red lightning bolts is positioned below the text. To the right, there is a "RELATED ARTICLES" section with a dark blue header and a photo of a building with yellow school buses in front. Below the photo, it lists an article by Gregory van Kipnis from September 2, 2020.

<https://www.aier.org/article/lockdowns-and-mask-mandates-do-not-lead-to-reduced-covid-transmission-rates-or-deaths-new-study-suggests/>



This article, newly published in the American Institute for Economic Research (anything but a “fringe” source) has some disturbing revelations to share. The title of the article reads: "Lockdowns and Mask Mandates Do Not Lead to Reduced COVID Transmission Rates or Deaths, New Study Suggests." I felt it was worth reprinting some of the article here:

[In reference to the aforementioned new study]: "Based on their analysis, the authors present four “Stylized Facts” about COVID-19, which are:

Once a region reaches 25 total COVID deaths, within a month the growth rate in deaths per day falls to approximately zero. In other words, no matter the country or state and its policies, deaths per day stop increasing within 20-30 days of passing a threshold of 25 deaths.

Once that happens, deaths per day either begin to fall or the trend remains flat.

The variability in death trends across regions has fallen sharply since the beginning of the epidemic and remains low. All states studied, all countries studied, have become more similar in their trends and have remained so.

Observations 1-3 suggest that the effective reproduction number,  $R$ , has hovered around one worldwide after the first 30 days of the

epidemic.

The paper's conclusion is that the data trends observed above likely indicate that non-pharmaceutical interventions (NPIs) – such as lockdowns, closures, travel restrictions, stay-home orders, event bans, quarantines, curfews, and mask mandates – do not seem to affect virus transmission rates overall.

The authors reason that even if NPIs (non-pharmaceutical interventions) were effective early on, they do not appear to be anymore:

Moreover, given the observation that disease transmission rates have remained low with relatively low dispersion across locations worldwide for the past several months as NPIs have been lifted, we are concerned that estimates of the effectiveness of NPIs in reducing disease transmission from the earlier period may not be relevant for forecasting the impact of the relaxation of those NPIs in the current period, due to some unobserved switch in regime.

This study provides strong statistical support for what so many have been observing for six months. The epidemic has a natural tendency to spread quickly at first and slow down, seemingly on its own, a point made not only here but as early as April 14 by Isaac Ben-Israel.

Meanwhile governors imagine that very specific rules for opening bars and restaurants are the key to containment.

Governments have conducted an unprecedented social, economic, and political experiment in controlling whole populations' behavior, with high economic and human cost. The authors ask the right question: has this experiment in government-managed virus control and suppression made a difference? The startling answer they found, after examining data from around the country and the world, is that the evidence simply is not there.

If we are concerned about the evidence on this global experiment, we must concede that most government authorities have likely acted in error.”

Here is the study the article is referring to:

FOUR STYLIZED FACTS ABOUT COVID-19

Andrew Atkeson  
Karen Kopecky  
Tao Zha

Working Paper 27719  
<http://www.nber.org/papers/w27719>

NATIONAL BUREAU OF ECONOMIC RESEARCH  
1050 Massachusetts Avenue  
Cambridge, MA 02138  
August 2020

<https://www.nber.org/papers/w27719.pdf>

From the Abstract:

"First: across all countries and U.S. states that we study, the growth rates of daily deaths from COVID-19 fell from a wide range of initially high levels to levels close to zero within 20-30 days after each region experienced 25 cumulative deaths. Second: after this initial period, growth rates of daily deaths have hovered around zero or below everywhere in the world. Third: the cross section standard deviation of growth rates of daily deaths across locations fell very rapidly in the first 10 days of the epidemic and has remained at a relatively low level since then. Fourth: when interpreted through a range of epidemiological models, these first three facts about the growth rate of COVID deaths imply that both the effective reproduction numbers and transmission rates of COVID-19 fell from widely dispersed initial

levels and the effective reproduction number has hovered around one after the first 30 days of the epidemic virtually everywhere in the world. We argue that failing to account for these four stylized facts may result in overstating the importance of policy mandated NPIs for shaping the progression of this deadly pandemic."

AND WHILE WE'RE AT IT:

REMEMBER THE OLD "ACID VS. ALKALINE DIET" CRAZE?

The premise of it is actually pretty faulty, and it can get to be a complicated subject. But I promise you that it is entirely relevant here to our discussion.

Although a great deal of lip service is given to this idea of an "alkaline diet" it is poorly understood, even by many of its proponents.

Whenever you are talking about acid or alkaline you need to start with knowing what area of the body you are actually talking about. Salivary pH is entirely separate/different from urinary pH, the pH of the stomach (which we want to be as acid as possible), the pH of the bowels, skin pH, and the pH of the blood. One does not accurately reflect the other.

Blood pH--the most critical of all-- must ALWAYS be maintained between 7.35-7.45 or we die. And yes, our blood pH is supposed to be maintained at a slightly alkaline level.

This is where acid versus alkaline becomes a life-and-death situation.

*But guess what?*

It is not diet that actually regulates this, but your BREATHING (through regulating a balance between CO<sub>2</sub> and bicarbonate).

Measuring tools used to determine your “pH” with urine and salivary paper strips can be entirely misleading in their conclusions (if not worthless). For instance, too low/acidic a salivary pH may be more reflective of essential fatty acid deficiencies than “alkaline veggie deficiencies”.

And this is where this subject matter becomes extremely timely. Because the surest way of dangerously acidifying your bloodstream (and I mean dangerously) is by chronically abnormally elevating your CO<sub>2</sub> levels. And this is exactly what you do when you are constantly wearing a face covering/mask. This is exactly what the authorities are doing to us when they impose this upon everyone, regardless of your

health status or any other circumstance. Absolutely nothing will more adversely impact your blood pH--the most critical pH in your body-- than constantly re-breathing your own CO<sub>2</sub>.

I think of the “alkalizing effect” of things like fresh lemon juice, fibrous or green leafy vegetables, and green drinks as essentially helping to take the general burden off your body's buffering system. I think there is a legitimate value to this where so many modern day pollutants give our inherent buffering system such constant challenge. But these measures absolutely cannot compensate for chronic breathing impairment. Not even close.

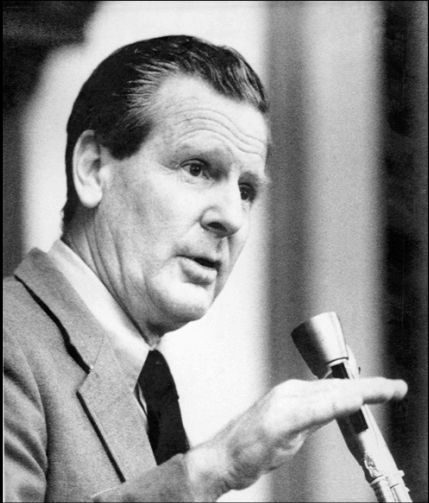
I personally think a lot of the benefit assigned to “alkaline diets” is largely due to the potentially detoxifying effects of plant and certain raw plant oriented foods (as long as you don't have an oxalate issue). Remember, though...detoxifying is not necessarily rebuilding. We need complete protein and sufficient varieties of natural fats (and fat-soluble nutrients) for that.

If meat and animal fat were so lethally acidifying to our bodies, and so bad for our health, our species never would have made it out of the gate. And our ancestors likely consumed much higher quantities of meat than they even needed day to day (certainly more than I normally recommend, for other important reasons). If you want to

know more about that issue, specifically, you can read the article that I wrote, titled: "[My Beef With the Carnivore Diet.](#)"

All that said, nothing protects your body and brain from hypoxia/hypoxic conditions--as a foundational dietary measure--more than an uncompromising, [Primalgenic® dietary approach](#) and state of Effective Ketogenic Adaptation (EKA).

NOTHING.



*"Essentially, any cell challenged by low oxygen availability or by a toxin interfering with mitochondrial function should benefit by utilizing  $\beta$ -hydroxybutyrate in preference to any other substrate, including glucose, lactate, pyruvate, or fatty acids."*

– George F. Cahill, Jr., MD  
Professor Emeritus  
Harvard Medical School

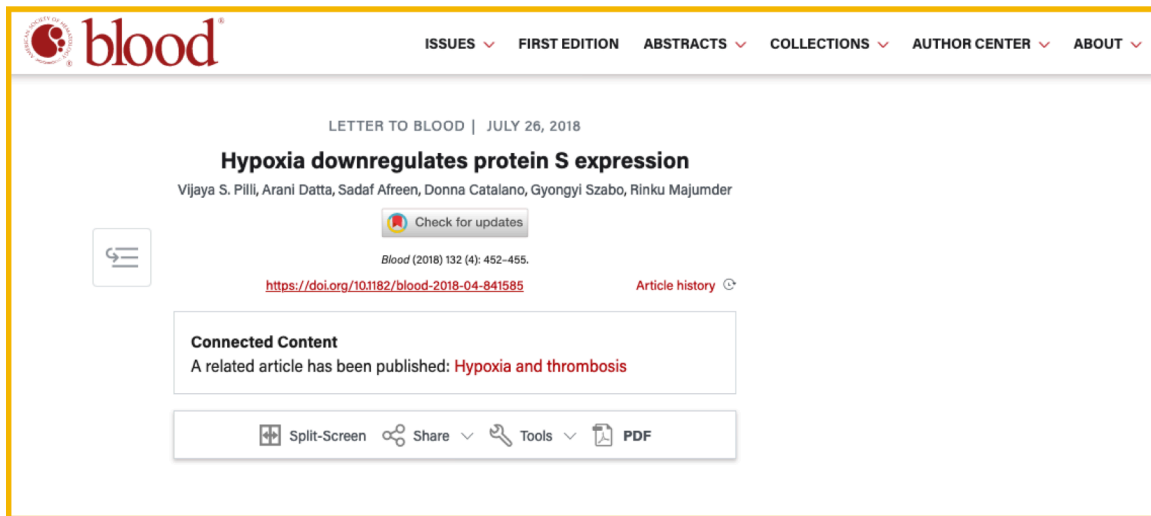
Reference: Cahill, Jr CF. "Fuel Metabolism in Starvation." *Annu.Rev.Nutr.* 2006. 26: 1-22. DOI: 10.1126/annurev.nutr.26.061505.111258

Cahill, Jr CF. "Fuel Metabolism in Starvation." *Annu.Rev.Nutr.* 2006. 26: 1-22. DOI: 10.1126/annurev.nutr.26.061505.111258



Another study, published in July of 2018 suggests that chronic hypoxia (automatically endemic to mask use) can render you susceptible to thrombosis (i.e., blood clots/ strokes).

The Mask-Hypoxia-Blood Clot Connection:



The screenshot shows the top portion of a journal article page from Blood. The journal logo is in the top left, and navigation links (ISSUES, FIRST EDITION, ABSTRACTS, COLLECTIONS, AUTHOR CENTER, ABOUT) are in the top right. The article title is "Hypoxia downregulates protein S expression" by Vijaya S. Pilli, Arani Datta, Sadaf Afreen, Donna Catalano, Gyongyi Szabo, and Rinku Majumder. It includes a "Check for updates" button, the journal citation "Blood (2018) 132 (4): 452-455", and a DOI link. A "Connected Content" box mentions a related article on "Hypoxia and thrombosis". At the bottom, there are icons for Split-Screen, Share, Tools, and PDF.

<https://ashpublications.org/blood/article/132/4/452/103891/Hypoxia-downregulates-protein-S-expression>

Here, in their introductory remarks, the authors state:

"Hypoxia is associated with an increased risk of thrombosis.<sup>1,2</sup> Hypoxia is usually caused by high altitude,<sup>3</sup> but it can be elicited by chronic alcoholism,<sup>4,5</sup> chronic smoking,<sup>6</sup> and clinical conditions such as lung failure,<sup>7,8</sup> sickle cell anemia,<sup>9</sup> and

nonalcoholic fatty liver disease.<sup>10</sup> Notably, deficiencies of protein S (PS), a natural anticoagulant that inhibits coagulation factor IXa, also occur in sickle cell anemia and at high altitude.<sup>11-16</sup> This later circumstance purports a possibility that hypoxia causes a PS deficiency, in turn, elevating thrombotic risk. The cellular response to hypoxia is mediated by the dimeric transcription factor hypoxia inducible factor 1 (HIF1). The HIF1 $\alpha$  subunit of HIF1 is expressed constitutively in many tissues, and an O<sub>2</sub>-dependent signaling system continuously degrades HIF1 $\alpha$ .<sup>17</sup> Conversely, O<sub>2</sub> deficiency prevents HIF1 $\alpha$  degradation and stabilizes HIF1 $\alpha$ .<sup>18</sup> In this study, we demonstrate that HIF1 downregulates PS expression, a finding that suggests a molecular link between hypoxia and thrombosis."

Dr. Anthony Fauci, himself has been quoted in a televised interview a few months ago as saying,



"Right now in the United States people should not be walking around

with masks.” The interviewer looked at him with a look of surprise and said, “You’re sure?—because people are really listening to you right now...” Fauci stated emphatically: “People should not be walking around with--there's no reason to be walking around with masks. When you're in the middle of an outbreak [a word which Fauci added air quotes around with his fingers] wearing a mask might make people [air quotes again] 'feel a little bit better'---it might even block a droplet. But it's not providing the perfect protection that people think. In fact often, there are unintended consequences--people fiddling around with the mask and they keep touching their face.... But when you think masks, you should think about the healthcare providers that need them. When you look at foreign countries and you see people walking around with masks... That's fine. If you want to do it that's fine. But it's only going to lead to a shortage of masks for the people that really need them.”

For once, what Fauci is saying is actually consistent with the actual science behind mask wearing.

This interview, however, has since been removed and censored from YouTube. Fauci since purportedly claimed that he "lied" on camera in order to protect mask supplies for healthcare workers.

*Really Tony? What else have you been lying about?*

You should be asking yourself, “WHY?” would even Tony Fauci’s statements--consistent with the well established science—be literally censored?

But what about the World Health Organization (WHO)? Haven't they been telling us we all need to wear masks?

The following is quoted from an official video on the WHO website concerning mask wearing:



Christine Francis, WHO consultant for Infection, Prevention and Control at the WHO headquarters, speaking on official behalf of the WHO, holding up a typical surgical mask in front of the camera begins by saying:

“A mask like this one cannot protect you from the new coronavirus when used alone. When you wear them, you must combine with hand hygiene and other preventative measures. The WHO only recommends the use of masks in specific cases. If you have cough, fever and difficulty breathing, you should wear a mask and seek medical care. If you do not have these symptoms, you do not have to wear masks...because there is no evidence that they protect people who are not sick. However, if you're healthy but you are taking care of a person who may be infected with the new coronavirus, then you should wear a mask whenever you are in the same room with that person. And remember, if you choose to wear mask, use it and discard it properly and clean your hands with soap and water.”

The CDC has also previously stated that masks are completely unnecessary in healthy persons, and should only be worn in persons who are symptomatic, or by medical personnel under specific circumstances. Even so, their own, current science additionally shows a lack of protection from masks with respect to infectious respiratory illness:



Volume 26, Number 5—May 2020

*Policy Review*

## Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings—Personal Protective and Environmental Measures

Jingyi Xiao<sup>1</sup>, Eunice Y. C. Shiu<sup>1</sup>, Huizhi Gao, Jessica Y. Wong, Min W. Fong, Sukhyun Ryu, and Benjamin J. Cowling<sup>2</sup>

Author affiliations: University of Hong Kong, Hong Kong, China

[Cite This Article](#)

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[https://wwwnc.cdc.gov/eid/article/26/5/19-0994\\_article](https://wwwnc.cdc.gov/eid/article/26/5/19-0994_article)

In this article, the CDC stated unequivocally that:

"In pooled analysis, we found no significant reduction in influenza transmission with the use of face masks."

AND:

"There is limited evidence for their [face masks] effectiveness in preventing influenza virus transmission either when worn by the infected person for source control or when worn by uninfected persons to reduce exposure. Our systematic review found no significant effect of face masks on transmission of laboratory-

confirmed influenza."

The authorities and online (highly questionable) "arbiters of truth" have since suppressed this science and/or backpedaled on earlier established recommendations. *WHY, you ask?*

Because masks are clearly being used as a useful tool for maintaining fear and hysteria that help justify all manner of draconian control and surveillance measures, including the wholesale destruction of world economies and complete subversion of human rights and freedoms on a global scale. But they are also a useful litmus and outward symbol of public obedience, compliance and acquiescence to the State, even though 75 to 85% of literally everyone that I have personally spoken to, from all walks of life, including perfect strangers totally agree with the idea that all the forced mask wearing (indoors and out) is ridiculously absurd, and seems to be little more than a control measure.

So more people than not DO seem to understand they are being lied to and controlled by purely inept bureaucratic mandates... And yet they "would rather comply than defy." No one wants to make waves. So they shuffle along behind the obedient herd...all the while being smothered by their strap-on facial petri dishes with downcast eyes,

and stand in their little circles, dutifully avoiding their fellow humans, just trying to get through another day or another ridiculously regimented, oppressive trip to the grocery store.

Most people seem to believe it's all temporary, and all this will soon be over.

THAT'S the problem: as far as the controlling authorities and vested interests (slated to make untold trillions-of-dollars from this human tragedy) are concerned this will never be over. In fact, this dystopian, "new normal" has barely even begun. And with every concession to every new draconian mandate or over-archingly absurd, hysteria-promulgating declaration, we are stripped of any hope of economic recovery, and we are progressively stripped of ever more freedoms, and more and more of our essential humanity.

Where does it stop? In truth, whenever we choose to stop it.

Whenever we finally decide to say no, and stop complying with it all. But if we fail to do so, the current trend by vested interests (facilitated by spineless Government officials) will continue to push for 100% permanent, totalitarian control. I've got news for you: There is no into this in sight. Totalitarian technocratic control--over every natural resource and human life-- is being rapidly achieved by those doing everything in their power to secure it right now. They have no



intention nor incentive to stop.

Remember: all of this started with everyone—perfectly healthy persons— simply being told to stay home for "just two weeks" in order to supposedly "flatten the curve" and take pressure off of what was expected to be overwhelmed intensive care and emergency health workers. For the most part, most emergency rooms around the country (with very few exceptions) were largely empty of cases.

Makeshift emergency wards created in stadiums and military ships remained empty. Tens of thousands of rapidly manufactured mechanical ventilators simply gathered dust.

But nonetheless, the lockdowns, numerous draconian mandates and hysteria have continued on a global scale. Anyone questioning the emerging data and policies leading to collective economic suicide and the unnecessary, collateral destruction of human lives in the tens of millions were rapidly labeled conspiracy theorist, and rapidly silenced through censorship. Ever-greater restrictions and illegal state/local mandates popped up like slimy mushrooms, and have only increased in their iron-fisted extremes and consequences for “disobeying” mainstream authority.

People were told to stay away from beaches, parks and church's, but allowed to go to the liquor store, and to Walmart and Home Depot.

*Where's the rational, mass cognitive dissonance here?*

The elderly and frail have been forced into inhumane isolation, forbidden from being visited or embraced by their own family members or friends. Many have been relegated to a life of nothing but fear, isolation and loneliness. Many elderly were concentrated in eldercare facilities during the peak of the hysteria where governors like Cuomo inexplicably/criminally issued a state mandate "requiring nursing homes to accept those recovering from COVID-19, even if they still might be contagious." This led to literally thousands of unnecessary deaths. And by the way, half of New York's high COVID-19 death toll took place in elder care facilities. When concerned elder care advocates at these facilities objected to the insane policy, Governor Andrew Cuomo openly criticized facilities for opposing it.

"They don't have a right to object. That is the rule and that is the regulation, and they have to comply with that."

## Coronavirus spreads in a New York nursing home forced to take recovering patients

"It's reckless and careless," said the granddaughter of a 96-year-old man whose family withdrew him from a Long Island nursing home.



<https://www.nbcnews.com/news/us-news/coronavirus-spreads-new-york-nursing-home-forced-take-recovering-patients-n1191811>

In fact, three states—New York, New Jersey and California--all ordered nursing homes and other long-term care facilities to accept potentially contagious coronavirus patients discharged from hospitals, leading to untold, unnecessary deaths.

Not only this, but persons convalescing in hospitals for any reason are not being allowed any visits from caring/advocating loved ones.

Here in the United States, where a process of “re-opening” things still means:

- Mandated mask wearing--often indoors and out
- Forced (highly inaccurate) testing
- Contact tracing (read: exponentially increased mass surveillance)
- School closures
- Ongoing to business closures (and/or unreasonable restrictions and mandates/ contingencies placed upon reopening)
- Bans on virtually all forms of public gathering: including festivals, concerts, conferences, expos, meetings and parties
- Forced quarantines are starting to happen (including forced removal from one’s home to a quarantine facility in some states)
- Indefinite restrictions
- Mass media censorship
- Censorship across all mainstream social media platforms
- Harassment and even arrests of innocent citizens (for daring to not wear a mask, even when there is a legitimate medical reason not to, or religious/personal objection, as is 100% constitutionally protected)
- Bankruptcies
- Millions unemployed

- Evictions and foreclosures are expected to number more than 40 million here in the US before the end of the year
- Mass increases in hunger and poverty (the biggest killers, worldwide)
- Mass increases in domestic violence
- Mass increases in child molestation
- Mass increases in deaths from stress-related illnesses
- Mass increases in drug abuse and alcoholism
- Mass increases in deaths due to stress related illness
- Mass increases in suicides

God forbid you live in Australia or New Zealand right now. You are being subjected to:

- Curfews
- Closed borders
- Police checkpoints
- Work permits
- Drone surveillance
- Chopper patrols
- 23 hour confinement
- One hour per-day outdoor exercise allowances
- Mandatory medical procedures
- Banned travel
- Food rationing

- Closed churches
- Denied sunshine
- School closures
- Mandatory masks
- Allocated shopping times
- Government access to homes (and raids) without a warrant
- Forced quarantines (including forced removal from one's home to a quarantine facility)
- No wedding celebrations
- No funerals (or only limited attendance allowed)
- Decimated economy
- Forced business closures
- No family visits
- Movement banned beyond a five kilometer range
- Military patrols
- Government removal of children from their homes/families
- Indefinite restrictions
- Mass media censorship
- Censorship across all social media platforms
- Police brutality and arrests of innocent citizens in the streets (for daring to venture outside or not wear a mask)
- Bankruptcies
- Millions unemployed
- Evictions
- Foreclosures

- Mass increases in hunger and poverty (the biggest killers, worldwide)
- Mass increases in domestic violence
- Mass increases in child molestation
- Mass increases in deaths from stress-related illnesses
- Mass increases in drug abuse and alcoholism
- Mass increases in deaths due to stress related illness
- Mass increases in suicides

*How much more are any of us prepared to accept?*

*How much longer are we going to delude ourselves into thinking this is all simply "for our own good"?*

And even as many travel restrictions and travel quarantines are seemingly abating here in the US, airlines are now starting to become even more extreme and draconian in their forced mask wearing mandates, stating now that unless a person wears their mask “properly” and “fully” (even if they have a medical condition exempting them from doing so) they will be forbidden from ever flying ever again. Clear plastic, partial face shields—which theoretically help to prevent the spread of droplets but also allow for freer breathing--are no longer allowed as a sole protective face covering, and must (according to the new rules) be combined with a cloth or surgical

mask.

In fact, Fauci is now suggesting that everyone start to wear a full face shield in addition to a mask, goggles and gloves.

<https://articles.mercola.com/sites/articles/archive/2020/08/12/do-you-need-goggles-for-coronavirus.aspx>

*Seriously? The man has clearly lost his mind...*

The CDC is now recommending that people even wear masks inside their own homes (and some governors are attempting to mandate this). All the hysterical focus is on "increased numbers of cases"--diagnosed through highly questionable testing--while ignoring the complete, progressively unambiguous drop off of actual deaths, worldwide. Authorities are also ignoring (and widely suppressing) the fact that those who have been succumbing to this illness overwhelmingly exist within a highly limited demographic of extremely elderly, frail and otherwise seriously ill.

We need to rationally consider the idea that "just perhaps" there is another, less than altruistic agenda at play.

Everywhere, authorities seem to be secretly asking themselves:



"How much more can we get people put up with? What else can we do to keep people fearful? What can we get them to do next? How much unreasonable pressure can we place upon the public to do what we tell them to do, no matter what--whether or not it makes any sense at all in light of existing science, or even in light of the existing data showing that at least 99%+ of everyone getting exposed to this virus is going to survive and be just fine, as with any other common respiratory illness? How many more restrictions can we impose-- Even in light of the fact that the data is now showing herd immunity on a more or less global scale? Even though every country is demonstrating next to no new deaths, in spite of all of the alarm and hysteria over "new cases"? Even though we are artificially inflating the numbers, and admittedly even artificially manipulating death certificates and statistics? Even though countries like Sweden prove that perfectly functioning herd immunity has been possible at a record speed without any lockdowns, without any forced quarantine of healthy persons, without any social distancing, without any destruction of their economy, and without any mandated mask wearing."

Clearly, what we are being subjected to by authorities is unbridled, sociopathic madness. But worse: these collective measures and mandates are starting to make what happened in Nazi Germany in

the 1940s appear utterly benign by comparison. Even George Orwell never envisioned anything this dark or brutal. And I don't think that is an exaggeration in the least. No one is exempt from potential targeting or massive human rights infringement in this 2020 ("1984"/totalitarian) agenda. It is clear that social/ economic restrictions and unconstitutionally imposed mandates, travel restrictions, and even forced medical procedures (testing, vaccines, the use of personal protection equipment like masks, face shields, goggles, gloves and more) are only going to amplify in the coming months. No matter how benign the lingering effects of this virus happen to be.

*To what degree?*

*To the degree that we allow it.*

It's additionally notable that, not just Sweden, but Japan, Belarus, and Thailand did not shut down and did not legally require any social distancing, or force the use of masks, and demonstrated no big spikes in death-rate from the virus. In fact, in some cases the death rates were actually lower in these countries!

NOTE: 90 percent of those who had died in Sweden as of April 28 were over the age of 70. Half were nursing home residents, and another quarter were receiving care at home, statistics from the Swedish Board of Health and Welfare show:

<https://news.yahoo.com/sweden-admits-failure-protect-elderly-care-homes-024202762.html>

In the state of South Dakota, where there was never any Government-imposed lockdown or mandatory shutdown of the economy, mandated social distancing or mandated mask wearing--as of September 3, the state has experienced 169 total deaths supposedly attributed to this virus... Which is a death rate of 0.019% per capita.

But we already know that both the diagnosed cases and death statistics have been artificially inflated, pretty much everywhere:

<https://articles.mercola.com/sites/articles/archive/2020/08/20/hospital-incentives-drove-up-covid-19-deaths.aspx>

In spite of that, even as aggressively promoted (and exceedingly unreliable--Notorious for false positives) testing is supposedly showing an increase in cases, rates of associated mortality have been precipitously declining for roughly 20 weeks now.

*Just where is the ongoing emergency?*

Persons wanting to wear masks because of their own intrinsic fear or concerns, should certainly be allowed to do so if it makes them feel better. But in what way does it make sense to hold the entire rest of society hostage to the fears of a few? Particularly when there is NO substantial science or verifiable data to support any benefit of healthy persons wearing one?

**WHAT OF THE PSYCHOLOGICAL AND PSYCHO-SOCIAL  
IMPACTS OF MANDATED MASK WEARING (and even voluntary  
mask wearing in general)?**

There are a number of psychological effects, alone, worthy of consideration:

Forced mask wearing takes away our human ability to effectively communicate and socialize. In fact, it can be said that masks are quite literally dehumanizing in their effects.

We have close to 100 muscles in our faces that are there in part to aid in communication of emotional nuance. More than 80% of our

communication as human beings is nonverbal.

Wearing a mask sends the unspoken message that you are dangerous and that others are dangerous to you.

It almost literally obliterates your facial identity to others, and renders us all just that much less human. You might think of that effect as subtle or trivial, but the implications are profound. The facelessness that masks generate, leave us just that much less responsive to one another. Since speech is strained while wearing a mask and hearing speech is difficult (particularly when it comes to persons hard of hearing in the first place), we are less likely to even talk to one another or strike up a conversation.

Mask use tends to have agitating/ anxiety provoking, headache-generating and brain clouding effects on the nervous system to begin with. Add the lack of personal facial identity to this and you can see persons more quick to anger and knee-jerk hostility toward others, particularly since persons feel a little more anonymous and insulated from identification behind that "veil".

And let's not forget the fact that recently released felons from federal prisons (including rapists and murderers), in an effort by officials to "reduce prison crowding", maximize social distancing of inmates

and supposedly minimize transmission of the virus throughout the prison system...are also out on the street now wearing masks. How convenient for them... Or anyone else wanting to rob a store, mug a pedestrian, or commit most any crime---even in broad daylight.

Having a mask on one's face lends a certain bravado to some otherwise insecure or aggressive personality types. The often disproportionately aggressive behavior of mask wearing patrons in stores and other public places toward those choosing to avoid medically compromising effects of mask wearing for some condition they might have, or who are merely choosing to exercise their 100% legal right to physical sovereignty, human freedom and ability to breathe--can be quite startling in its viciousness. It seems to exceed any rational judgment or restraint on the part of these assailants. People are been conditioned to think of others needing to breathe freely as somehow selfish, reckless... Or even a would-be murderer.

One Nashville city council woman (someone clearly unhinged by media hysteria and obviously not bothering to look at or remotely consider the science behind her statements) has actually recently recommended issuing murder charges for anyone not wearing a face mask. This is the level of irrationality and, frankly, mass mental illness things are being reduced to.

Look--If a person believes that wearing a mask is something so very effective at protecting themselves, then what are they afraid of from a perfectly healthy person who chooses not to wear one? It seems people have lost all capacity for logic or reason. Even common sense.

### **OTHER MENTAL/EMOTIONAL EFFECTS**

From a psychiatric perspective, one of the most destructive emotions anyone can experience is shame. One of the clearest indicators of someone harboring toxic levels of shame is their effort to cover their own face in some manner. This can include things like hairstyles that cover the face, wearing dark glasses, oversized hats, excessive makeup, etc. One frequently sees such persons slumped over with downcast eyes. It's easy to notice a distinct lack of eye contact/downcast eyes from other people and between other people wearing masks in public places. After all, one is made to feel like a harbinger of disease, and potentially harmful to others at all times...just by existing in the same space as other human beings. The effect may be largely subconscious much of the time, but that doesn't mean the effect on the psyche is trivial.

Now think of the subconscious impact all of this is having upon

children.

Even seeing one's own parent wearing a mask can have untoward/unconscious, anxiety provoking effects on a young child. There are also reports from teachers of increasing problems with communication in the classroom when everyone is wearing a mask. Many teachers cannot tell if students are happy and engaged, or whether they might be upset, apathetic, distracted or confused.

Babies use the facial expressions of their mothers in order to develop their own sense of self, internal security and healthy affect regulation. Without this, there can be an impairment a baby's brain's right-hemisphere/ orbitofrontal development, according to the seminal work by psychologist, neuroscientist/neurobiologist and clinician, Allan N. Schore, PhD (leading to impairments in social attachment and the baby's own ability to develop healthy affect regulation). This can also lead to chronic and excessive activation of the amygdala, and even potentially an ultimate tendency toward serious attachment disorders (which have the potential to give rise to sociopathy). The absence of a clear and expressive maternal face is a massive source of stress to any infant, with serious adverse implications to normal brain and psychosocial development.

There has been literally no evidence of any meaningful risk of this



illness whatsoever to persons under 40 or even 50 years of age. Under 70 years of age estimated deaths from active infection are an average of .04%. One's odds of being struck by lightning, eaten by a great white shark or even struck by a city bus crossing the street are even greater. Young children, babies and teens are largely exempt from lethal pandemic concerns... And yet mask mandates are overwhelmingly including young children and teenagers, even in some cases forcing them to wear masks on camera if they attend school remotely from home. It's nuts.

The idea of impairing your child's--or god forbid your baby's ability to breathe freely, and preventing him or her from developing a healthy natural immunity (as mask wearing and oxygen impairment are also immune compromising) by smothering his or her face with a completely unnecessary and health compromising mask—  
Now THAT should be illegal and criminally prosecutable.

Similar nonsensical behavior is being required in the state of Wisconsin right now for persons holding remote business meetings over Zoom. Everyone is supposed to wear mask on camera. *SERIOUSLY?* <https://www.zerohedge.com/political/peak-idiocy-wisconsin-government-agency-mandates-facemask-use-virtual-zoom-meetings>

Again--Is this merely the height of insanity... Or is this simply an effort on the part of certain authorities and vested interests to perpetuate and maintain the acceptance of a permanently dystopian "new normal"?

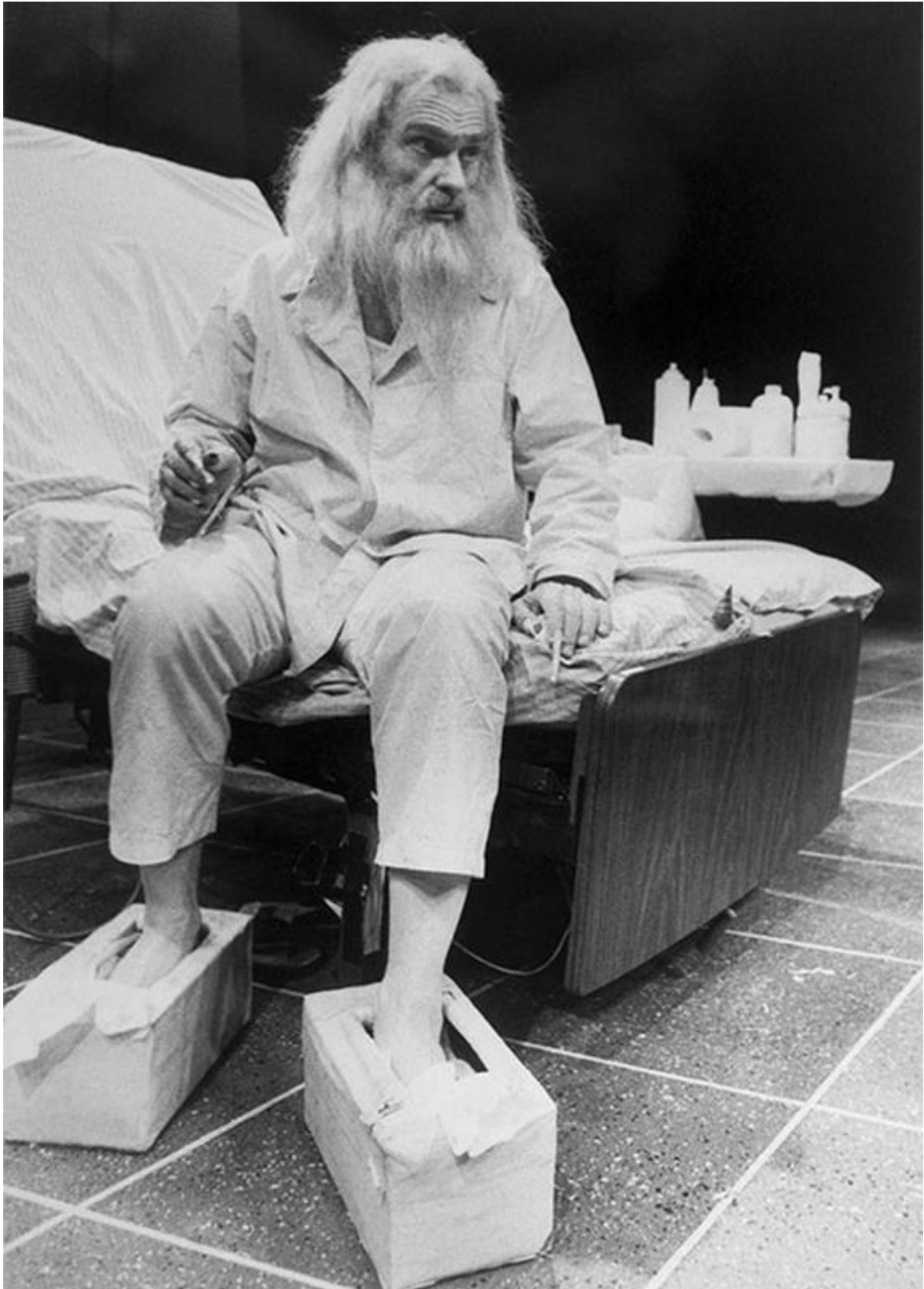
Howard Hughes had a lifelong fear of germs. When he was growing up, his mother so feared that he might contract polio that she kept him isolated from other children and preached to him about the dangerous and all pervasive evils of germs. This fear became completely entrenched in his psyche. As an adult, Hughes took increasingly extreme steps to avoid the constant invisible threat of germs. He always used a tissue to pick up and hold objects and he even wore empty tissue boxes on his feet. He prescribed elaborate rituals to his employees that involved multiple hand-washings, sanitizing cans of food prior to opening them, and complex methods for minimizing contact with other humans.

From 1966 to his death 10 years later, Howard Hughes--once one of the most powerful and successful men on earth-- essentially disappeared from sight, severely limiting his exposure to other people and only leaving his hotel room to move to a different hotel. His health ultimately declined, and he died of kidney failure in Acapulco, Mexico in 1976. As an interesting aside, it just so happens that I was actually occupying a hotel room one floor beneath Hughes while vacationing

with my family at the upscale Acapulco Princess Hotel in Acapulco, Mexico at the time of his death. His presence in the hotel created quite a bit of buzz at the time, as I recall, but no one ever caught a glimpse of him.

Howard Hughes was psychologically crippled for his entire life, from early childhood-on--and this only progressed and worsened as he got older. It all started with a fear of germs instilled in him by his mother at an extremely early age. It grew into a severe obsessive-compulsive disorder that lead to him effectively becoming a total madman and a recluse from all human contact and all of society.

All of a sudden today, the same type of paranoia is being upheld as a paragon of virtue for all. A shining example of prudent behaviors to be widely emulated. Ridiculous and scientifically unsupported mandates are infiltrating and literally destroying the psyches of an entire generation. The use of shame and guilt as socially imposed measures of reinforcement of these behaviors elevates the damaging effects of all this beyond comprehension.



*Is this what we really want for the future of this generation of children?*

Persons struggling with anxiety, asthma, COPD, metabolic disorders, autoimmunity and other physical/mental health-related conditions may be at increased risk for adverse effects a forced mask wearing, and literally everyone wearing them is affected by cognitive impairment and potentially enhanced risk for contracting illness, with no ostensible improved safety or other benefits.

**KEY ISSUE:**

A mask is not an article of clothing like a shirt or pair of shoes. It is essentially a medical device, and it has adverse medical consequences for a significant number of people being forced to wear them.

Since when has any state governor developed the legal authority to mandate anything, much less any form of forced medical dictates---or illegally create new “laws” and fines out of thin air that 100% violate their oath of office and violate the constitutionally guaranteed inalienable protections for every American's physical sovereignty and personal freedom? You may not remember this from your history or high school civics class. And if you are a millennial (thanks to “No

Child Left Behind” and “Common Core” programs responsible for the mass erosion of educational standards) you may not have even ever taken a single civics class, or studied the US Constitution and Bill of Rights, upon which our entire system of government is based. So allow me to humbly remind you: Not even a state of emergency is allowed to suspend anyone's constitutional rights in this country, BY CONSTITUTIONALLY SUPREME OVERRIDING LAW. Not even for a minute--much less for six months, or (as it increasingly seems) indefinitely.

I don't care what the "Patriot Act" claims it has the right to do.

Thomas Jefferson once said:

*“Rightful liberty is unobstructed action according to our will within limits drawn around us by the equal rights of others. I do not add ‘within the limits of the law’ because law is often but the tyrant’s will, and always so when it violates the rights of the individual.”*

In countries like Australia and New Zealand, which claim to value Western democratic principles of liberty and rule by the people, the perception is that civil rights are codified into the legal framework just as they are in the US. However, there are some glaring differences and issues; specifically, Australian and New Zealand citizens (and also many European citizens) have absolutely no means to compel

their government or the corporate/banking vested interests that influence their government to limit themselves. It is these nations, in which the populations have been mostly disarmed and pacified, that any agenda for tyranny will likely first be established. And in fact, that is exactly what we are seeing.

Supreme Court Justice, Antonin Gregory Scalia once stated in a Constitutional court ruling:

*“The Constitution protects us from our own best intentions.”*

And of course, we know that the path to hell is supposedly paved with so-called "good intentions". Particularly when it comes to totalitarian measures made by bureaucrats supposedly imposed "for your own good".

Benjamin Franklin also weighed in on this subject matter, stating rather bluntly:

*“Those who would give up essential Liberty, to purchase a little temporary safety, deserve (and will receive) neither Liberty nor Safety.”*

He also wisely said:

*“Security without liberty is prison.”*

Here in the US, we have a government—first and foremost a constitutional republic—BY, OF and FOR THE PEOPLE. Our constitution dictates that our government's primary (if not SOLE role) is to guarantee protection of our inalienable freedoms and human rights. That's it. Federal, state and county governments are mandated by the fundamental dictates of our Constitution--and all officials take this solemn oath of office—to uphold and defend those rights—OUR rights. We don't work for them...THEY WORK FOR US.

And by the way, the Constitution doesn't “bestow” freedom upon us. It automatically recognizes our inalienable right to freedom, Liberty and the pursuit of happiness as sovereign individuals from birth.

All the Constitution does--all it is designed to do, and all our very government and elected officials are designed to do--is protect those freedoms at all costs.

Highly paid attorneys working for vested interests seeking to undermine these principles have cleverly twisted terms and definitions in order to create laws to suit their own agendas over the



years, leading to an erosion of those principles. But never legally superseding them.

No law--even one created by Congress or through popular vote can ever ultimately have legal supremacy over the dictates of our Constitution. Preventing this erosion from happening is supposed to be the role of the Supreme Court. That is the basis behind the United States foundational rule of law and the basis behind that which defines our very country and all it stands for. The United States Constitution—drafted by a passionate and brilliant group of revolutionary thinkers that understood all too well how corporate interests and dictatorial despots can undermine a free and open society-- uniquely limits the role of government, and offers unique safeguards against corporate infiltration and takeover. And technically, none of that has ever changed. It all remains (at least legally) true to this very day. All other laws are ultimately subjugated and potentially overruled by Constitutional law and our Bill of Rights— No exceptions. Not even in a so-called “emergency”. But only if we demand it.

Don't expect your politicians--effectively owned by dirty lobbying money--to fight this battle for you.

And no...this cannot be fixed by presidential vote, either way. Both

current mainstream party candidates are mere marionettes--each being manipulated by the right and left hands of the same puppeteer. The mainstream media is only too happy to foment and perpetrate this pageantry of distraction. Anyone thinking they can change the tide of what is happening or what is coming by simply checking a box for one presidential candidate or another in November is missing the point entirely. It is quite literally a useless gesture in the greater scheme of things.

But the same is not true when it comes to voting for your local and state political candidates. Your county commissioner and local, County Sheriff are the most important votes on your ballot. They are your final safety net of protection--or of vulnerability--depending on whether they take a stand on the restoration of constitutional law and health freedom or not. Make sure they do.

Even during earlier times in our country's history, when African American persons were forbidden "by law" from entering white establishments, or marrying outside of their so-called "race", for instance, those restrictions were actually never constitutional, and in fact they illegally violated the principles upon which this nation was founded. Any law enforcement officer understanding their role of preserving the rights and freedoms of those they swore an oath to "protect and serve" would never, for instance, have automatically

arrested Rosa Parks or prevented her from sitting wherever she wanted in that city bus.

Martin Luther King Jr, embracing principles of nonviolence and peaceful protest, was able to restore some measure of civil protections and rights to African American persons, because he understood and knew that our Constitution literally demanded that—for all. The process of embracing/restoring/enforcing constitutional principles by the masses is never perfect or easy, obviously, and what Martin Luther King, Jr. did was far from complete—but it is all ultimately made possible by the existence of that brilliant document as the very foundation of our country. Pretty cool, actually... and no matter what anyone tells you, it remains the foundational law of the land to this very day.

***“We hold this truth to be self-evident that all men (i.e., persons) are created equal...”***

Most people seem to have the impression that governments make the rules and that we are supposed to follow them... But quite literally the opposite is true. Government officials at all levels are there to protect and answer to US (you and me)—“We the people”, BY LAW. And it is our responsibility to hold them accountable to that responsibility. If they violate that solemn oath, then it is up to US to

put an end to it, remove them from office and replace them.

In fact, in times of widespread constitutional violation by so-called government authorities, civil disobedience is not any form of illegal behavior... It is literally a patriotic duty.

We are not supposed to be afraid of our own government (which is a sure sign of tyranny). In truth, those in government are supposed to be more afraid of us.

*"Engaging in activism is the rent you pay for living in a democracy."*

~Naomi Wolf, Journalist and Author

As Americans, we must both exercise civil disobedience and also demand an end to forced, disproven, inhumane and entirely unconstitutional mandates. The more we acquiesce to the unreasonable restrictions of our personal and constitutional freedoms, the more restrictions will be imposed upon us. Guaranteed. No one seizes power with the intent of ever relinquishing it. It seems obvious that world governments and the vested (phony philanthropic) interests controlling them have anything but the well-being of humanity in mind (much less any allegiance to real science, or humanity). So far, these controlling forces have quite literally

accomplished the opposite of what they claim is intended.

The world seems to be full of unassailable mainstream authorities and supposed “health experts” who have gotten some pretty major things wrong throughout this global crisis. We should not continue to be held hostage to these irresponsible, reckless errors, despotic/technocratic authorities (too many of whom are unelected to their positions of authority over the rest of us) and genocidally criminal judgment, by actively promulgated and relentless fear/hysteria, by over arching (and rapidly expanding) tyrannical restrictions, mass censorship, or by persistent and ever-mounting, draconian (and 100% constitutionally illegal) mandates...

Mass Orwellian surveillance and tracking (via contact tracing, facial recognition, cell-phone tracking, cameras everywhere, surveillance satellites (violating our constitutional 4th amendment guaranteeing our right of privacy), AI, injectable nano-transhumanist biotechnologies and more), talk of forced/mandatory vaccinations with extremely risky and even dangerous, untested (but wildly profitable, liability-free) vaccines, and mandatory testing (using completely inaccurate testing techniques, no less, with results being used as an excuse to further restrict and control the population)—is all being illegally forced upon us even in light of current (data-proven/confirmed) drastically/NATURALLY reduced death rates (in

spite of ineffective policies) and clear evidence of herd immunity.

We should not be subject to censorship of rational questioning by average citizens and independent, investigative journalists and even widespread censorship of hundreds of actual world class physicians and scientists in the field of medicine, infectious disease research and other legitimate professional expertise just because they are not in lockstep with vested, medically monotheistic mainstream orthodoxy. *First Amendment and Freedom of Speech, anyone?*

There is too much at stake to simply accept the mainstream narrative at face value. Thus far, doing so has only led to exponential and quite possibly irreversible destruction of the global economy, widespread suffering, the destruction of tens of millions of human lives, and deaths of stress and despair that (easily) vastly exceed coronavirus mortality statistics by many orders of magnitude.

**It must stop. And stopping it is entirely up to us, I'm afraid. And mostly, it's a matter of simply standing up and saying NO. Just like Rosa Parks. But on a collective scale.**

While we are at it, we should not be socially shaming and pressuring one-another to blindly and obediently comply with the (anything but altruistic or scientifically driven), power-hungry, fear-mongering, now

entirely rogue State. Our misdirected hostilities toward one another only serve to feed, enable and embolden the forces that are currently destroying us. We are feeding into the oldest, most tried and true military tactic in the book: divide and conquer.

ENOUGH.

*So why am I--and why should anyone be so focused on mandatory mask policies as a highlighted issue, in light of so many other egregious compromises to our human rights?*

Rest assured—arbitrary forced mask mandates are only the beginning. Masks have become the adorning crucifix of cult-like medical orthodoxy and have become our visibly/ outwardly definitive sign of our obedience to the state. The controlling Cult of the rogue State is prepared to treat anyone daring to challenge the sanctimonious edicts and ecclesiastic authority as a heretic--to be burned at the stake of public shaming, humiliation, intimidation, harassment, arrest and even illegal imprisonment.

**Masks have become the symbolic litmus of our mass control.**

It takes guts to do this. But we have to do this. We have to draw our line in the sand. We have to say an unequivocal NO.

*I'm just saying.*

I make a point of discussing these issues with everyone I meet. I also make a point of challenging absurd and scientifically unsupported mandates every chance I get. I am constantly working at strategizing solutions to the draconian injustices of our day and I am working at creating active community and interpersonal support toward these ends. I research the legitimate science and independent investigative journalism of our day, and I bring the credible and verifiable truth to light at every turn. I am not afraid to speak up. I am more afraid of what will happen if I don't... if WE don't.

There are many number of ways we can be individually and collectively going about this. We all have our strengths and our creative ways of contributing to positive change.

In the 1960s, widespread, mass peaceful revolt against unjust war, civil rights infringement, and arbitrary bureaucratic controls effectively challenged an antiquated status quo and helped expose the corrupt power monopoly of its age. The way I see it, now it's our turn in 2020 to inspire and lead the way toward a new, more enlightened modern-day societal shift and better future--restoring our essential humanity, our legally constitutional, civil and inalienable human rights, and embracing the concept of freedom over fear.



But it's important to point out that we don't have a lot of time, and no one else is coming to save us. WE are the ones we have been waiting for. And the time to act is NOW (well, actually yesterday--or even decades ago). But NOW is the time. There will never be another time. Tomorrow may well be too late.

One last point I would like to make:

It was less than 5% of the early American colonists that elected to stand up against imperialist British rule, and stage a revolution for freedom. It was enough. In truth, we don't need everyone in society to agree with or to take collective action in reclaiming our rights and freedoms. All we need is a meaningful tipping point.

Margaret Mead once famously said:

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

*Indeed.*

It's all up to us.

The good news? It's already happening now, all over the world:

London: <https://www.rt.com/uk/499430-unite-for-freedom-london-coronavirus/>

and

[https://www.youtube.com/watch?v=lizPX4YZGFY&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=lizPX4YZGFY&feature=emb_rel_end)

Germany...possibly more than most any other country on earth, recognizes the all-too familiar implications of what is happening and knows all too well what is at stake.

[https://childrenshealthdefense.org/news/rally-in-berlin/?utm\\_source=salsa&eType=EmailBlastContent&eld=2011da54-312b-41dc-85d8-8e1d50c86e28](https://childrenshealthdefense.org/news/rally-in-berlin/?utm_source=salsa&eType=EmailBlastContent&eld=2011da54-312b-41dc-85d8-8e1d50c86e28)

Germany again (August

29): [https://www.youtube.com/watch?v=9I5QHJsNQ20&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=9I5QHJsNQ20&feature=emb_rel_end)

and <https://www.youtube.com/watch?v=iRw0CXOH3yY>

Switzerland:

[https://www.youtube.com/watch?v=BMklRd\\_qoE](https://www.youtube.com/watch?v=BMklRd_qoE)

France:

[https://www.youtube.com/watch?v=dX4MGMqvbw4&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=dX4MGMqvbw4&feature=emb_rel_end)

Belarus:

<https://www.youtube.com/watch?v=jlD9rnfLCVk>

1.3 million in Berlin Germany on August 11, 2020:





London, August 29, 2020:



OTTAWA, CANADA (8/29/2020):



More of the same—mass peaceful protest-- has been happening in Boston, Mass, in Albany, NY, Australia and elsewhere...and much more of this is on the way. These events are being subjected to media blackouts, no one in these cities can deny the mass outcry of dissent against unconstitutional medical/social/economic mandates and government controls.



**We are**

**the resistance**

If you're interested in becoming more actively involved in this issue, one place to start might be <https://hugsovermasks.ca/>.

ALSO SUPPORT:

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

AND: The Constitutional Sheriffs and Police Officer Association: <http://www.CSPOA.org>

For some reason, the push back over growing totalitarianism seems to be more active in Europe and elsewhere right now than in the US, the most constitutionally free people in the world, with the most to lose of any other nation. We need to step up to the plate and take action here at home.

ALSO—FYI:

The following is excerpted from a recent email from Peggy Hall, founder of The Healthy American (<http://www.thehealthyamerican.org>). She is a passionate and outspoken anti-mask mandate activist from Orange County, California. Here's what she recently had to say in her August 27, 2020 mailing:



You do NOT have to comply with wearing a mask, having your temperature taken, being tested or getting a vaccine.

There are several laws that protect your rights, including:

(1) You are sovereign over your own body and can choose what medical interventions you want to participate in.

(2) You must have informed consent to participate in any medical EXPERIMENT or TRIAL (as mask wearing, or being tested --because they have not been approved by the FDA and therefore experiments).

(3) Under the PATIENTS BILL OF RIGHTS you can deny one offered intervention while still being able to receive other treatments.

(4) Your right to privacy is guaranteed by the 4th Amendment of the Constitution.

(5) No government order or school or work policy can require you to cause harm to yourself as masks, testing and vaccines do.

## **THERE IS NO EMERGENCY**

There is no health emergency or pandemic by any stretch of the imagination. If there was one, it ended months ago.

An emergency by definition is "sudden, unexpected, immediate..." or "grave peril to life or property..."

How in the world can an emergency last for months on end?

It cannot.

We are in the recovery and mitigation phases, as evidenced by the governor's own declarations of "re-opening" and "roadmaps" and "phases" and so forth.

Therefore all orders, rules or ordinances made under the "authority" of an emergency declaration are null and void.

Furthermore, even if such an emergency existed, NO EMERGENCY CAN SUSPEND YOUR RIGHTS. PERIOD!!!

Many lawsuits are in the courts exactly on these claims, and at least three have been declared to support that statement.

The strange thing is, the governors continue to break the law -- in fact, they FLAUNT the law -- because so many people would rather comply than defy.

[WHERE IS THE EMERGENCY?](https://youtu.be/oh2wnpatO1Y)

<https://youtu.be/oh2wnpatO1Y>

COMPLIANT -- OR DEFIANT?

The reason these tyrants are getting away with this oppression is because far too many people are simply complying instead of defying.

I've researched and published over 100 videos educating you on your rights, the law, and the remedies.

Here are some of my latest videos that I recommend you study carefully, so you can learn and apply it to your own situation -- and to be inspired to do your own research in your state.

[No authority for Mandatory Vaccines](https://youtu.be/pWqVu8rL878)  
<https://youtu.be/pWqVu8rL878>

[How NOT to Wear a Mask at School](https://youtu.be/hAxv_VZH4VY)  
[https://youtu.be/hAxv\\_VZH4VY](https://youtu.be/hAxv_VZH4VY)

[NO TEMP TAKING](https://youtu.be/uFf7-KwCdBo)  
<https://youtu.be/uFf7-KwCdBo>

[PROTECTED BY PATIENTS BILL OF RIGHTS](https://youtu.be/ksT56-9ApaM)  
<https://youtu.be/ksT56-9ApaM>

A GOLDEN KEY?

I wish I had a "golden key" that would open every door for you...

Or a one-size-fits-all solution that would dissolve your distressing situations once and for all...

But we are in this for the long-haul.

In fact, it is more like an overhaul!

A long overdue overhaul!

And we need to take this on from all different angles -- always incorporating connection, education and action.

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I urge you to support Peggy and her work. Be sure to sign up for her

email updates.

NOTE: the scientific research studies presented in this report are not trivial, and really only represent the tip of a highly robust body of science refuting the effectiveness--and even safety of everyday forced mask wearing.

In health, humanity and solidarity,

Nora Gedgaudas

September 6, 2020