

**YOUR
HEALTH**

BE HEALTHY

**YOUR
LIFE**

BE INFORMED

**YOUR
CHOICE**

BE SAFE

FACE MASK SAFETY

KNOW THE FACTS **BEFORE** YOU WEAR ONE

1

DECREASES OXYGEN INTAKE

BREATHING THROUGH A MASK DECREASES THE AMOUNT OF OXYGEN WE NEED TO LIVE & BE HEALTHY, INCREASES BLOOD ACIDITY & MAKES BREATHING DIFFICULT.

2

INCREASES TOXIN INHALATION

TOXINS THAT WE NORMALLY EXHALE AS WE BREATHE BECOME TRAPPED IN THE MASK AND RE-INHALED INTO THE LUNGS, INCREASING SYMPTOMS.

3

SHUTS DOWN IMMUNE SYSTEM

DECREASES OXYGEN INTAKE, INCREASES CARBON DIOXIDE & TOXIN INTAKE PUTTING BODY UNDER STRESS, RELEASING CORTISOL & SHUTTING DOWN IMMUNE PROCESSES.

4

INCREASES VIRUS RISK

ENCOURAGES TRIGGERING & INFECTION FROM DORMANT RETRO VIRUSES ALREADY IN THE BODY, TAKING ADVANTAGE OF A WEAKENED IMMUNE SYSTEM DUE TO MASK WEARING.

5

SCIENTIFICALLY INACCURATE

VIROLOGISTS MEASURE COVID-19 TO BE 80-140nm IN SIZE MAKING THE WEAVE OF MATERIAL MASKS TO BE THE EQUIVALENT OF A CHAIN-LINK FENCE TO A MOSQUITO.

6

EFFECTIVENESS NOT STUDIED

ABSOLUTELY NO PEER-REVIEWED STUDIES HAVE BEEN CARRIED OUT OF MASK EFFECTIVENESS WITHIN A SOCIAL ENVIRONMENT TO CONTROL, PREVENT OR ELIMINATE THE SPREAD OF DISEASE.

MASK SAFETY INFORMATION

6 FACTS TO BE AWARE OF BEFORE WEARING A FACE MASK

Important Note

It is important that you are fully informed and consider **ALL** of the implications and risks of using a face mask, prior to deciding to wear one, or are being requested to do so by anybody, for the reasons of personal safety & the safety of others. These are only the top 6 facts, there are many more. Please do your own research.

1. DECREASES OXYGEN INTAKE

BREATHING THROUGH A MASK DECREASES THE AMOUNT OF OXYGEN WE NEED TO LIVE & BE HEALTHY, INCREASES BLOOD ACIDITY & MAKES BREATHING DIFFICULT.

Breathing through a mask makes breathing laboured, it also restricts the intake of oxygen into the body and the blood cells.

Hypoxemia is when the body lacks oxygen and the lungs do not have enough oxygen to distribute throughout the body, organs and blood. This causes a range of symptoms including *Dizziness, Shortness of Breath, Chest Pains & Confusion* and contributes to illness such as *Heart Disease*. There are clear links between low oxygen levels that helps cancer to develop and spread through the body.

You should not wear a mask if your breathing is already challenged, such as with Asthma and Pneumonia. Laboured breathing increases heart rate and can be detrimental to health for people with existing heart conditions.

2. INCREASES INHALATION OF TOXINS

TOXINS THAT WE NORMALLY EXHALE AS WE BREATHE BECOME TRAPPED IN THE MASK AND RE-INHALED INTO THE LUNGS, INCREASING SYMPTOMS.

Toxins and virus particles inhaled into the lungs during breathing, together with water droplets produced by the lungs get caught by the face mask and re-inhaled back into the lungs, amplifying symptoms.

3. SHUTS DOWN IMMUNE SYSTEM

DECREASES OXYGEN INTAKE, INCREASES CARBON DIOXIDE & TOXIN INTAKE PUTTING BODY UNDER STRESS, RELEASING CORTISOL & SHUTTING DOWN IMMUNE PROCESSES.

When our body is under stress it releases a hormone called *Cortisol*. This hormone is responsible for shutting down parts of the body not required during the stress *Fight / Flight* or *Freeze* response.

Breathing through a mask increases stress on the body and triggers Cortisol release, effectively reducing proper functioning of our immune systems and leaving us more susceptible to any infection and disease.

Exhaled *Carbon Dioxide* contains elements that are unusable by the body. A mask prevents the full exhalation of carbon dioxide and is re-inhaled, which can cause symptoms of light-headedness and fainting if not addressed.

No studies have been done on the long-term effects of wearing face masks. It is dangerous to use a mask while driving and cases have been documented where drivers have passed out at the wheel leading to fatalities.

4. INCREASES VIRUS RISK

ENCOURAGES TRIGGERING & INFECTION FROM DORMANT RETRO VIRUSES ALREADY IN THE BODY, TAKING ADVANTAGE OF A WEAKENED IMMUNE SYSTEM DUE TO MASK WEARING.

Virus infections that specifically target the Respiratory System, cannot escape normally when breathing. This is known as *Viral Shedding* and is a normal way for your body to remove viral particles from your lungs.

As a result of this, water droplets containing viral particles that are exhaled from the lungs, become trapped in the face mask and are repeatedly inhaled back into the lungs, increasing symptoms. This is referred to as *Amplification*.

In addition, stress, a poorly functioning immune system and the presence of other viruses, can cause non-active viruses present within our cells, to become active, resulting in additional health implications.

5. SCIENTIFICALLY INACCURATE

VIROLOGISTS MEASURE COVID-19 TO BE 80-140nm IN SIZE MAKING THE WEAVE OF MATERIAL MASKS TO BE THE EQUIVALENT OF A CHAIN-LINK FENCE TO A MOSQUITO.

The reported average size of the COVID-19 virus is about 100nm (nanometres), which is around 0.1 microns (0.8-1.4 variable).

A study published on 6th April 2020 found that a surgical mask was not effective in preventing the spread of the COVID-19 virus.

The effectiveness of home-made or 'fashion masks' masks would be worse due to ordinary materials being used and would provide absolutely no protection.

6. EFFECTIVENESS NOT STUDIED

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A study published in 2015 found that infection was higher in those wearing cloth face masks, within a hospital environment during a respiratory virus out-break, compared to those who did not wear a mask.

According to *World Health Organization* guidelines, the use of face masks during an epidemic or pandemic, should be limited only to individuals experiencing symptoms.

No studies have been done to-date, in relation to the general population and the benefit of using face masks to limit or prevent the spread of infectious disease.

Information Sources:

1(a) The Prime Cause and Prevention of Cancer: Dr. Otto Warburg - <http://whale.to/a/warburg.html>

1(b) News Medical: <https://www.news-medical.net/health/What-is-Hypoxemia.aspx>

1(c) Science Direct: <https://www.sciencedirect.com/science/article/abs/pii/S1130147308702355>

4(a) Science Direct: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3142679>

5(a) Annals of Internal Medicine: <https://www.acpjournals.org/doi/10.7326/M20-1342>

6(a) British Medical Journal: <https://bmjopen.bmj.com/content/5/4/e006577>

6(b) World Health Organization:

<https://apps.who.int/iris/bitstream/handle/10665/329438/9789241516839-eng.pdf>

6(c) Journal of Occupational and Environmental Hygiene: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4873718>

6(d) The National Academies of Sciences, Engineering, Medicine: <https://www.nationalacademies.org/news/2006/04/reuse-of-disposable-medical-masks-during-flu-pandemic-not-recommended-reusing-respirators-is-complicated>

6(e) National Library of Medicine: <https://pubmed.ncbi.nlm.nih.gov/32405162>

1-6 Dr Buttar Round-table Discussion with 160+ Medical Doctors (Hosted by London Real): <https://freedomplatform.londonreal.tv/dr-rashid-buttar-hosts-a-doctors-covid-19-roundtable-1000-voices-strong/>