

FACE MASKS

WARNING!!! The information provided will NOT agree with what you've been told. You don't HAVE to believe it, but it would be foolish of you NOT to examine it, unless you like what you already have chosen to believe. There is always another side of the story.

This document was put together for YOU, because I care about people.

Please take the time to read this fairly short article and look at some of the links provided. You may not be aware of it but what you have been told and what you believe is not accurate. You may not be aware of it but the Mainstream News Media has trained you to be a Non-Thinking Order-Follower. You are proving it by wearing that mask, by believing the Media, and by being LAZY about discernment.

Do you like wearing a face mask? Do you like Social Distancing? Do you like Sheltering in Place? Do you agree with shutting down the world and destroying the economy, small businesses, and life as you knew it over the seasonal flu which is being labelled COVID-19 for monetary gain and passing crippling regulations? Do you like this 'new normal'? Do you think this will all just go away and things will return to 'normal'?

This "virus" is less deadly than the flu, grossly inaccurate prediction models, recommended treatments that are killing people, unreliable and contaminated test kits, ridiculously inflated death counts, and media-induced hysteria to push an agenda whereby the end goal is to enslave humanity with forced vaccines, microchips, and police state surveillance.

Even 'if' this 'virus' was real, the 'authorities' (News Media, CDC, WHO, governments, Dr. Fauci, etc.) state that there is less than 1% mortality rate. More people died of the flu than 'coronavirus' last year.

What do you really know about 'viruses'? If your knowledge is from the Media, the Government, or even the Medical Doctors, then you are misinformed.

Viruses are NOT contagious. Viruses are not alive. Viruses are produced by your own body and this usually happens in the spring and the fall. Viruses are simply cleaning solvents produced by your own body to rid your body of toxins.

God designed your body to heal itself. The Medical Industry is designed to make money and keep you sick. Which one do you trust?

Whether you believe this is a real "virus" or not, have you done ANY research or critical thinking on your own? Do you trust the Media and the Government and Doctors with your health and your life? Do you not ask questions and just follow orders? Apparently so. That's why YOU were given this info.

Forcing people to wear masks has nothing to do with safety. It's an experiment to see who's a follower and who isn't. Face masks DO NOT protect you from anything. **The packaging even has a disclaimer on it stating that face masks DO NOT protect you from coronavirus.**

HOW TO BUILD NATURAL IMMUNITY

Healthy eating, clean water, exercise, nature, sunlight, conscious breathing, natural health supplements, hugging loved ones, laughter, obedience to God.

WHAT THE GOVERNMENT RECOMMENDS

Stay indoors, wear a mask, stay away from people, live in perpetual fear and snitch on those who don't, relinquish your rights, inject yourself with toxins, obey the government.

FACE MASKS ARE A MIND-CONTROL DEVICE !!!

If masks work, why the 6 foot rule? If the 6 foot rule works, why the masks? If they both work, why the "Stay At Home" order? -Nonsensical

If you've gotten flu shots during the past ten years, you will test positive for the Wuhan strain of the Covid-19 flu. You see, the 'virus' is in the vaccine! Just so you know, 'they' are adding components of MALARIA into the vaccine!

Those little spikes that come out of the Coronavirus and make it attach inside our lungs so efficiently are Spike Glycoproteins, better known as S-protein 120 spikes. S-protein 120 is only found in one other virus known to man, HIV. The current Covid-19 strain was genetically modified by the insertion of these HIV proteins into the Coronavirus weaponizing it.

Dr. Anthony Fauci is the first person to identify, isolate and PATENT Spike Glycoprotein S-120.

Did you know that Bill Gates owns the COVID-19 patent?

Did you know that Bill Gates paid the W.H.O. to declare Coronavirus a Global Pandemic?

Did you know that Bill Gates wants to vaccinate EVERYBODY?

Bill Gates' public image is a philanthropist and helper of humanity.

Bill Gates' is actually a EUGENECIST, just like his father (once head of Planned Parenthood).

Just so you know, most 'philanthropists' are actually eugenicists.

In a somewhat surprising move, the World Health Organization has come out against Centers for Disease Control and Prevention policy, to say healthy people should only wear a face mask when caring for those afflicted with COVID-19. The statement comes in a video posted to the World Health Organization (WHO) website.

"If you do not have any repository symptoms such as fever, cough or runny nose, you do not need to wear a mask. Masks should only be used by health care workers, caretakers or by people who are sick with symptoms of fever and cough." -WHO Public Health Specialist Dr. April Baller

Baller adds that masks provide people with a "false" sense of protection against COVID-19. However the Centers of Disease Control and Prevention (CDC) has been pushing the public to wear masks at all times. The CDC pointed to a study on mask wearing, that had yet to be peer-reviewed when they made their declaration.

U.S. Surgeon General tweets: **Seriously people- STOP BUYING MASKS!**

They are NOT effective in preventing general public from catching #Coronavirus.

US Surgeon General Jerome Adams had stated on multiple occasions that the public should not wear masks.

The European Center for Disease Control has also had mixed messages on public mask wearing. Posting on their website that *"there is no evidence that face masks will effectively prevent you from becoming infected."*

***People, take off your masks before you really make yourself sick!
Except for healthcare providers and when in high-risk venues, no
one should be wearing a mask.***

***When wearing a synthetic mask the person is filtering their air
through a synthetic material that outgases the petrochemically
derived constituents that most are made of. The masked individual
is then breathing in those aerosolized toxic chemicals.***

Chemical Off-gassing

Many of the sickest COVID patients already have various respiratory illnesses and/or chemical sensitivities, so putting a mask on them is the worst thing that can be done. The same applies to people who are relatively healthy but have E.I. syndrome or MCS.*

***E.I. Syndrome = Environmental Illness Syndrome & MCS = Multiple Chemical Sensitivity**

Brand new products just taken out of a box are notorious for outgassing various chemical toxins. In the case of a new mask, which is placed right over the mouth and nose, these airborne chemicals go right into both airways.

Oxygen & Carbon Dioxide

With each and every in-breath, the sick individual is also intaking some of the carbon dioxide they just exhaled.

Instead of breathing in fresh clean air full of oxygen, the mask is diminishing their oxygen intake and replacing it with the respiratory waste product—carbon dioxide.

By subtly decreasing their oxygen levels in this manner they are being deprived of the most powerful healing agent for respiratory diseases—**Molecular oxygen** (O₂).

Furthermore, even a slight increase of the carbon dioxide levels in their bloodstream can contribute to anxiety and feelings of nervousness as well as cause headaches, dizziness and fatigue.

For these reasons especially, both the healthy and the ill should avoid wearing a mask like the plague otherwise you may end up getting this coronavirus plague.

Unhygienic and Unsanitary

Even after wearing a mask for a short period of time it becomes filthy. The more polluted the indoor and/or outdoor ambient air is, the quicker the mask will become contaminated.

Not only is the mask capturing particulate and chemical pollution from the ambient air, the accumulation of these throughout the course of a day further obstructs the necessary breathing process.

Hence, the longer a mask is worn in a polluted environment, the dirtier and more contaminated it will become. Just take a close look at the return air filter in your home or garage if you want to see what's happening with a well-worn mask; albeit, on a much smaller scale.

Now let's add into the mix the constant coughing and sneezing and spitting up phlegm and mucus.

What will inevitably develop regarding the mask is a worst-case scenario that can push the patient onto a ventilator. This is only one reason so many hospital inpatients are being vented; the inappropriate treatment plans also include specific pharmaceutical drugs that are strongly contraindicated for *Coronavirus syndrome*.

Damage to the Immune System

The following excerpt was taken from this article published by the Alachua Chronicle in Gainesville, Florida: [Face masks can damage the immune system](#).

Stress can lower Your immunity. A face-covering or mask that interferes with respiration can add to stress. Cortisol is a hormone closely linked with stress. It works as a key player in the body's stress response and is often measured in research as an indicator of stress.

Cortisol plays a vital role in the body's functioning; it's secreted by the kidney's adrenal glands. But high and sustained blood levels of cortisone in individuals stressed by the fear of COVID-19 can trigger serious and emergent health issues.

Higher and more [prolonged levels of cortisol](#) in the bloodstream (such as those associated with chronic stress) have been shown to have negative effects, such as:

- **Impaired cognitive performance**
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- **Higher blood pressure**
- **Lowered immunity** and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are **heart attacks, strokes**, developing metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems.

Uncomfortable and Depressing

Anyone who has ever worn a tight, scratchy, synthetic mask knows they are so uncomfortable they want to take it off as soon as they put it on. And, that the longer they feel compelled to wear the mask, the more depressing the whole experience becomes.

Not only is this discomfiting experience physically depressing for all the reasons explained above, it can also become emotionally distressing.

There is a LOT of anecdotal evidence that proves the longer the mask is worn throughout the day, the more dispiriting. Likewise, the more days or weeks of continuous mask-wearing, the more distressful life becomes.

The best example of this new fact of life can be found in the many stores where the employees have been forced to wear a mask during the entire work day. Clearly, they are not happy. Nor are they as helpful as they used to be. The usual courtesy and cheerfulness have been replaced with gloom and/or sadness and/or frustration.

Inflammatory Wedge Issue

Whoever put out the official advice of wearing a mask in the manner which has been adopted

nationwide has performed a tremendous disservice. Common sense tells everyone that when your immune response can be so compromised by constant mask-wearing, a case of *Coronavirus syndrome* becomes much more likely.

The medical authorities and health officials in charge of the coronavirus response effort need to draft a new national policy post haste before more damage is done to the individual and collective health of the American people.

After many decades of managing all sorts of similar epidemics and pandemics, there is no good reason why such an improper recommendation was ever issued. Many of those epidemics involved similar respiratory diseases, so what makes COVID-19 so different except the nonstop fear-mongering.

Those responsible for this extremely bad mask advice have created — wittingly or unwittingly — a toxic coronavirus culture whereby the mask wearers are looking at those who abstain as being dangerous nonconformists who are somehow threatening the mask-wearer's health.

In this way, mask-wearing is quickly becoming a divisive wedge issue that has been driven deeply into the heart of the body politic. This certainly does not help the healing process which many are in dire need of today and beyond.

Families and friends are not only being unnecessarily separated during critical periods of the COVID-19 disease process, social tensions are intensifying even more during this extremely tempestuous election year. This state of affairs only creates a more conducive environment for coronavirus clusters to mushroom; after all, stress weakens the immune system (unless it's well managed).

By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain. -Russell Blaylock, MD

As for the scientific support for the use of face mask, a recent careful examination of the literature, in which 17 of the best studies were analyzed, concluded that,...

“ None of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection.”

No one is telling the frail elderly and those with lung diseases, such as COPD, emphysema or pulmonary fibrosis, of these dangers when wearing a facial mask of any kind—which can cause a severe worsening of lung function. This also includes lung cancer patients and people having had lung surgery, especially with partial resection or even the removal of a whole lung.

MORE DANGERS OF WEARING FACE MASKS

HYPOXIA

A drop in oxygen levels (hypoxia) is associated with an impairment in immunity. A condition in which tissues of the body are starved of oxygen.

Symptoms: Cyanosis, numbness or pins and needles feeling of the extremities

Risk factors: Diabetes, coronary artery disease, heart attack, stroke, embolism, thrombosis, deep-vein thrombosis

HYPERCAPNIA

Rebreathing CO₂ can lead to increased blood pressure, headaches, muscle twitches, rapid heart rate, chest pain, confusion, and fatigue. In extreme cases, if left untreated, hypercapnia can lead to organ damage and even have long standing effects on the brain.

Wearing Face Masks changes your pH level.

Oxygen levels in the body are directly related to pH. Unless the body's pH level is slightly alkaline, the body cannot heal itself. You cannot improve your health until pH levels are above 7. All drugs and medications (over the counter & prescription) are toxic and can cause the pH to be acidic.

Acid decreases the body's ability to repair damaged cells, decreases the ability to get rid of heavy metals and it makes the body more susceptible to fatigue and illness. Everything pivots on a balanced pH. When body pH drops, enzymes are deactivated, digestion is interrupted; vital nutrients are not effectively assimilated.

Disease cannot survive in an alkaline state. But, in a low oxygen/low pH (acidic) state, viruses, bacteria, yeast, mold, fungus, Candida and Cancer cells all thrive.

FALSE SENSE OF SECURITY

Wearing a face mask may give a false sense of security and make people adopt a reduction in compliance with other infection control measures, including social distancing and hands washing.

The quality and the volume of speech between two people wearing masks is considerably compromised.

MASKNE is the most common disease that may be caused by wearing a face mask. Maskne is a term used to describe the acne in the area where the mask is worn. It is caused because the mask traps oil and dirt in pores. This oil and dirt also irritate the skin.

Wearing a mask can also cause malaria and rosacea. Malaria can result from sweat under the face mask. More microorganisms go into your body because of wearing a face mask.

Evidence suggests that in some cases a virus can enter the brain. In most instances it enters the brain by way of the olfactory nerves (smell nerves), which connect directly with the area of the brain dealing with recent memory and memory consolidation. By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain.

PUSHING PEOPLE TO WEAR FACE MASKS IS AN AGENDA TO COMPROMISE YOUR IMMUNE SYSTEM

The question everyone always asks: *"But why would 'they' do that?"*

It all comes down to Genesis 3:15. **The seed of the serpent** VS **The seed of the woman**.

You may not be aware of it, but there are evil people with evil on their hearts that all they want to do is harm you. Make you sick. Enroll you as a lifelong customer into their Medical Mafia. Isn't it obvious that DOCTORS DON'T HEAL? VACCINES ARE HARMFUL? PHARMACEUTICALS DON'T CURE? THE MEDICAL INDUSTRY MAKES BILLIONS OF DOLLARS? THE HEALTH OF PEOPLE IS CONSTANTLY DETERIORATING? NATURAL REMEDIES ARE OUTLAWED? GOD IS NOT INQUIRED OF? !!!

You must understand that not all doctors and nurses are doing this on purpose. They are trained by the Medical Protocol...WHICH IS DESIGNED to make money and treat the symptom...NOT TO HEAL YOU OR ADDRESS THE CAUSE.

If you still don't believe this is an AGENDA, then would you believe it if you saw it from the 'authorities'? Well, 'they' already have the Global Response Plan, in fact, 'they've' already had it in place well before anyone ever even heard of COVID-19.

Here is the official site and 'their' response plan:

Strategic Intelligence <https://intelligence.weforum.org/topics/a1G0X000006O6EHUA0?tab=publications>

Action Response Plan <https://www.weforum.org/platforms/covid-action-platform>

Need help understanding it? https://www.bitchute.com/video/8JbyeV-_5Lo/

This woman explains it too: <https://www.youtube.com/watch?v=Ol6QVDeOa1k&feature=youtu.be>

It was introduced a year before COVID-19 was released! <https://www.congress.gov/bill/116th-congress/house-bill/748/text>

It was shown to us (by predictive programming) during the 2012 London Olympics in the opening ceremony: <https://www.bitchute.com/video/O3yBYj6b7xCb/>

Did you know that by wearing a face mask you are being initiated into a global satanic ritual? **MUST SEE!** [The Mask Ritual Is Mind Control On A Mass Scale!](#) - 44 min vid (smhp)

MORE INFO YOU PROBABLY WON'T BELIEVE

Did you know that 5G frequencies are known to negatively effect the absorption of oxygen in the cells and the body?

BEAM-FORMING O2 Disruption. What is it?

The surveillance technology is military grade weaponry which has the ability to disrupt the oxygen right in front of your face. Not only do 'they' want you to stand 6' apart from everyone so that the surveillance system can lock on to each individual, but beam-forming 5G technology can inhibit your body's ability to get oxygen. If you are wearing any type of wifi head device (air pods, iPhone, wireless headphones, etc.) then you are in danger of beam-forming oxygen disrupting millimeter waves that can cause shortness of breath and even death.

EXPOSURE TO MICROWAVES CAN ALSO LEAD TO VARIOUS FORMS OF LUNG DISEASE AND PNEUMONIA.

THE SO-CALLED “FLU” AND MICROWAVE ILLNESS SHARE MANY OF THE SAME SYMPTOMS

IN HIS BOOK, “**THE INVISIBLE RAINBOW**“, ARTHUR FIRSTENBERG ASSERTS THAT THE FLU IS NOT A VIRAL ILLNESS AT ALL, BUT RATHER AN ELECTRICALLY-INDUCED DISEASE!

The Reader's Digest Version (Highlights and power points):

<https://www.thinkoutsidethebeast.com/wp-content/uploads/2020/05/Flu-Facts-RF-and-Viruses.pdf>

<http://radiation dangers.com/5g/is-the-coronavirus-actually-microwave-illness/>

<http://wifidangers.com/>

<https://www.youtube.com/channel/UCVt3STOc1XNEWOIWYW0UKaA/videos>

What this all comes down to is the roll-out of **AGENDA 2030**:

<https://www.thinkoutsidethebeast.com/wp-content/uploads/2020/06/Agenda-2030-Explained.pdf>

MORE VIDEOS/ARTICLES/LINKS YOU PROBABLY WILL NOT LOOK AT

Green Med Info https://www.greenmedinfo.com/blog/osha-says-masks-dont-work-and-violate-osha-oxygen-levels2?utm_campaign=Daily%20Newsletter%3A%20OSHA%20SAYS%20MASKS%20DON%27T%20WORK%20--%20AND%20Violate%20OSHA%20Oxygen%20Levels%20%28RuZ25q%29&utm_medium=email&utm_source=Daily%20Newsletter&_ke=eyJrbF9lbWFpbCI6ICJkZWJ0ZnJlZXBhdWxhY21haWwY29tliwgImtsX2NvbXBhbnlfaWQiOiAiSzJ2WEF5In0%3D OSHA SAYS MASKS DON'T WORK -- AND VIOLATE OSHA OXYGEN LEVELS

Masks Don't Work (the science) <https://www.thehealthyamerican.org/masks-dont-work>

Preliminary report on surgical mask induced deoxygenation during major surgery
<http://scielo.isciii.es/pdf/neuro/v19n2/3.pdf> (Surgeons compromising their health by wearing face masks)

[W.H.O. Against Face Mask Policies](#) - short article - [When and Where to Wear Masks](#) - 2 min vid (W.H.O.)

[Mandatory Mask Push](#) - 21 min vid (HIF)

[Dr. Fauci on Wearing Masks amid Coronavirus Outbreak](#) - 30 sec vid

[What Did Fauci Say About Masks? Plus: Predictive Mask Programming](#) - 23 min vid (HIF)

[People, take off your masks before you really make yourself sick!](#) - article/facts (State OF the Nation)

[Blaylock: Face Masks Pose Serious Risks To The Healthy](#) - article

[Registered Nurse Warns Against Wearing Masks](#) - 5 min vid

[SHOULD YOU REALLY WEAR A MASK?](#) - 18 min vid (DelBigtree)

[Facts NO sheep will dare admit](#) - 7 min vid (HIF)

[Unmasking Wickedness](#) - article (Celeste Solum)

[The Normalizing of Masks](#) - 13 min vid (ACFAU)

[Staten Islanders with masks drive a non mask wearing person out of a Shoprite](#) - 21 sec vid -

*Media-brainwashed citizens supporting tyranny and attacking those who are not fooled by the fake pandemic.

COVID-19 Information Superpage:

<https://www.thinkoutsidethebeast.com/covid-19/>

WAKE UP !

TAKE OFF THAT DAMN MASK !

STOP PARTICIPATING IN THIS GLOBAL SATANIC RITUAL !

BE THE LEADER OF YOUR OWN LIFE !

STOP OBEYING UNHEALTHY GUIDELINES !

CANCEL YOUR TV 'PROGRAMMING' !

REPENT! FOR THE KINGDOM OF GOD IS AT HAND !

WARNING:

THIS PRODUCT IS AN EAR LOOP MASK. THIS PRODUCT IS NOT A RESPIRATOR AND WILL NOT PROVIDE ANY PROTECTION AGAINST COVID-19(CORONAVIRUS) OR OTHER VIRUSES OR CONTAMINANTS.

Wearing an ear loop mask does not reduce the risk of contracting any disease or infection. User is solely responsible for the selection of appropriate personal protective equipment for the setting and application. Change immediately if contaminated.

- Made of Soft Material
- General Purpose Use Only
- Latex Free
- 50 Masks

"Wearing a cloth mask increases risk of infection."

- CLOTH MASKS REDUCE INTAKE OF OXYGEN
- GERMS ARE TRAPPED NEAR NOSE AND MOUTH
- NO SCIENTIFIC EVIDENCE SUPPORTS HEALTHY PEOPLE WEARING MASKS
- CLOTH MASKS DON'T PREVENT ILLNESS



HEALTHY AMERICAN

Reference 6: ADA Information and links: 42 U.S. Code §12181. Definitions <https://www.ada.gov> Public entities, including grocery stores, cannot discriminate based on disability <https://www.law.cornell.edu/uscode/text/42/12181> gasoline stations, restaurants, etc: <https://www.law.cornell.edu/uscode/text/42/2000a>. Definition of a disability: <https://www.law.cornell.edu/uscode/text/42/12102>

When a public entity provides services, programs, or activities to the public, no qualified individual with a disability shall be excluded from participation in, be denied the benefits of the services, programs, or activities of a public entity, or be subjected to discrimination by any public entity on the basis of disability. 28 C.F.R. § 35.130. Title II of the Americans with Disabilities Act ("ADA"), 42 U.S.C. §§ 12131-12165

The Attorney General is responsible for enforcing Title II of the ADA, 42 U.S.C. §§ 12131-12165 and the relevant regulations implementing Title II, 28 C.F.R. pt. 35 and 49 C.F.R. pt. 37. **How to file an ADA complaint:** https://www.ada.gov/filing_complaint.htm Contact the ADA Information Line at 1-800-514-0301