

But seriously, many of our followers have been asking legitimate questions...

Should I wear a mask?

*Should I **protest** wearing a mask?*

The CDC says that even simple face coverings are better than nothing in order to “*slow the spread*” and limit the transmission of coronavirus.

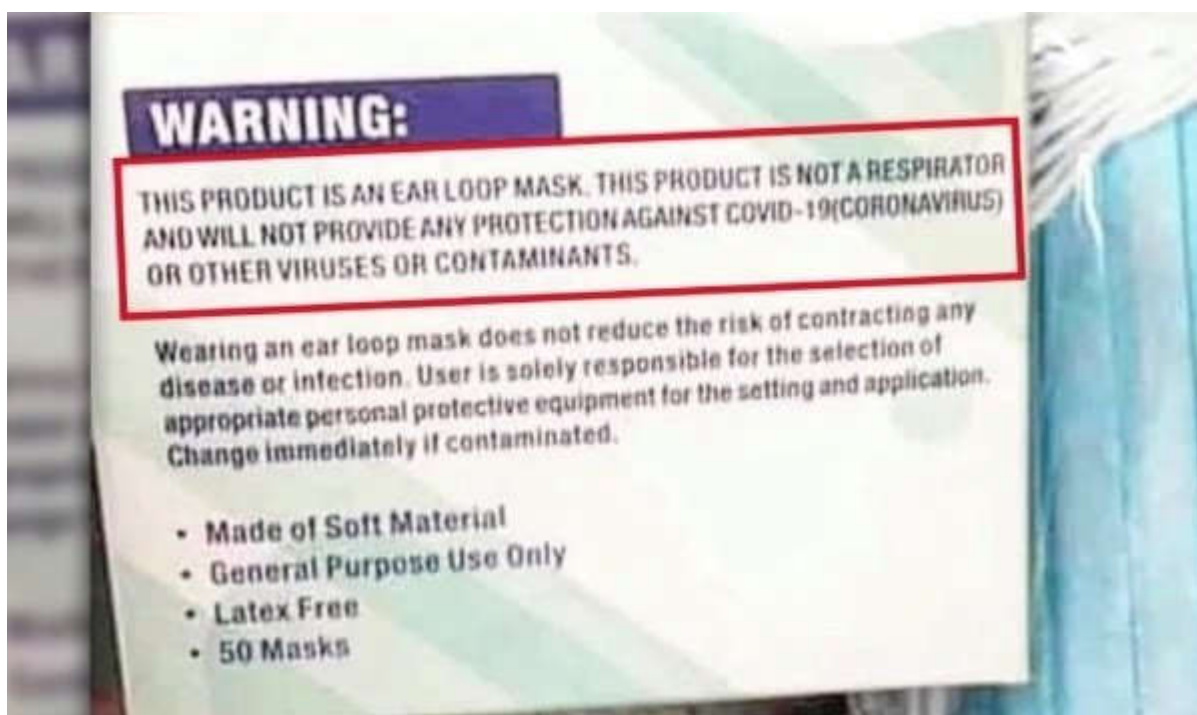
But is this true?

I want to take a few minutes to go over the **FACTS** about masks and COVID-19.

Here are 12 FACTS that we KNOW...

1. **No studies** have been done to demonstrate that either a cloth mask or the N95 mask has any effect on transmission of COVID-19. As a matter of fact, research published in the *Annals of Internal Medicine* at the first of April indicated that “*both surgical and cotton masks seem to be **ineffective** in preventing the dissemination of SARS–CoV-2 from the coughs of patients with COVID-19.*” ([Reference](#))
2. In a February 2020 meta-analysis of six randomized controlled trials involving **9,171** patients, there were **no statistically significant differences** in preventing influenza or viral infections using N95 respirators and surgical masks. ([Reference](#))
3. A May 2020 study involving 159 healthcare workers aged 21 to 35 years of age found that **81% developed headaches** from wearing a face mask. ([Reference](#))
4. In a 2008 study of surgical masks worn by 53 surgeons, researchers found that the mask **reduced the blood oxygen levels significantly**, creating a condition known as “**hypoxia.**” ([Reference](#))

5. A 2015 study indicated that **hypoxia inhibits T-lymphocytes** (the main immune cells used to fight viral infections) by increasing the level of a compound called hypoxia inducible factor-1 (HIF-1). ([Reference](#)) In other words, wearing a mask, which has been shown to cause hypoxia, may actually set the stage for contracting COVID-19 and make the consequences much worse.
6. Hypoxia promotes **inflammation** which can promote the growth, invasion and spread of **cancers**. ([Reference](#)) Hypoxia is also a significant factor in **atherosclerosis**, thus it increases the risk of **stroke** and **heart attack**. ([Reference](#))
7. The **WARNING** on the box of surgical masks states clearly “**THIS PRODUCT WILL NOT PROVIDE ANY PROTECTION AGAINST COVID-19 (CORONAVIRUS) OR OTHER VIRUSES OR CONTAMINANTS.**”



8. Those who wear masks are constantly rebreathing the viruses, raising the concentration of the virus in the lungs and the nasal passages. 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 can travel into the brain. ([Reference](#), [Reference](#), [Reference](#))

9. Anthony Fauci, head of the director of the National Institute of Allergy and Infectious Diseases (NIAID), did an interview on 60 Minutes where he said, “**People shouldn’t be walking around wearing masks.**”
10. The World Health Organization says that there is **no need for healthy people to wear face masks.** ([Reference](#)) They recommend that healthy people **only wear masks** when taking care of someone infected with COVID-19. ([Reference](#))
11. Surgeon General Jerome Adams advised against the general public wearing face masks, saying they were “**not proven to be effective**” in preventing people from contracting COVID-19. ([Reference](#))
12. Although the CDC recommends wearing masks, they admitted that **they do not have data** to confirm that wearing a mask reduces the risk of contracting or spreading COVID-19. ([Reference](#))

IN CONCLUSION

Wearing a mask is like installing a screen door in a submarine. Those who wear them might as well wear their pants backwards as well. It’s like putting up a chain link fence to keep out mosquitoes.

It is a “psy-op” faux security measure. It’s not about protection – it’s truly a case study in “groupthink” and yes, even “magical” thinking.

And due to the COVID-19 fearmongering from the mainstream media liars, the lemmings are all wearing masks, despite the fact that on the box, it says that the mask does **NOT** protect you from COVID-19.

We cannot let the MSM to “normalize” the fear since it allows the government to drag out the closures and restrictions and will make it easier for them to do this to the country every flu season moving forward.

I refuse to “mask up” for the low IQ mob that’s falling for the propaganda, not to mention the health risks by restricting oxygen!

Think about it. There is a virus going around that attacks the respiratory system, and people want to put a mask on that limits the oxygen flowing through their respiratory system.

Forcing **healthy** people to become **immune suppressed** by constantly wearing masks that recirculate exhaled CO2 waste and deplete optimal oxygen uptake, is at best misguided, at worst criminal, given the known data.

Oh yeah, don’t attack and insult those who have chosen not to wear a mask, as the studies suggest that is the **wisest choice** to make.

Thanks to [the research of Dr. Russell Blaylock](#) for sourcing many of the studies in this article.

Thanks to [Roman Bystranik for his COVID-19 fact sheet](#), which was very helpful as well.



**“TO MASK OR NOT TO MASK?”
—THAT IS THE QUESTION!—**

The TRUTH About
CANCER

AND THESE ARE 10 FACTS

1. **No studies** have been done to demonstrate that either a cloth mask or the N95 mask has any effect on transmission of COVID-19.
2. A meta-analysis of 6 trials involving 9,171 patients showed **no statistically significant** differences in preventing influenza or viral infections using N95 respirators and surgical masks.
3. A study of 159 healthcare workers found that **81% developed headaches** from wearing a face mask.
4. A study of 53 surgeons showed that masks significantly **reduce blood oxygen levels**, creating a condition known as **“hypoxia”**.
5. **Hypoxia inhibits T-lymphocytes** (the main immune cells used to fight viral infections) by increasing the level HIF-1. Thus, wearing a mask, may actually set the stage for contracting COVID-19.
6. **Hypoxia promotes inflammation** (which can promote the growth, invasion and spread of cancer) and is also a significant factor in **atherosclerosis** (thus it increases the risk of stroke and heart attack).
7. The **WARNING** on the box of surgical masks states: **“THIS PRODUCT WILL NOT PROVIDE ANY PROTECTION AGAINST COVID-19 (CORONAVIRUS) OR OTHER VIRUSES OR CONTAMINANTS.”**
8. Masks prohibit exhaled viruses from escaping and can cause them to **enter olfactory nerves** and **travel into the brain**.
9. The WHO, Surgeon General Jerome Adams, and Dr. Anthony Fauci have all said that there is **no need for healthy people to wear face masks**.
10. A CDC spokesperson told Reuters that they **do not have data** to confirm that wearing a mask reduces the risk of contracting or spreading COVID-19.

WWW.THETRUTHABOUTCANCER.COM/MASK-NOT-MASK-QUESTION/

SOURCES:

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