

# Masks Likely Do Not Inhibit Viral Spread

Analysis by [Dr. Joseph Mercola](#)

✓ Fact Checked

## STORY AT-A-GLANCE

- > Not a single randomized controlled trial with verified outcome has been able to detect a statistically significant advantage of wearing a mask versus not wearing a mask, when it comes to preventing infectious viral illness
- > If there were any significant advantage to wearing a mask to reduce infection risk to either the wearer or others in the vicinity, then it would have been detected in at least one of these trials, yet there's no sign of such a benefit
- > There is no evidence that masks are of any utility for preventing infection by either stopping the aerosol particles from coming out, or from going in. You're not helping the people around you by wearing a mask, and you're not helping yourself avoid the disease by wearing a mask
- > Infectious viral respiratory diseases primarily spread via very fine aerosol particles that are in suspension in the air. Any mask that allows you to breathe therefore allows for transmission of aerosolized viruses
- > All-cause mortality data are not affected by reporting bias. A detailed study of the current data of all-cause mortality shows the all-cause mortality this past winter was no different, statistically, from previous decades. COVID-19 is not a killer disease, and this pandemic has not brought anything out of the ordinary in terms of death toll

Denis Rancourt, Ph.D., a former full professor of physics, is a researcher with the Ontario Civil Liberties Association in Canada. He's held that volunteer position since 2014, which has given him the opportunity to dig into scientific issues that impact civil rights. He also did postdoctoral work in chemistry.

Here, we discuss the [controversial topic of face masks](#). Should you wear one? When and where? Does it protect you or not? There's a wide range of opinions on this even within the natural health community.

Early on in the [COVID-19 pandemic](#), I endorsed the use of face masks based on the experience of some of the Eastern European countries. The rationale of it seemed to make sense at the time. Since then, however, I've started to question their use.

Unfortunately, the mainstream propaganda and government orders in many states in recent weeks have reverted back toward mask wearing just about everywhere. You're not allowed into stores; you cannot fly or take a cab, Uber or Lyft without one; you must wear one everywhere you go, even outdoors, and if you don't you're vilified, sometimes aggressively attacked.

**“ NONE of these well-designed studies that are intended to remove observational bias found a statistically significant advantage of wearing a mask versus not wearing a mask. ”**

## **There's No Scientific Support for Mask-Wearing**

Rancourt's investigation into mask wearing was part of his research for the Ontario Civil Liberties Association. He did a thorough study of the scientific literature on

**masks, concentrating on evidence showing masks can reduce infection risk, especially viral respiratory diseases.**

*“What I found when I looked at all the randomized controlled trials with verified outcome, meaning you actually measure whether or not the person was infected ... NONE of these well-designed studies that are intended to remove observational bias ... found there was a statistically significant advantage of wearing a mask versus not wearing a mask.*

*Likewise, there was no detectable difference between respirators and surgical masks. That to me was a clear sign that the science was telling us they could not detect a positive utility of masks in this application.*

*We're talking many really [high-]quality trials. What this means — and this is very important — is that if there was any significant advantage to wearing a mask to reduce this [infection] risk, then you would have detected that in at least one of these trials, [yet] there's no sign of it.*

*That to me is a firm scientific conclusion: There is no evidence that masks are of any utility either preventing the aerosol particles from coming out or from going in. You're not helping the people around you by wearing a mask, and you're not helping yourself preventing the disease by wearing a mask.*

*This science is unambiguous in that such a positive effect cannot be detected. So, that was the first thing I publicized. I wrote a large review<sup>1,2</sup> of the scientific literature about that.*

*But then I asked myself, as a physicist and as a scientist, why would that be? Why would masks not work at all? And so, I looked into the biology and physics of how these diseases are transmitted.”*

## The Importance of All-Cause Mortality Statistics

When trying to tease out whether an intervention works against COVID-19 or not, it's important to look at death statistics. The number of deaths is really what's important, not the number of infected individuals, as many may not even exhibit symptoms.

The problem is that assigning the cause of death in a situation where a viral infection taxes the immune system and is confounded by comorbidities is tricky business. As noted by Rancourt, epidemiologists have long known that you cannot reliably assign cause of death during a viral pandemic such as this. There's tremendous bias involved.

To get around those problems, you have to look at all-cause mortality. The reason for this is because all-cause mortality data are not affected by reporting bias.

So, Rancourt did a detailed study of the current data of all-cause mortality, showing that the all-cause mortality this past winter was no different, statistically, from previous decades. In other words, COVID-19 is not a killer disease, and this pandemic has not brought anything out of the ordinary in terms of death toll.

## Government Lockdown Orders Fueled Death Toll

He published this data in the paper,<sup>3</sup> "All-Cause Mortality During COVID-19: No Plague and a Likely Signature of Mass Homicide by Government Response." Rancourt explains:

*"It turns out that these curves, which show the winter burden deaths as humps every winter, some of them, in some jurisdictions, have an additional very sharp peak. It doesn't represent a ... huge amount of deaths by comparison to the total winter burden because it's a very sharp peak, but it's*

***an anomalous peak. It's not a natural peak.***

***And it happened in exact coincidence and time everywhere. In every jurisdiction that sees this anomalous, unnatural peak ... the peak started exactly when the pandemic was declared by the World Health Organization. And the World Health Organization at that time recommended states prepare their hospitals for a huge influx of people with critical conditions.***

***So, the government response to that World Health Organization recommendation is what killed people, what accelerated the deaths. You can see that in the data, and you can also understand it in terms of how immune-vulnerable people are affected by these kinds of diseases.***

***What they did is they closed people into their institutional places of residence, they didn't allow visitors. So, they isolated the most vulnerable parts of society that already had comorbidity conditions who were in a fragile state.***

***So, they ensured that many people that were locked into these institutions would die from this particular seasonal virus that causes the respiratory disease.***

***But the virus itself is not more virulent than other viruses. The total winter burden deaths is not greater, but there is a signature of a sharp feature that lasts the full width at half maximum. This feature is three or four or five weeks, which is extraordinarily rapid, never been seen before. And it happens very late in the winter burdens season.***

***A sharp peak like this has never been seen this late in the season before, and it's happening [synchronistically] everywhere, on every continent, at the same***

*time in direct immediacy after the declaration of the pandemic. To my eye, there is no doubt that there was an acceleration of deaths of vulnerable people due to government responses ...*

*What really matters is the hard data, and the hard data is all-cause mortality in any jurisdiction that you want to look at. And it has not been anomalous, statistically speaking, no matter how you slice it.”*

The two graphs below show the number of deaths from all causes from 1972 until 1993, and 2014 until present time in 2020.

## **Why Government Response Was Ill Advised**

Rancourt goes on to qualify some of this data based on the mechanism of viral transmission, which also helps explain why government responses have been ill advised, as they actually worsen transmission rather than inhibit it. Infectious respiratory diseases primarily spread via very fine aerosol particles that are in suspension in the air.

*“We're talking about the small size fraction of aerosols, so typically smaller than 2 micrometers,” Rancourt explains. “There are water droplets that bear these virions, the virus particles, and there can be dozens or hundreds of these virions per very small droplet of this size.*

*Those are the droplets we're talking about. When you get down to those sizes, gravitational outtake is very inefficient and they basically stay in suspension. And, as soon as you have currents or flow of air, [the particles] are carried.”*

The aerosol particles stay in suspension when the absolute humidity is low. This is

why influenza outbreaks occur during the winter. Once absolute humidity rises, the aerosol particles become unstable. They agglomerate, drop out of suspension and cease to be transmissible. “This is well known,” Rancourt says. “It's been known for a decade. It's been extraordinarily well-demonstrated by top scientists.”

The mid-latitude band is where you find the dry weather and the temperature ideal for transmitting viral respiratory diseases. Viral infections typically spread during the winter in the northern hemisphere, and in the summer in the southern hemisphere.

*“You see it in both hemispheres, but inverted,” Rancourt says. “That is why, when you move down towards the equator, transmission drops. You don't get transmission.*

*Likewise, if you go too far North, it also does not transmit, and that is not well understood. I'm an expert in environmental nanoparticles and how they charge and what they do, so I have some ideas about why that is, but it hasn't been studied in detail.*

*The point is the transmission band is very narrow. It's across Europe and North America where you have temperatures between about zero and 10 degrees Celsius, and you have low absolute humidity. That's where these aerosol particles that are the vector of transmission are completely suspended as part of the fluid air.*

*They're really part of the fluid air, so any air that gets through, [the viral particles are also] going to come through. That's why masks don't work. And these particles are in suspension in the air and get trapped indoors.*

*That's why centers where you have sick people and you're not controlling the air environment are centers of transmission. We're talking about old folks'*

*homes, hospitals, even people's homes. This entire class of diseases, this is how they're transmitted."*

## **Why Masks Are Used During Surgery**

Many firmly believe wearing a mask in public will protect themselves and/or others, and one of the reasons for this is because they appear to work in some circumstances, such as operating rooms. If they don't work, why do surgical staff and many health care workers use them on a regular basis?

As explained by Rancourt, the reason surgical masks are worn in the operating room is to prevent spittle from accidentally falling into an open wound, which could lead to infection. Surgical masks have been shown to be important in that respect.

Preventing microbes and bacteria from falling into an open wound is very different from preventing the spread of viral particles, however. Not only are viruses much smaller than bacteria and many other microbes found in saliva, they are, again, airborne. They're aerosolized and part of the fluid air. Therefore, if air can penetrate the mask, these aerosol particles can also get through.

*"The best randomized controlled trials with verified outcome — in other words, the only scientifically designed studies that remove observational bias and that are valid and rigorous — are [done] in clinical environments.*

*So, they're looking at health care workers treating people that potentially have a viral respiratory infection, or treating people they know have such an infection and they're doing something that will potentially generate a lot of aerosol particles by the treatment. Many, many trials have been done in that environment and none of them find any advantage to the health care workers," Rancourt says.*



## Mask Wearing Does Not Protect Others Either

The video below is from Patrick Bet David, who has a very popular YouTube channel that I enjoy watching. His message below is broken down into very simple terms and he presents valid arguments and good questions. I encourage you to view it if you believe in wearing masks.

Now, one view is that, even though a mask may not protect the wearer against contracting an infection, it will still protect others that the mask-wearer comes into contact with. But that's not what the science shows. The measured outcome in most rigorous studies on this is the infection rate. Did anyone involved get infected?

Comparisons are made between health care workers wearing masks, respirators or nothing at all. While this does not allow you to discern who is being protected — the mask wearer or others — the studies show mask wearing does neither.

Since everyone is in close proximity to each other, and no differences in infection rates are found regardless of what type of mask is worn, or none at all, it tells us that mask wearing protects no one from viral infections.

*"It makes no difference if everybody in your team is wearing a mask; it makes no difference if one is and others aren't," Rancourt says. "Wearing a mask or being in an environment where masks are being worn or not worn, there's no difference in terms of your risk of being infected by the viral respiratory disease.*

*There's no reduction, period. There are no exceptions. All the studies that have been tabulated, looked at, published, I was not able to find any exceptions, if you constrain yourself to verified outcomes."*

What's more, the results are the same for both **N95 respirators** and **surgical masks**.

**Respirators offer no protective advantage when it comes to viral infections.**

*“In one of the randomized control trials, a big one that compared masks and N95 respirators among health care workers, the only statistically significant outcome they discovered and reported on was that the health care workers who wore the N95 respirators were much more likely to suffer from headaches,” Rancourt says.*

*“Now, if you've got a bunch of health care workers, which you're forcing to get headaches, how good is the healthcare going to be?”*

## **Why Masks Don't Prevent Viral Infections**

As noted by Rancourt, it's important to separate scientific findings from possible mechanics that might explain a certain outcome. Studies have conclusively proven masks do not prevent viral infections. Why, is another question.

“I think it's important to recognize that no matter how clever your explanation is, it may not be right,” he says. That said, one commonsense explanation put forth by Rancourt is that masks don't work for this application for the simple fact that they allow airflow:

*“I've come to the conclusion that the most prominent vector of transmission is these fine aerosol particles. Those fine aerosol particles will follow the fluid air. In a surgical mask, there is no way you're blocking the fluid air. When you breathe wearing a surgical mask, the lowest impedance of airflow is through the sides and tops and bottoms of the mask.*

*In other words, very little of the airflow is going to be through the actual mask. The mask is only designed and intended to stop your spitballs from*

*coming out and hitting someone ... If the flow of air is through the sides, whatever molecules or small particles are carried in the air, are going to flow that way as well, and that's how you get infected.*

*If you're not stopping [the viral particles] coming in, you're not stopping them from coming out either. They follow the flow, period. That's the way it is. So that's why there's an equivalence between 'It doesn't protect you and it doesn't protect anyone else either.'"*

Ironically, some masks are even designed with out-vents, to facilitate breathing, which completely negate the claim that mask-wearers are protecting others.

## **Why Masks Have No Impact on Viral Load**

Rancourt also dismisses the argument that masks can reduce the total viral load by catching your spit. The theory is that by minimizing the viral load someone is exposed to, their chances of the infection taking hold are minimized.

*"The large droplets drop to the floor immediately and are not breathed in. So, they're not part of the transmission mechanism. You can do a scientific study that demonstrates that viruses survive a fairly long time on a surface ... These are called fomites, these surfaces where viruses can live and stay active.*

*That does not mean that transmission occurs through surfaces. It only means that a scientist was able to establish that a virus can survive a long time on a surface. It doesn't tell you anything about the likely transmission mechanism of the disease. So, there are a lot of studies like this that are basically irrelevant in terms of transmission mechanism.*

***[Infectious respiratory diseases] are transmitted by these fine aerosol particles that are in suspension in the air. In a case like that, will a mask, will something that is preventing spitballs from coming out, protect you or protect others? And the answer is no, it makes no measurable difference.***

***There are many studies that show how difficult it is to actually infect someone when you're just trying to put something like a fluid or something you know is bearing the virus into their eye or into their nose. It's hard to do this. That's what the studies show.***

***But if you take a fine aerosol and you breathe it in deeply, that's where the infection starts and that's where the virus has evolved to be most effective. So, by breathing in aerosols laden with these viruses, you're going to be infected. Try to do anything else, and it's going to be difficult [to spread infection].***

***The most recent randomized controlled trial [published] this year basically concluded they could find no evidence that masks, hand-washing and distancing, in terms of reducing the risk of these types of diseases, were of any use. [They] didn't help.***

***So, there's this dissonance between what the science actually tells you when you measure correctly, and what the health authorities tell you to do. They want you to be convinced that you're in this dangerous environment and that if you follow their directives, you'll be safe.***

***Their purpose is to control your life and to give you directives, and you're going to accept that. That's part of how they convince you that you absolutely need the state to save your life. I think that's what's going on."***

## Mask-Wearing Is Not Without Its Risks

We've already mentioned that certain masks can increase your likelihood of headaches. Others believe masks can cause lower partial pressure of oxygen, which could cause serious health problems. In the video above, Peggy Hall with TheHealthyAmerican.org claims certain masks can result in low oxygen levels, thus violating OSHA rules on oxygen requirements.

*"There are many admitted dangers to wearing masks," Rancourt says. "The World Health Organization in its June 5 memo,<sup>4</sup> where they reversed their position and decided that it was a good idea to recommend mask use in the general population, in that document, they actually say you have to consider the potential harms, and they list what they consider are all the potential harms.*

*They missed a lot. But one of the top ones is you're concentrating the pathogen laden material onto this material near your face, nose, eyes and so on. And you're touching the mask all the time, you're touching yourself, you're touching others.*

*It's not a controlled clinical environment, so there's potential for transmission in that way. You might wear the mask more than once, you might store it at home and then wear it again. You might do all kinds of things ...*

*What I find extraordinary is that they also have a list of what they call potential advantages. And when I compare the two lists, the potential dangers far outweigh the potential advantages. So, you have to ask yourself, what the heck are you doing?*

*How can you make these two columns and compare the advantages and*

*disadvantages and have one clearly outweigh the other and then conclude that therefore we recommend masks? This is just nonsense. It's irrational. So, my association added our list<sup>5</sup> of things that they weren't even considering.*

*We went into the civil liberties aspect of it as well, because I think this is very important. One of the fundamental aspects of a free and democratic society is that the individual is entitled to evaluate the personal risk to themselves when they act in the world.”*

As noted by Rancourt, risk evaluation is a very personal thing. It involves your personality, your judgment, your knowledge, your experience and your culture. It's a very personal thing that you're entitled to do for yourself. If the state is forcing you to accept their evaluation of risk, then this fundamental precept is violated. What's worse, they're currently forcing you to accept an evaluation of risk that cannot be scientifically justified.

## **Mask Mandates Are Indicative of Rising Totalitarianism**

In its letter<sup>6</sup> to the WHO, the Ontario Civil Liberties Association also addressed the issue of mask mandates as an instrument of totalitarianism.

*“In our letter, we put it this way. There's a recent scientific study<sup>7</sup> that came out in 2019. The first author is the executive director of the Ontario Civil Liberties Association that I do research for, and he's a physicist also. He wrote an article with another physicist.*

*They looked at the conditions under which a society will gradually degrade towards a more totalitarian state. What they found was that there were two major control parameters that characterize the society that will tell you if that*

*is likely to happen or not.*

*One of those control parameters is authoritarianism in the society. What they mean by that is, how successful can an individual be to refuse something, like to refuse to wear a mask if they protest? What is the chance that they'll succeed if they refuse? That would be related to the degree of authoritarianism.*

*The other important parameter is the degree of violence in the society. How violent is the repression if you disobey? So how big is the fine? Can you go to jail? How much punishment will you be subjected to if you disobey a particular rule, for example, wearing of a mask?*

*Those two parameters, they were able to establish what we call a phase diagram of societies ... And what they found is that in present society, if you would estimate the average value of those two parameters for United States or Canada, we're in a state right now where the society is very gradually evolving towards totalitarianism.*

*The way to slow that and prevent it is for people to object and to scale it back. As soon as you agree with an irrational order, an irrational command that is not science-based, then you are doing nothing to bring back society towards the free and democratic society that we should have. You are allowing this slow march towards totalitarianism. That's how I would explain the importance of objecting to this."*

## **Mask Mandates Allow Government to Shirk Responsibility**

Rancourt also points out that when government and health institutions convince people that masks are the solution, they are effectively removing their duty of care

toward you, because they're saying all you need to do is wear a mask. This allows them to avoid the responsibility of actually preventing transmission in the primary centers of transmission, such as hospitals, nursing homes and elsewhere.<sup>8</sup>

*“We don't have to manage the air in such a way that immune-vulnerable in this establishment will not be at risk of dying and so on. They remove their duty of care responsibilities by saying, ‘Well, we're just not going to allow visitors, and we're going to force everyone to wear masks.’*

*You need to look at, scientifically, what is happening here. Why are people at risk? What is immune-vulnerability due to? What can you do about it? And then you have to do something about it if you're serious about your duty of care towards these people. So it has that side effect of letting them get away with not taking care of the people that they're responsible for.”*

## **Calls for Peaceful Civil Disobedience Are Growing**

The Ontario Civil Liberties Association has issued a press release<sup>9</sup> calling for peaceful civil disobedience against mandatory masking. The U.S. nonprofit [Stand for Health Freedom](#) is also calling for civil disobedience, and has a widget you can use to contact your government representatives to let them know wearing a mask must be a personal choice.

*“In the memo that was put out, we explain how best to perform that civil disobedience. We explain that you should be calm and confident and not get into arguments and not try to convince the authorities.*

*Just express your disobedience regarding this rule. And then we explain that they may want to trespass you, they may want to give you a fine, that you can anticipate fighting that fine in court. We go through the steps so that people*



***can visualize how to do this.***

***We explain that some of their core shoppers or core citizens will be angry and aggressive, and to not get into a fight and not to get into a war of words. Do not try to convince them. Just stick to that you are not going to comply. Be very calm. This kind of civil disobedience has been successful at various times in North American history.***

***There are risks involved, but it's often worth it to the individual to have that civil disobedience because there are many individuals that don't know what to do that are very angry because they're being forced to wear masks and they see it as absurd and a constraint. So, we try to give them a view of a venue on how to resist this ...***

***We also recommend when people are practicing this kind of civil disobedience that they not be isolated, that they try to form a grassroots group of support and that they don't do it alone. Try to bring at least one person, one supporter, with them. Record the interaction with the authorities and report back on social media and to their groups with details of what happened and so on.***

***We hope to create kind of a smoother messaging that a lot of people, or at least some people, do not believe this mask story and do not believe that they are at risk and are willing to practice civil disobedience to make that point.”***

Ya know, I can't understand the disrespect from so many.. Dr Mercola has helped thousands of people with this site through the years. I'd like to ask all you commenters who have the audacity to complain about this article, how many thousands of people have YOU helped these past few years. People today have NO respect. You disagree with him, can't you express it diplomatically ?? Why so harsh and rude? Let's see one of you create a site like this. You wouldn't last 1 week. Creating this site took a lot of work, hours, money and sacrifice, and many of you have benefited from that... and the thanks from you people is nasty remarks and threats. Really??? You all should be ashamed of yourselves!!

Posted On 07/19/2020

---

### **csi1411et**

I totally agree with everything you said except "You should all be ashamed of yourselves." How is trying to shame someone for being an \*\*\* any different than them being an \*\*\*?

Posted On 07/19/2020

---

### **njlady**

Maybe they don't know they are...just making them aware of it!...} just trying to be helpful

Posted On 07/19/2020

---

### **Krofter**

njlady - Good approach.

Posted On 07/19/2020

---

## **mirandola**

I have thought much the same. Thank you NJ Lady! And a big roaring THANK YOU and big APPLAUSE for Dr Mercola! Thank you Dr Mercola, for your devotion, your spine, integrity, and commitment. You are very good hearted and we appreciate all that you do! As for threats, those are trolls. And threats are criminal, illegal. Track 'em down!

Posted On 07/19/2020

---

## **njlady**

Krofter 14 yrs in this forum and I've never seen it so bad...kinda says something about society today.

Posted On 07/19/2020

---

## **njlady**

Thanks mirandola, This is a free site..that's what gets me...they should appreciate that, or go complain somewhere else.

Posted On 07/19/2020

---

## **healthylongevity**

njlady, you know this type of people were not, are not and never will be capable of “being ashamed of themselves”, since they don't use critical thinking to analyze all available information. They are the propaganda consumers/regurgitators. I understand and share your frustration.

Posted On 07/19/2020

---

## **njlady**

healthylongevity' I guess the concept of an alternative point of view escapes them...the epitome of ignorance

Posted On 07/19/2020

---

## **cathy067**

I totally agree with you. I am more surprised at the MEDIA including Social Media. I admire Dr Mercola since he lets it roll over his back and continue to do his good work. This is the way to go. I have stood up to many of them on twitter. Many are employees of Pharma or families of Pharma. Take Care njlady. Keep up the good work.

Posted On 07/19/2020

---

## **NewlandsWanderer**

Wonderful post njlady. You speak the truth on behalf of so many people who Dr Mercola has helped down the years. Dr Mercola is a man of honour who is always willing to provide space for people to exchange views, and share important links. His site will often report upon medicinal breakthroughs across the world for our benefit.. He will fight for the rights of everyone to achieve maximum health, and even evaluate pharma drugs like Hydroxychloroquine if he feels they will help. If only Big Pharma would have the same open-hearted approach and respect. Instead they have become a ruthless propaganda-driven medical mafia who will sacrifice the health of humanity for profit.

Posted On 07/19/2020

---

**njlady**

Thanks NewlandsWanderer there is no cost to civility. No one needs to kowtow..but a little respect goes a long way

Posted On 07/19/2020

---

**esther03**

BINGO!

Posted On 07/19/2020

---

**Ido5111**

To csi1411et: Remember when our mothers told us we should be ashamed of ourselves? They were not being an a\*\* - shame is not a bad thing when you have done something wrong. I am thankful every day for the loving discipline my parents gave me - and telling me I should be ashamed of something I should have been ashamed about was a good thing for me. Well said, njlady!!!

Posted On 07/22/2020

---

**BillieBob**

CHealth3, Of course, it's airborne. That's Denis Rancourt's exact argument for why masks don't work - the aerosols holding the virus become part of the air and wherever the air can go, the

aerosols can go also. That's the mechanism for why they don't work. The evidence comes from all the studies he reviewed. You assert that masks work against viral infection. You say it's proven. Where are your studies? I'm simply asking that, when you explode into the middle of an argument, your explosion have some power behind it.

Posted On 07/23/2020

---

## Raythe4th

The tests are absolute garbage. They simply don't work, and yet they are using these tests to lock down our country and force everyone into wearing masks. What a joke. The masks are pure propaganda designed to provide a false sense of security, while also displaying your compliance to the agenda at hand. Turn off your TV's people!!! You are being brainwashed!

Posted On 07/19/2020

---

## Randyfast

...too brainwashed to turn off the boob tube! Brainwashing and conditioning is very effective!

Posted On 07/19/2020

---

## healthylongevity

Unfortunately, most people seem to be the TV ones. This just explains, why the majority is always wrong...

Posted On 07/19/2020

---

## WL4816

"The tests are absolute garbage. They simply don't work, and yet they are using these tests to lock down our country and force everyone into wearing masks."

And the media aren't telling us that no COVID-19 tests have been cleared or approved by the FDA, and none have undergone long-term testing to prove accuracy or reliability. The FDA is allowing the unproven tests on the market due to the declaration of a national emergency by the Gates-funded WHO. It's a free-market, laissez-faire scam without any regulatory oversight which would normally protect consumers from being ripped off. Also, I read an article yesterday which said that Gates is paying a lot of influential people and organizations to maintain the COVID-19 narrative (this might include governors and mayors). The ABC TV network is one of the named recipients of Gates money (it also says that Google owns vaccine patents). Our local Sinclair-owned ABC TV affiliate is devoting most of their news time to the COVID-19 scare, keeping viewers misinformed and apprehensive. Years ago, their star reporter, whose father is a retired dentist, eagerly worked as an advocate for fluoridating our water supply, which had a good reputation for being non-fluoridated. Subsequently, when the fluoride issue was voted on, it passed with about 14 percent of eligible voters participating.

Posted On 07/19/2020

---

## ButterflyGirl

"Let's look at the science behind masks. They claim that it is not to protect us but to protect others. Firstly the masks they are recommending us to wear are not surgical or N95 masks but simply homemade masks or cloth masks. There is no evidence that this is effective in reducing the spread of virus particles. You can wear a bandana across your face and it will pass off as a mask! Secondly masks themselves suppress your immune system through breathing in less oxygen. It may not seem as such a big deal now as you flit in and out of stores, but what about when they make it mandatory in gyms. Is it healthy to wear a mask while your running on a treadmill? Where your body needs even more oxygen than normal! Would you want your children to wear masks in school for hours on end?? Suppressing the supply of oxygen to the brain in the process? If we comply now they are simply going

to introduce more and more stricter measures.

Thirdly masks are dehumanising and a token of submission. Where's the joy in the world if you can't see another person smile, where we are constantly being reminded that we are living in times of fear and death. Isn't this the time to raise our vibrations and not feed in to the low vibration negative mindset. We are born to speak our truth and speak our hearts. Masks are a symbol of silence."

[www.covid19refusers.com/masks-must-not-be-made-mandatory](http://www.covid19refusers.com/masks-must-not-be-made-mandatory)

Posted On 07/19/2020

---

## Randyfast

We're now under Medical Tyranny; which couldn't be more obvious to me. The more the masses are willing to take - the more will be dished out. I'm certainly no scientist; but what I have going for me, is logic and reason. I refuse to bow down to the globalist agendas and I do not wear a mask; and I don't follow the other "recommended" "measures"! DON'T FEAR THE DISEASE...FEAR THE "CURE"!

Posted On 07/19/2020

---

## daileymary

Is a seat belt a token of submission? Come on. Wearing a mask is a simple thing to help stop the spread. No, it isn't perfect if someone doesn't wash it or touches it a lot but it helps reduce the spread. Follow the example of the reality star instead of the medical people who have gone to school for years and worked in the field for years? No thank you. I will be able to smile at people again in the future and knowing that I cared about the other people around me will help me get through this time. I hope when you go to vote you remember that trump called this a hoax from the beginning. Now we have more deaths than any other country. No country comes close to the number of deaths we have. Masks are a symbol of caring about your neighbor.

Posted On 07/19/2020



---

## ButterflyGirl

@dailymary Wow, you would have fit in Nazi Germany quite well. You must be liberal as you follow your emotions instead of thinking things through and of course you politicize everything. I am very happy in how President Trump has handled this ungodly situation. And THIS is a hoax in that it was made in a lab and not natural. To believe this is natural is to believe that a coronavirus spontaneously mutated and jumped to humans at a wet market or deep in some random bat cave which just so happened to be 20 miles from China's only BSL-4 virology lab, a virus with an unusually slippery never-before-seen genome that's evading zoological classification, and whose spike-protein region which allows it to enter host cells appears most like a bio-engineered commercial product, that somehow managed to infect its first three and roughly one-third of its initial victims despite them not being connected to this market, and then be so finely-tuned to humans that it's gone on to create the single greatest public "health crisis" in Chinese history and the world.

Watch this 3 minute video:

It's Just A Mask ... Creepy, but true...<https://youtu.be/KZS4ra5pq18>

Posted On 07/19/2020

---

## shadyray

It is time to stop calling them masks and call them what they really are: muzzles. Muzzles are for dogs not people. I find it hard to believe people, even highly educated people fell for this scam.

Posted On 07/19/2020

---

## mirandola

I loved this article. I think it is very interesting and also, helpful. What I would like to see more of ,is citation about the studies done and exactly how they were designed. It would be good to know. What I think is very interesting and helpful here, is the statement that the virus clings together and drops wherever the air is humid. That being the case, it would seem to me that there are very simple solutions: Air purifiers with humidifiers in every public place, school, etc. and then the people could mix with less fear. But the question is, would the CDC, The WHO and the governors go for that ? Are they interested in solutions, or in control with vaccine profiteering in mind? We should test them and see. I am going to research on PubMed about this, and find studies about viruses with humidity/dry air, then send links to the politicians. Let's see what they say in response, if anything....and I think it would be a very interesting experiment if Every Single Mercola Forum Member did this, as a joint project, to see what Every Single Politician says. Call the Aides, talk with them, see what they say. Organize meetings. Then report back. Shall we?

Posted On 07/19/2020

---

## Hippocrates460

Mirandola. Since you mention study citations, I would like to post some other sources of citations on the general topic of mask studies and evidence masks pose serious health threats. This includes Rancourt's paper, a short paper by Dr. Russell Blaylock and an updated interview of Blaylock, and a summary of research on masks by Colleen Huber NMD.

[masksickness.ca/articles/2020/06/25/masks-dont-work-review-science-rel..](https://masksickness.ca/articles/2020/06/25/masks-dont-work-review-science-rel..)

[www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-hea..](http://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-hea..)

[technocracy.studio/e/special-interview-with-dr-russell-blaylock-on-fac..](http://technocracy.studio/e/special-interview-with-dr-russell-blaylock-on-fac..)

[www.primarydoctor.org/masks-not-effect](http://www.primarydoctor.org/masks-not-effect)

Regarding the question "do the-powers-that-be want solutions", that appears to be a resounding NO. There are at least four effective to highly effective covid19 treatments and all of these have been suppressed and / or attacked by the Establishment. This includes (1) steroid inhalers for early symptoms (see Dr. Bartlett's testimony <https://.../watch> ) used by several nations with very low death rates; (2) hydrochloroquine/azithromycin/zinc;

(3) Dr. Brownstein of Michigan's protocol using vitamins A,D, and IV-C, iodine, and ozone (over 100

covid pts successfully treated, no deaths!); and (4) the M.A.T.H. plus protocol used beginning in March by frontline covid ICU intensivist physicians led by Dr. Marik (pioneered Marik IV-C protocol for sepsis) which reduced covid ICU death rates by ~95%. MATH = Methylprednisolone; Ascorbic Acid (IV-C); Thiamine plus zinc, etc; and Heparin. Nice interview of Marik on clinical science of MATH here: [www.youtube.com/watch](http://www.youtube.com/watch) Brownstein's clinic raided by authorities for harassment and FTC shut down his blog and email. A fraudulent study with fake data was published in Lancet aimed at attacking hydrochloroquine, another study used highly toxic doses. MATH docs reached out to media & govt officials, largely ign

Posted On 07/20/2020

---

## TimM

Wow, this article needs to be distributed far and wide. Many retailers, including most grocery companies, now require customers to wear a mask while in their place of business. Last week I was denied entry to Sprouts Farmers Market because I did not have a face covering. I cannot wear a mask because I have tachycardia (SVT). An employee at Sprouts told me that I have the options of wearing a face shield or doing curbside pickup. So I left disappointed, and I went home and called Sprouts Customer Relations. I explained to them I cannot wear a mask due to a medical condition. I also said that I am not going to spend money on a face shield and that I want to be able to go into to store and see the product offerings and shop for what I need. Finally, I said that Sprouts should revise its new policy to accommodate those who can't wear masks because of medical conditions. I explained that Costco provides an exemption for those with health conditions. All you have to do is tell the Costco employee at the entrance of the store, and they'll let you right in, no questions asked.

Posted On 07/19/2020

---

## Jean from Cincinnati OH

This I don't understand, I rarely go out and when I do wear the mask because I can and don't have that kind of medical issue. All of these folks in the news pulling guns on cashiers who ask the

patron to follow the company rules to wear a mask and they're screaming about their rights or health contraindications.....why don't they stay home and amazon order like everyone else? I don't go to Home Depot and demand to waltz around without a mask when it's the store policy like wearing a shirt and shoes. I don't understand.

Posted On 07/19/2020

---

## shadyray

This should clear it up: [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## pinklucygirl

Dear TimM, Good for you for contacting Sprouts Customer Relations. I'm surprised they wouldn't let you in when you told them you had a medical condition. I followed the advice of Peggy at TheHealthyAmerican.org. I've only been asked about not wearing a mask in one restaurant and I just said I have a medical condition and they promptly seated me. Of course, none of the other customers had masks on because they were eating! It is a very bad joke! It makes me very sad for our country and I pray to God that we have learned from it and never do it again.

Posted On 07/19/2020

---

## Krofter

I had a similar encounter at Sprouts, only in my case I told them that I've had it and that I'm immune - can't catch it, can't give it - just like a vaccine. No need for mask. Apparently he never graduated from high school because he looked at me with complete befuddlement. He was a dog from the corporate office sent to enforce corporate mask regs. He told me I had the choice of leaving or

wearing a mask, no other option. It's now turning into corporate fascism.

Posted On 07/19/2020

---

## mirandola

The two-faced irony is that the invocation with mask wearing, is "be nice". Well what about being nice to the mask wearer? I do wear my mask in compliance with the regulations and out of respect for others who are in fear. But I also know that the virus is real yet is being over-diagnosed and over-touted, a salesman's game to scare us all into accepting a vaccine. I ask many questions and am very angry.

So if the mask wearer feels faint, are they not allowed to take it off? If they become infected from bacteria caught in the fabric of the mask, must they keep wearing it? If they get a headache, they can't take it off? Be nice, folks.

Posted On 07/19/2020

---

## mourningwarbler

In our Pinellas County, FL, it's our tyrant county commissioners who are forcing the stores; but Walmart is requiring it everywhere. If you're in District 2, Vote Janet Long out of office; and vote for Ahern to replace. One of our City Commissioners fought the good fight all alone and lost: Commissioner Kathleen Peters. Wonder what the next, "Simon says..." is going to be? Finally read Judy Mikovits' book PLAGUE OF CORRUPTION. First e-book I ever read; was with another book for \$1.99.

Posted On 07/19/2020

---

## lancipoo

Since you can't wear a mask in public due to health reasons, how are you going to protect yourself and others when you are out in public?

Posted On 07/20/2020

---

## HealthNutNews

What I think is most important is one can be pro mask without being pro mask mandate. I completely respect people who want to wear masks whether they think it protects themselves and or someone else. But I am not for mandated laws by the government forcing people to wear masks. Erin Elizabeth

Posted On 07/19/2020

---

## mirandola

Thank you Erin! People make the assumption that to be anti-mandates, is to be anti-mask. Same with vaccines. Pro choice. I always tell people that we have every right to ask a lot of questions, even while we comply. Those who jump to conclusions, are doing exactly that.

Posted On 07/19/2020

---

## bel8372

On target!

Posted On 07/20/2020

---

## ChrisK

Great point, but even worse is that most of these "mandates" are NOT LAWS, they are strokes of a pen, usually by 1 person, a governor, that claims they can mandate something across their State, unconstitutionally. IF a State actually wants to have a mask mandate order, then pass an actual law in the legislature and/or actually declare martial law, where the State has more leeway as an "emergency". This idea that those in power (both parties) can just pass a mandate, use Executive Orders, etc. should be alarming to anyone with a modicum of respect for our Constitutional Republic.

Posted On 07/20/2020

---

## nan6449

Redick!!! I for one do not consider THE FACEMASK a new fashion statement! People are now seeing this as the " new normal," which is NOT normal by any means!

Posted On 07/19/2020

---

## pinklucygirl

Dear Nan6449, On the Home Shopping Network yesterday, the Today's Special Value was a set of 3 cotton face masks in designer fabrics for only \$27. We have lost our minds!!!

Posted On 07/19/2020

---

## mourningwarbler

It's the "Heil Hitler" of 21st Century USA; symbol of the iron claw of globalism; it's the "I'm going to keep my head low and obey so I don't get my head chopped off down the line!" Still not nearly so bad as living in China, North Korea, Cuba, Venezuela.... Praying also for Hong King.

Posted On 07/19/2020

---

## Jayyebird

The Second Wave will be from the self contaminated Covid19 victims! It's a Win Win for Bill Gates and Fauci! Trillions of Wins!

Posted On 07/19/2020

---

## DeeMarie123

And the bonus is Fauci is already blaming anti-vaxxers to cover up his poor covid response (and that he funded it)

Posted On 07/19/2020

---

## epi-cure

The inspiration for the following inscription on a visible T-shirt came from a fellow Mercola reader/poster (Thank You!) earlier this week: Bigger than Watergate . . . . FAUCIGATES !

Posted On 07/19/2020

---

## rrealrose

Thanks epi-cure, you made my morning, if not my entire day! Maybe we can get this imprinted on facemasks we are being forced to wear inside buildings.



Posted On 07/19/2020

---

## **mirandola**

@Epic-cure: Faucigates, CoronaGates

Posted On 07/19/2020

---

## **balhawk**

Yes, how ironic that people are more vaccinated than ever, and these con artists blame "anti-vaxxers" for this plandemic. Smoke and mirrors everywhere, hiding the poison darts they intend to fire at everyone.

Posted On 07/19/2020

---

## **forbiddenhealing**

Help and change is on the way...Go out to a dark area @ 10pm, look low to NNW beneath the Big Dipper....Comet NEOWISE ...beautiful, take binoculars...Harbinger comets always change stuff.

Posted On 07/19/2020

---

## **NewlandsWanderer**

Thanks forbiddenhealing. Let's hope it's a good omen. Nothing better than looking up at the stars to ground oneself and bring a sense of peace and perspective. There's a poem by Walt Whitman called "When I Heard The Learned Astronomer". You might know it? It's a bit of a Boffin Basher but with evocative final lines: "Till rising and gliding out I wandered off by myself -- In the mystical

moist night air, and from time to time --Looked up in perfect silence at the stars"

Posted On 07/19/2020

---

## knowbytouch1

Nations without the mask Wars do better. America is back to 1000 dead a day, and you have been part of creating the mask War. Shame on you.

Posted On 07/19/2020

---

## dev5922

[voxeu.org/.../unmasked-effect-face-masks-spread-covid-19](https://voxeu.org/.../unmasked-effect-face-masks-spread-covid-19) Interesting read.

Posted On 07/19/2020

---

## Krofter

[www.youtube.com/watch](https://www.youtube.com/watch)

Posted On 07/19/2020

---

## coolvyakti

Could you pls cite any scientific study which can show the effectiveness of a mask to prevent viral protection? If the test is to find RNA sequence with an 80% match to corona virus RNA sequence and not specifically this virus, how is the test even scientifically valid? Are you aware that human DNA matches upwards of 96% with chimps, and yet we aren't labelled as "chimps"? So how can

80% match prove that the "corona" virus is present? Viruses are 100 nanometers or less in diameter; so how exactly can they be filtered by a mere (ill fitting) cloth mask or even a N95 mask (the best of which can filter 300 nanometers and above)? Wearing a cloth mask is like putting a chain link fence to prevent mosquitoes.

Even doctors who wear N95 mask are advised not to wear it beyond 1 hour - it is known to reduce oxygen, cause headaches, nausea etc. You are just willing to believe whatever nonsense is dished out by MSN - without any scientific evidence or even using your own common sense. Also, why are people being scared by the presence of 1 virus, when there are trillion viruses living in your body, in the air around you, in the water you drink, in a small spoonful of soil etc. So you are somehow convinced that even though you know nothing about these trillions of viruses, they are all "good" except this one corona which has been deemed as a "villain" by the CDC/WHO - so you just believe them? Does that make any sense? If viruses didn't exist inside our bodies, we would be dead by now - did you know that? All can't be "good" or "bad" - our bodies have the intelligence to maintain a "balance" and when we go out of balance, it has the capability to bring it back to balance (naturally).

Posted On 07/19/2020

---

## Barbara Charis

Agreed with what was said 100%. My daughter was rather panicky at first, but she did her own homework and discovered the same as above. I believe if you have a healthy immune system you have nothing to fear at any age. I have read about people over the age of 100 surviving COVID19 and recovering well. Many deaths are being recorded as COVID19 that are caused by accidents or people already sick with cancer, heart disease, diabetes, etc. This kind of boosts the statistics. Just read about labs in Florida that have boosted COVID19 DEATHS 1000 % through errors??? It is incredible how well the fear factor works. It is hard to get it through the heads of many that they have been "snookered."

Posted On 07/19/2020

---

## tep4419

The Florida errors were due to some labs accidentally not including negative results in their reports which skewed the positivity rate.

Posted On 07/19/2020

---

## Randyfast

Good post, Barbara. It's nice to hear from people who use their brain for something other than a sponge for the lamestream media lies! I really don't have to read any of these reports. I know instinctively that wearing those masks is detrimental to a person's health (assuming that they have any health left).

Posted On 07/19/2020

---

## dev5922

Randyfast: "instinctively" eh? Really.

Posted On 07/19/2020

---

## acs4457

I simply put droplets of Tea Trea oil on the masks and sanitize hands with it. I have never had a cold in 5 years since starting to sniff TT with the first sneeze. It cures a Violin Spider bite on my ankle within 3 days. Violin Spaders appaerntly inject one of the most vicious viruses into one.

Posted On 07/19/2020

---

**bolke**

Now THAT is useful information.

Posted On 07/19/2020

---

**ianmac**

Great news! I've got tea tree oil on my shelf, so I'll have to remember this use.

Posted On 07/19/2020

---

**Almond**

Thieve's Oil.

Posted On 07/19/2020

---

**mirandola**

One way I disinfect my mask is to pour vodka on it. The vodka evaporates and disinfects the mask...up to a point. If I have given the mask light wear, I will do the vodka thing. If I have worn it for a bit longer, I will wash it. This way I reduce the amount of wear on the fabric, to preserve its integrity.

Posted On 07/19/2020

---

## mourningwarbler

I don't disinfect my mask, though every few days I wash it out with some gentle detergent. Want to keep brushing up against microbes to keep up my immune system. I'm using a hair thing from Walmart that someone with asthma told me about. Super thin tube. Is annoying but easier to breathe with than some of the others.

Posted On 07/19/2020

---

## balhawk

Wouldn't work for me because tea tree oil has the effect of nerve gas on me.

Posted On 07/19/2020

---

## epi-cure

mirandola, might as well savor the cleansing moment, pour on a little extra plus a small measure of vermouth and a couple of olives. You've just changed a muzzle into a Masktini.

Posted On 07/20/2020

---

## bolke

"A detailed study of the current data of all-cause mortality shows the all-cause mortality this past winter was no different, statistically, from previous decades." WINTER?!

Posted On 07/19/2020

---

## navisos34

OK, but what are the very high number of infections reported everywhere? What do the test results signify? If you are tested positive for COVID-19, then what does that mean? For instance, if you have high blood pressure not caused by any medical reason (i.e. a so-called essential high blood pressure) and is well-controlled by medication, and you are suddenly tested positive for COVID-19, then what does that mean to you? And if it is not the virus, then what causes the overreaction of your immune system by virtue of a cytokine storm?

Posted On 07/19/2020

---

## Wacahootaman

The death attributed to Covid only started in the USA in March. It is now mid summer and reportedly there are 140K deaths from the virus and predictions of that doubling by the fall.

If you look at the chart of all cause mortality the lowest numbers of deaths are usually recorded in the summer and spike up in the winter.

I guess time will tell if all cause mortality numbers I show the falsity of this argument.

Posted On 07/19/2020

---

## caws

If low humidity is key to the virus replication; it makes sense that the surge in cases is happening in the South now because it is brutally hot here and we have all cranked up our air conditioners which dry out the air along with cooling it. Up North in winter everybody has fireplaces and heat blowing and the air is really dry. This is why ; except for Spring & Fall when I open the windows & turn on the fans, I run portable humidifiers in bedrooms and living room. No need for it in bathrooms or kitchen [cooking & showering raise humidity]. You can pick up a humidifier at thrift

store for a few dollars and make sure you use distilled or very clean well water.

In addition to all Dr Mercola's wise advise about which supplements to take ;I also use a Rife machine that effectively kills any targeted pathogens plus I have large supply of essential oils specifically for viruses,bacteria,fungus,and parasites. I have microscopic proof that I killed my serious case of Lyme and Babesia with this method. The fact that Ivermecton and Hydroxychloroquine have helped in Covid recovery tells me that there is a parasitic component in the mix here. Not addressing Babesia is one of the reasons patients take IV antibiotics for Lyme and never get better unless they take an anti parasitic.

Posted On 07/19/2020

---

**00**

navisos34 asked "why the high infection rate". Search 'Tanzania president pawpaw' He is on youtube telling his people that he ran tests on a goat, a drop of oil, fruits.... etc. And guess what -- many of them came back positive for Covid-19. So, the Third World is waking up....

Posted On 07/19/2020

---

**dev5922**

Then why aren't all the hospitals, emergency rooms and morgues filled with influenza victims EVERY YEAR? Because IT'S DIFFERENT.

Posted On 07/19/2020

---

**Krofter**

navisos - COVID-19 is the symptomatic form of SARS COV II (or is it III?). A positive test does not



mean you're sick. If I understand this correctly, it means your body has encountered the virus and your immune system is fighting, or has fought it off without showing any outward signs of illness. If after 2 weeks you have not become sick, your immune - the same as getting a vaccine. This is why the more people that get exposed the better chance we have of reaching herd immunity - no vaccine needed. This has been the history of the flu virus for the past several million years. This is why flattening the curve is a bad idea, unless your invested in the vaccine industry.

edit - A positive test (sans symptoms) could also mean you had developed a natural immunity from a previous exposure to a similar virus.

Posted On 07/19/2020

---

## DrJohnH

This should settle it: The CDC says face masks do not work. Published May 2020. "Our systematic review found no significant effect of face masks on transmission of laboratory-confirmed influenza." [wwwnc.cdc.gov/.../19-0994\\_article](http://wwwnc.cdc.gov/.../19-0994_article)

Posted On 07/23/2020

---

## mikeatbb

I am a retired industrial chemist and chemical engineer and carried out many work activities wearing breathing protection ranging from fabric dust masks to pressurised respirators and complete suits. All negative pressure masks suffered significant leakage even when fitted very carefully to clean shaven regular shaped faces. Secondary contamination when removing used masks was always an issue as the outside of the mask concentrated toxic particles. All these issues will be exaggerated in the public use of fabric face masks which are a poor design do not fit tight to the contours of the face and around the nose and exhaled air will also leak at increased velocity. A high percentage of men have facial hair which was banned in the industrial situation., Only positive pressure air supplied masks are reliable as worn in the virus or nuclear research labs. The other negative effects of restricted O2,

raised CO2, speech restrictions, tunnel vision, spectacle/goggle fogging and poor hygiene ref. bacteria add to the irrationality of mask wearing in public. I will not be wearing fabric masks but I am prepared to wear a wrap round clear plastic visor with a foam headband seal which will be more effective and without the negative effects listed above...Note as the pandemic progressed use of these visors became more evident in the care facilities but usually with the fabric mask...not necessary in my opinion. Another negative effect of mask wearing is people then feel safe talking close face to face when they should be separated.

Posted On 07/19/2020

---

**wendyb.**

Okay, some light humour here: Funny but true! Thanks to whomever wrote this: So we're into our 5th month of defeating COVID-19. These words made me laugh but there's a lot of truth mixed in to consider. . . 1. So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap? 2. Is it too early to put up the Christmas tree yet? I have run out of things to do. 3. When this virus thing is over with, I still want some of you to stay away from me. 4. If these last months have taught us anything, it's that stupidity travels faster than any virus on the planet, particularly among politicians and bureaucrats. 5. Just wait a second – so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right? 6. People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent. 7. If you believe all this will end and we will get back to normal just because we reopen everything, raise your hand. Now slap yourself with it.

8. Another Saturday night in the house and I just realized the trash goes out more than me. 9. Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic. 10. Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now. 11. The spread of Covid-19 is based on two factors: 1. How dense the population is and 2. How dense the population is. 12. Remember all those times when you wished the weekend would last forever? Well, wish granted. Happy now? 13. It may take a village to raise a child, but I swear it's going to take a whole vineyard to home school one. 14. Did a big load of pajamas so I would have enough clean work clothes for this week. Share this. Copy and paste.

Posted On 07/19/2020

---

## Charly ali

Thank-you, that was funny.

Posted On 07/19/2020

---

## blarse1

Thanks, I needed a good laugh

Posted On 07/19/2020

---

## hut

It is so very difficult to prove things. You need big numbers. Here's a case for wearing masks. It was quickly adapted as fashionable to wear them in the Czech Republic. Unlike their neighbouring countries they have only 348 deaths in a population of 10.5 million. That's like 33 deaths / million. Whereas here in Canada, typically only half of the population is wearing them and our death toll is 234 deaths / million. Typically males are less likely to wear them.

Posted On 07/19/2020

---

## Hippocrates460

I believe the Czech Republic, like Japan, Taiwan, Singapore, and a few other nations, started using steroid inhalers early on in the pandemic and for early stage symptoms, mild to moderate cases, before severe illness set in. This is the same strategy Dr. Richard Bartlett of Texas began using on

covid19 patients with great success beginning in March. Barlett used Budesonide via nebulizer. He also used an antibiotic and zinc for good measure, though he describes Budesonide as the silver bullet. Dr. Richard Barlett interview (nearly 4 million views) [www.youtube.com/watch](http://www.youtube.com/watch)

Rancourt is correct. A lot of published studies make it clear masks do not protect against viral transmission. In one study, health care workers wearing cloth masks had a 13 fold higher rate of developing respiratory infections. The study authors cited the build up of moisture in cloth masks as a likely major contributor. Even the CDC warns mold can grow quickly on cloth masks. A study of surgeons with and without masks showed there was no difference in patient infection rates. There's research showing the immune system deteriorates wearing a mask. That makes sense as hypoxia is a proxy for mitochondrial dysfunction (which my area of research in neurological disorders).

Posted On 07/20/2020

---

**hut**

Hello Hippocrates460, Thanks for your feedback I watched and thought but to me masking wins. I suspect that Dr Rancourt bears a chip against the U of Ottawa that he is trying to deal with. I too have some physics under me belt. Here's a nice meta-analysis from the Lancet that supports the use of facemasks: [www.thelancet.com/.../PIIS0140-6736\(20\)31142-9/fulltext#%20](http://www.thelancet.com/.../PIIS0140-6736(20)31142-9/fulltext#%20) Also have a look at Nature: [www.nature.com/.../s41591-020-0843-2](http://www.nature.com/.../s41591-020-0843-2) And the Royal Society (always liked the story of how they used to lock up their lecturers in the early days because some got stage fright before they were on): [royalsocietypublishing.org/.../rspa.2020.0376](http://royalsocietypublishing.org/.../rspa.2020.0376) The problem is to do a clinical rather than observational study on the public rather than health care workers.

Cheers

Posted On 07/21/2020

---

**juststeve**

And then they fight you, (actually, now they are fighting us.) {" it's important to look at death statistics. The number of deaths is really what's important, not the number of infected individuals, as many may not even exhibit symptoms. - The aerosol particles stay in suspension when the absolute humidity is low. This is why influenza outbreaks occur during the winter. Once absolute humidity rises, the aerosol particles become unstable. They agglomerate, drop out of suspension & cease to be transmissible. - these particles are in suspension in the air & get trapped indoors.

This is why centers where you have sick people & you're not controlling the air environment are centers of transmission. We're talking about old folks' homes, hospitals, even people's homes. This entire class of diseases, this is how they're transmitted."} This is what our friend Krofter has been sharing with us about the hot, dry, arid states.

And then they fight you, (actually, now they are fighting us!) This situation is showing us just how crippled & sick our the official medical & other institutions are. It also shows us what to expect when the Economic impact fully hits & will be affecting our health as well. Think you are not making a difference? Their behavior by shutting down internet sites, discussion between the "Left" & "Right," shepherding us into official doctrine Legacy Media shows their concern about blocking a tipping point where real & actual healing solutions for Life & Us take hold & place, all without their stranglehold & feeding the cream to themselves, & them alone.

Posted On 07/19/2020

---

## CMS\_72

From a Pacific island - whose name and location is kept secret for geo-strategic and national security reasons - came alarming news: the number of reported cases of covid-19 infection is "000". After long debates, sleepless nights, dozens of computer simulations and over 500 million dollars invested, the scientists came to the conclusion that such a thing is impossible and even inadmissible and decided to help the island return to normal. To this end, tons of covid-19 were thrown from the plane on the island. Then came the long-awaited answer from artificial intelligence: a significant upward curve was observed on computer graphics - from "000" to "00.0".

Everyone in official science started celebrating the event and even the honorary citizen SOPHIA got drunk even though in Saudi Arabia alcohol is forbidden even for robots ... Then, one morning, from a three-year-old child (the only one who was still with the whole mind on the planet at that time) came the answer that shook everyone: the island was actually uninhabited and deserted from the beginning !! Since then, that morning has been declared the "black morning of official science" and marked in black on calendars. Of course, the official scientists had to resolve the situation in a manner specific to reliable official science: they forcibly brought an Australian native to that island and declared the island a disaster area and a pandemic with 101% cases of 'infection'.

The good news is that scientists will not make the same mistake again: that is why the next target is Easter Island where scientists hope that the famous mysterious statues will not oppose testing and intentional infection with 'covid-19'. The Bill and Melinda Gates Foundation is intensely preparing for this historic event, contributing decisively to the well-being of these ancient inhabitants of the island: huge masks that cost one million dollars each, money from taxes paid by American citizens...

Posted On 07/19/2020

---

## CMS\_72

Some say the costs are exaggerated and others, more aggressive, say that it makes no sense and that everything is stupid ... But who else listens to these conspirators, when everything is for the general good ... ?? The Foundation has stated on all official television stations, in all major newspapers and on all official radio stations that those masks must be visible from the Moon, with the naked eye, which really justifies their humanitarian attitude full of compassion for some non-speaking inhabitants in a permanent state of wonder. "Possible extraterrestrial civilizations must see that We Care and 'All Lives Matter' ..." said Rob Ott, visibly moved, the Foundation's new spokesman

Posted On 07/19/2020

---

## epi-cure

A great little piece of satire, that. Thanks. While reading I was anticipating you finale and thought the authorities might have declared a priori that the 3-year-olds observation was to be declared invalid because 15 years hence (s)he would reach legal adulthood and all prior juvenile history would not be held against them.

Posted On 07/19/2020

---

## **NewlandsWanderer**

@CMS-72 A nice piece of satirical humour to brighten the day. However --- Latest news from space. The moon has tested positive to Covid-19. Mainstream lunatics are staying out of the moonlight for fear of contagion.

Posted On 07/19/2020

---

## **CMS\_72**

NewlandsWanderer Yes, that's right :)) But sources who remain anonymous from the highest level of the Space Agency said that everything was solved in a happy way: The Moon already has a mask on the unseen face and what we see every night is not the 'face' of the Moon... Of course, in this case as well, as always, as usual, the Gates Foundation has found a reasonable solution: in cooperation with the Chinese, they will build a huge diaper so that everyone feels protected.

Posted On 07/19/2020

---

## **MiketheAngel**

The three year old's observation is not science and must be ignored. In this situation only a randomized clinical trial will do. Until then we just don't know.

Posted On 07/19/2020

---

## Casimcea

Of course the "cases" are going through the roof, and this is why: "The report showed that Orlando Health had a 98 percent positivity rate. However, when FOX 35 News contacted the hospital, they confirmed errors in the report. Orlando Health's positivity rate is only 9.4 percent, not 98 percent as in the report. The report also showed that the Orlando Veteran's Medical Center had a positivity rate of 76 percent. A spokesperson for the VA told FOX 35 News on Tuesday that this does not reflect their numbers and that the positivity rate for the center is actually 6 percent." Also in UK: The latest report (June) from the Office of National Statistics in the UK states that this year's total death toll is slightly below the 5 year average. So fewer people have died during the Covid-19 pandemic than in the 4 previous years when Covid-19 didn't exist!

Posted On 07/19/2020

---

## ColdTurkey

Many thanks, Dr. Mercola, for a great and convincing article. Health-wise, you are the best thing on the Internet. We haven't reached herd immunity yet, but just go to the grocery store, and you will see that we have reached herd -stupidity.

Posted On 07/19/2020

---

## esther03

Fabulous comment

Posted On 07/19/2020



---

## epi-cure

Oh mercy, once again the house is on fire with another hot potato topic. If only both sides would relent a bit from their all or nothing position but this fiendishly clever divisive campaign is driving the polemics to an all-time high. The world should be having calm discussions about both what can be done to reduce our chances of both exposure AND curtailing infectiousness. But as we know there's a near complete news blackout on legacy media regarding prophylactic measures. For those who deride others for "conspiracy" theories, this news blackout is the conspiracy in plain view in the full light of day. A sane society would allow for those discussions which the Big Pharma drug money advertising dollar has preempted so the pushback becomes tit for tat and we all know where's it's going. The masks are the foot in the door to softening public resistance to inevitable mandatory vaccines.

I was in line yesterday standing behind another also mask wearing shopper. He became agitated because I was unwittingly standing a foot nearer to him than the 6-foot mark (had I been in Europe I would have been correctly standing outside the 1.5-meter boundary). He mumbled something about how I might infect his 90-year old mom so I stepped back a foot to accommodate. I wasn't having the best of days already but tried to engage him in some small talk attempting to build a bridge instead of a wall. Just stand where you belong was all I got back. My adrenaline shot up like a rocket wanting to make quick work of this well-intentioned (toward his mom) but rude terminally stupid hominoid standing in front of me. I know, my problem, right? But this scenario is repeated in one form or another thousands of times a day across this nation and is the reason I intend to get away from suburbia as soon as possible.

Posted On 07/19/2020

---

## Krofter

A perfect example of how sad this whole thing has become - if you don't comply you are an enemy of the corporate state. Those of us who think outside the box are now faced by a Borg like mind set... "Compliance is mandatory - Resistance is futile". If you resist you get ridiculed, just as Dr. Mercola has been by many in this forum today. Apparently - THE BORG RULE.

Posted On 07/19/2020

---

## jos3961

people always have a hard time taking new information in (to them) that doesn't fit their view and look at it with logic because it would require them to change

Posted On 07/19/2020

---

## Krofter

There is a term for that. Cognitive dissonance. It's why so many have a hard time buying into the information in the article - everyone has been programmed by what were being told by the lamestream media, which just regurgitates the lies from Fauci and the other big pharma propagandists.

Posted On 07/19/2020

---

## Raythe4th

[www.youtube.com/watch](https://www.youtube.com/watch) Watch this before it's censored 🤦🏻 Someone posted this link the other day on another article, but it seems more fitting here, so I'm reposting it... <https://youtu.be/zXUtsft0Z74>

Posted On 07/19/2020

---

## rus8080

Yikes. Scary video.

Posted On 07/19/2020

---

**00**

Raythe4th Fabulous youtube!!!!!!!!!!!!!! thanks! Watch it you'll be glad you did

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

**cat6071**

Now you got me scared Raythe4th. Art imitates life.

Posted On 07/20/2020

---

**nojusticenopeace**

I have not seen this many comments for a long time. I think like on other platforms there are some paid trolls sent out to flood this article which rightfully questions the mandated mask wearing. It is clear there are companies and people profiteering from the mandates to force all healthy people into wear mask. Thank you Dr Mercola for challenging this affront to our health. In the many previous flu seasons mask are seen by sock people who should just stay home because they are not that effective just like the fast tracked vaccine which fools will be begging for. Good ole Fauci has even stayed it will not give immunity for very long. LOL get ready MSM sheep to get that shots at least every year like the flu shots. This planned virus event to forward agendas is only sucked up by gullible people who have been manipulated by media and all "authorities" since they do not use critical thinking. There are clear authoritarian policies in place which like after 9/11 but more extensive are/will result in loss of rights privacy and liberties. Non questioning order follower need only to look at China for an example of

where we are headed. I chose oxygen and will wear a plastic face shield to breathe as normally as possible while the tyrannical requirements continue here in California. Remember The First Lie Wins. So the dumbed down masses will not come around even when their controllers make contradicting statements. Time to head to saner countries.

Posted On 07/20/2020

---

## **mkochwesor**

Dr. Mercola...I have followed your advice on nutrition and the unwise use of many pharmaceuticals for more than a decade. But you have now really gone over to the dark side. Do you have any sympathy for the health care workers who are absolutely overwhelmed with patients?

For argument's sake let's agree that wearing a mask doesn't help in stopping the transmission of Covid-19. But you know what it does? It's a flag that reminds all the morons out there (and there are plenty) that there is a pandemic going on and that decent people are both dying and suffering post infectious morbidity--with kidney, brain, and lung damage.

The mask reminds individuals to wash their hands, not cough in the faces of others, and to avoid places where folks are packed in like sardines. It is quite a leap to suggest that wearing a mask is the first step toward a totalitarian takeover. Stop feeding the paranoid delusions of the anti-science crowd whose brains are already saturated with superstitious drivel.

I look forward to your next article on how seat belts don't save lives and how their requirements in cars is simply a money-maker for Detroit--that studies show that people who are thrown through windshields actually fare better than the unfortunates locked in their wrecked cars where they can be consumed by flame.

You and this website are better than this. Now let's see if you believe in free speech!

Posted On 07/19/2020

---

## datadragon

THE JOKER ADDRESSES CORONAVIRUS LOCKDOWNS AND MASKS - WATCH:

[www.bitchute.com/.../Zdkae8H0ppul](http://www.bitchute.com/.../Zdkae8H0ppul) or [www.youtube.com/watch](http://www.youtube.com/watch)

A Kentucky couple has been forced to wear ankle monitors after a woman who tested positive for COVID-19 refused to sign health department documents that would limit her travel without permission. Elizabeth Linscott got tested for COVID-19 as a precaution before going to visit family in Michigan last Saturday, WAVE-TV reported. She tested positive, but does not have any symptoms. The Hardin County Health Department sent her documents that needed her signature limiting her from traveling anywhere unless she called them first. She said she refused to sign the documents because of how they were worded, not because she refused to quarantine. "My part was if I have to go to the ER, if I have to go to the hospital, I'm not going to wait to get the approval to go," Linscott told the TV station. Days later, authorities arrived to their home and placed ankle monitors on her and her husband. They go off if either goes more than 200 feet from their home.

[www.wbaltv.com/article/couple-forced-to-wear-ankle-monitors-to-self-is..](http://www.wbaltv.com/article/couple-forced-to-wear-ankle-monitors-to-self-is..)

Almost no one who contracted the novel coronavirus in China during the early days of the pandemic became infected in an outdoor setting. In a study of 1,245 cases that occurred across China from January 4 to February 11, only two cases were traced to contact with an infected person out of doors. Both cases arose from a single outbreak. The vast majority of COVID-19 patients' suspected initial exposures came from close contact with someone inside their own houses (79.9 percent), or from someone they interacted with on indoor transportation (34 percent).

[www.medrxiv.org/.../2020.04.04.20053058v1](http://www.medrxiv.org/.../2020.04.04.20053058v1)

Posted On 07/19/2020

---

## datadragon

One thing you can do to help protect against transmission is to be outdoors in sunlight. This study examined the influence of simulated sunlight and relative humidity on the stability of SARS-CoV-2 in aerosols. Simulated sunlight rapidly inactivated the virus in aerosols with half-lives of less than 6 minutes (summer) and 90% of the virus inactivated in less than 20 minutes for all simulated

sunlight levels tested even late winter/early fall.

[www.contagionlive.com/news/sunlight-inactivates-the-airborne-virus-tha..](http://www.contagionlive.com/news/sunlight-inactivates-the-airborne-virus-tha..)

While it has been reported previously that UVC can inactivate aerosolized coronaviruses, the present study is the first to demonstrate that simulated sunlight, with UVA and UVB levels similar to natural sunlight, is also able to inactivate airborne coronaviruses. Relative humidity alone did not significantly affect decay of the virus, although there were interactions identified between relative humidity and the other factors. However, the magnitude of these interactions was minor compared to the magnitude of the effect of simulated sunlight. The half-lives estimated from the mean decay constants across all relative humidity levels without simulated sunlight present were 55 and 86 minutes for aerosols generated from virus suspended in culture medium and simulated saliva, respectively. The prolonged persistence of SARS-CoV-2 under conditions representative of indoor environments highlights the need for additional studies to better understand the potential sources of aerosols and viral load present in these settings. They should also study whether sunlight through glass which reduces uv rays has any benefit. I had added this to the covid-19 research I've been putting together so far <https://tgl.ink/0Dz3tB> Are lockdowns effective might be a better argument with that information.

Posted On 07/19/2020

---

**rrealrose**

Hi Datadragon, thanks for your links. Did you notice this one from Dr Rashid Buttar?

[www.bitchute.com/.../uj8o3z7vyw9s](http://www.bitchute.com/.../uj8o3z7vyw9s) AND then this from Moscow in July 14:

[www.bitchute.com/.../6fvoTQ6mw2OF](http://www.bitchute.com/.../6fvoTQ6mw2OF)

Posted On 07/19/2020

---

**datadragon**

Hey Rose, No I did not see either of those. Thanks also for the second one, I certainly would prefer

to be sharing lighthearted videos and links as I normally do ;) So on that note, here is my joke: Why don't ants catch the coronavirus? Answer: Because they are mostly ant-ibodies.

Sometimes laughing is better than crying. JP Sears provides comic relief for those who are feeling stir crazy from the months of lockdown, and the media's catastrophizing and firehosing of distorted and inaccurate fatality rates related attributed to COVID-19, by using the metaphor of car accident deaths to put the "crisis" (we would call it a psychological operation) in perspective [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## bilw1122

Here in Scotland they have the population completely cowed. Practically everyone is obeying the dictates of the politbiuro to wear a mask in shops. To think that Scots used to be famous for their Independence of spirit. Now a flock of docile sheep.

Posted On 07/19/2020

---

## wendyb.

just wondering, since masks has the sick going to hospitals or the death rate changed?

Posted On 07/19/2020

---

## Astonished

(Updated) Nobody I know or nobody they know has been sick in the last seven months. Not even a sneeze. Definitely nobody died. Does that signify a pandemic? Hospitals receive \$39k of taxpayer money after each patient placed on a respirator. Not a single one of them survived, at least not in

Elmhurst Hospital in NYC, according to a whistleblower nurse, who also reported a doctor prescribing a lethal dose of a drug (that the nurse did not administer) and a dentist working at ICU... Masks make you breed your own bacterial and viral culture, multiplying both, while causing oxygen deprivation, so making you more prone to an infection. Just wait until excessive disinfecting will generate superbugs!

Now, THAT will be the real pandemic! Theoretically, the fact that US armed forces are refusing to take anyone "infected" might indicate that accurate tests exist and the possibly existing virus becomes deadly only after an activator is applied. If such an activator exist, it must be something extremely rare, because mortality rates have been the same as usual. According to Bill Gates, you will be vaccinated with nanorobots that can rebuild your DNA and track you. If they can rebuild, they can also destroy, depending on the electromagnetic impulse received by them (think of G5 installations). As testing is chronically unreliable, the only meaningful explanation to them is that your DNA is getting collected.

That means you will be able to receive personalized impulses that will determine your behavior (read up on HAARP on [www.globalresearch.ca](http://www.globalresearch.ca), such experiments have been going on since 1961), or even whether you will live or die. You will be a drone or a zombie, but considering the level of compliance with the mask edicts, it will not make much difference to most. :) Corpses have been piling up, because funerals are forbidden. In the meanwhile, the braindead and the fearful are walking around, wearing masks.

Posted On 07/19/2020

---

## Randyfast

Exactly! The Medical Industrial Complex has never let the facts get in the way of their agendas...same with the government, corporations, etc.. My experience with attempting to explain chemtrails; HAARP; GMOs; 5G...it's like talking to a brick wall!

Posted On 07/19/2020

---

## mirandola



In our area, Kaiser has 2,000 extra coronavirus beds region-wide, said someone who works at Kaiser, and not even one single one of those beds was being used, said the source. That was a month ago.

Posted On 07/19/2020

---

## mcclennen

Joe, I think you have lost your mind. There are 140,000+ dead in this country and millions have been hospitalized. New York had a dire situation a couple of months ago. The Governor followed the science and shut the state down; people wore masks; people were asked not to congregate in large groups and to observe social distancing. It worked. The current situation is significantly better. Other States did not require these stringent measures and the virus is now ravaging their citizens. This seems to prove that the science of masks, shutdowns and social distancing work!!

Posted On 07/19/2020

---

## sarahwhat

I appreciate the insight into what the studies and dad are telling us. But the call for civil disobedience is a little much. Refusing to wear a mask isn't making any sort of helpful statement about personal liberty. Personally I think it's just being rude and inconsiderate of the fear people are dealing with. I personally may not believe the mask is helping, but if it puts other people at peace of mind to see me with it on, I don't have a problem with that. Just because something is permissible doesn't mean that it is helpful. My liberty says I can cuss and use foul language, but if I'm around someone it offends then I won't do it. It's called being polite. I'm all for practicing civil disobedience when needed. Just not sure this is the right battle to choose.

Posted On 07/19/2020

---

## vir76597

Thank you, Dr. Mercola, for taking a bold dive into this and sharing the science and truth with the world. I've been following your blog for years and have noticed that you are typically at the forefront of exposing the lies and propaganda that plague the mainstream information regarding our health. I expect that time will again show that you hit the nail on the head on this issue before others started waking up.

Posted On 07/19/2020

---

## ToddBlume

Shame on you Dr. Mercola! If you want to write about your political ideology fine, write an editorial. But don't pretend that it's science. The original paper is horribly flawed and full of speculation and misrepresentation. Was it even peer reviewed? The only sentence of it that you need to read is the one that starts with "I postulate that..." - not "Conclusive Proof"! You have compounded the misrepresentation. This is highly irresponsible of you to use your extensive platform in this way that will no doubt harm public health. I now must seriously reconsider if I can continue to buy your products. More rational analysis here:

[www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..)

Posted On 07/19/2020

---

## MaggieMay

A few years ago, during flu season, the CDC said do not wear masks because they don't prevent the flu and they can cause other problems. In March of this year the "esteemed" Dr. Fauci said DO NOT wear masks. This man has been in his position for more than 30 years, so he must have researched plenty of mask wearing pro and con studies, right? Of course recently he admitted he lied about this to the American public because he did not want us buying masks that medical personnel needed. Now he is claiming that we should all wear masks because they will slow the spread of the virus. Americans

should think long and hard before they believe anything these so called experts are telling us about anything related to COVID-19....or telling us about anything else for that matter.

Posted On 07/23/2020

---

## paula paradise

Dr. Mercola, I watched the whole interview. Where are the studies he claims disprove the usefulness of masks? Have you studied the study about masked hair salon workers who tested positive and worked on over 100 customers traced who did not get it?

here is the link: [www.upi.com/Health\\_News/2020/07/15/No-COVID-infections-at-hair-salon-s..](https://www.upi.com/Health_News/2020/07/15/No-COVID-infections-at-hair-salon-s..)

Masks make simple common sense. One doesn't need a physics degree to figure that out. Dr. Mark Hyman makes a lot of unbiased sense, as well. He recorded a video I just watched all of on my cell phone. I sense the goodness in all of you as fine men up to great things for all of us. Please let us know your analysis of the hair salon study. Thank you very much. Paula Mantel Oahu, Hawaii Grateful Mercola subscriber since 2003

Posted On 07/21/2020

---

## stanley2

Hello Paula, here is my take on the hair salon: Two stylist, over 100 customers, must have been a few days to work on that many. So, does this demonstrate that a-symptomatic spread is rare (as the WHO said, before they reverted back to fit the narrative?). But the really big question I have is this: it is right there, so close and obvious, sometimes things so obvious are not noticed, the masked stylists, THEY got infected!

Posted On 07/23/2020

---

[jsteedleyyahoo.com](http://jsteedleyyahoo.com)

This seems like a good study but it obviously is wrong.

Because of this study;

< [www.nature.com/.../srep39956](http://www.nature.com/.../srep39956) >

It shows viruses are susceptible to salt deactivation.

It shows salt-saturation greatly increases the effectiveness of a mask against viruses.

It shows that virus particles trapped by the mask are deactivated.

It shows that salt-saturated masks are reuseable.

It shows that almost any air filtration device, even a scarf, could effectively deactivate viruses.

It shows that air conditioning filters could be 'salt-saturated' to eliminate one possible source of contagion.

I think it shows we can salt-saturate our own masks.

We can conclude that looking at some study(ies) \*may\* support \*our\* 'biases' but it doesn't tell the 'whole truth'.

ALL the evidence \*MUST\* be considered.

In this case that would require an extensive, exhaustive search of ALL relevant papers.

Which appears NOT to be the case in this study.

If you want to reduce risk of contracting COVID-19, use a salt-saturated mask.

If you want to 'flatten the curve' use a salt-saturated mask.

If you want to increase 'herd immunity' don't use a salt-saturated mask.

If you want to reduce consequences of the virus be sure you're very well nourished.

Eat 'whole food' & be sure to avoid 'processed foods' that contain fructose.

Have a GREAT day, Neighbor!

Posted On 07/21/2020

---

## brienoe1

Cannot understand why wearing a mask is causing more controversy than carrying a gun does. A mask will not kill anyone whereas thousands are killed by guns in the U.S. every year. I feel safer with a mask than without and I wear one to protect myself, my family and others. I'd get less aggravation if I were carrying a high powered rifle than wearing a mask! For God's sake give us a break from all this anti mask, anti social distancing rant. I dare you to walk into a Covid 19 ICU ward without one. You insult the great nurses and doctors in the front line.

Posted On 07/21/2020

---

## the1tinker

A friend of mine calls Mercola a quack, but I have always defended him. This article, however, makes me question everything I have ever read on this site. It is so wrong and so laughably wrong, that I do not understand how it could even be posted. You must have had to cast your net pretty wide to find someone who has these views - somebody who's not a republican knucklehead, that is. There are plenty of studies that refute what this "scientist" claims, including some of the very ones he cites: [www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..)

To paraphrase from THE TREASURE OF THE SIERRA MADRE, we don't need no stinking studies. That's right. The truth is self-evident. There are many places in the world where the corona virus is just a dot in the rearview mirror. All of those places have done the same thing: they have locked everything down - incidentally, NOT increasing the death toll as Mercola claims in another article - and the population has worn masks. It worked for them and it could have worked for us, but these simple and effective

procedures were never properly implemented here, thanks to no leadership from the white house and conspiracy theorists like Mercola and the author of this article.

Posted On 07/21/2020

---

### rthompson

I am shocked at your position here. You have been a trusted resource for me for years, but I will be rethinking that now.

Posted On 07/20/2020

---

### perene

Even healthDotcom article admits masks can't protect us completely: "a cloth mask does not absolutely protect you from inhaling the virus, but by disturbing your exhalation flow it tends to protect those around you from aerosols in your breath."

[www.health.com/condition/infectious-diseases/coronavirus/does-wearing-..](http://www.health.com/condition/infectious-diseases/coronavirus/does-wearing-..)

Posted On 07/20/2020

---

### esther03

Dearest Dr. Mercola, after being diagnosed with arthritis in both knees and having very much difficulty walking I took your Krill oil and in less than 24 hours later I was able to walk without pain. I love you Dr. Mercola and I wish you and Erin only the best.

Posted On 07/19/2020

---

## dmprisk

Too bad these hospitals, restaurants, homes, and other businesses don't have a UVC sanitizing light in their duct work. I have one in my home, and I can't express how great it is. Yes, you have to get a new thermostat so you can program your unit to circulate air, as that is when the UVC light comes on and disinfects the air. But it is like Day and night on how pure your air in the house is. Yes, it has to be installed into your duct work in your Central heating and air duct work. I'm lucky, that is the profession my husband was in, so he installed it himself. But it is worth the cost. I wanted to go and shake people and tell them, you need to get this in your home or and business. But then I'd be arrested for assault. LOL! Do some research on it....

Posted On 07/19/2020

---

## KYPKOBA

First and foremost -- always think for yourself. Question everything, especially now. Research the credentials of those who offer pronouncements of any sort--- question their motives, and sometimes, even question their sanity.. Ultimately, you will feel comfortable with yourself, with any conclusion you have reached, This is what I say to myself --- and this is what I want to share with you.

Posted On 07/19/2020

---

## Ronald\_H

Regarding ambiguity of respirators. I've posted regarding "respirators" in previous articles on mask effectiveness in filtering virus, but now I see I need to amend what I wrote.

[articles.mercola.com/sites/articles/archive/2020/07/15/do-masks-prottec..](https://articles.mercola.com/sites/articles/archive/2020/07/15/do-masks-prottec..) I was unfamiliar with the paper-like "dust masks" being called respirators until seeing the term used this way in this article. In a fabrication shop where a powered wire brush is used to remove rust on steel, the rust particles fill the air and these dust masks are marginally effective to prevent breathing a percentage of that dust. It's

ineffective at filtering viruses that are too small to be filtered by this. I sometimes see ignorant use of dust masks when wiping steel with paint thinner in preparation for painting. A mechanical filter can not remove gaseous chemical vapors and they are still breathing 100% of the paint thinner vapors in the air.

In sharp contrast, an (I want to use the correct term here which is being suddenly popularly being used improperly\*) industrial version of what is often referred to in the military as a gas mask for protective qualities in nuclear, biological and chemical warfare, will remove the virus from being breathed. It is very much NOT a molded fibrous mask. It uses cartridges that contain chemicals and activated carbon that absorb toxic gasses and has a HEPA filter that removes particles sized below the size of even virus.

When I enter Kennocott to install equipment, I carry, at the ready, an industrial respirator with cartridges for toxic chemicals and will don it should there be an alarm that can be warning of deadly hydrogen sulfide gas. My mask has been professionally fitted, tested and certified for sealing to my face with zero bypass. The chemical filters are effective long enough for me to have time to leave the area. It also uses a HEPA particle filter that will remove virus. Cloth is political and symbolic!

Posted On 07/19/2020

---

## **mordecai1**

Nice article. Still doesn't convince me not to wear a mask. Hospitals are full of people with the virus and the Health system is being pushed to full capacity. Furthermore, it doesn't provide any advice or solution what one should do to protect oneself of the coronavirus. So I'm very disappointed with the article.

Posted On 07/19/2020

---

## **dae10240**

This article is most concerning. First, the data is inaccurate. Please provide current statistics. We are



in the 3rd week of July with most states, particularly Southern states, are dealing with the highest numbers of positive test, hospitalizations, & deaths to date. You can find the chart of states who did not mandate mask & correlation to current numbers. As a health care provider I certainly understand there are some disadvantages to wearing mask for extended periods of time. However, it's really not that difficult to wear a mask to go to the grocery store. I am really over the civil liberties argument. We heard it when smoking in public establishments began to be banned, drinking and driving became a crime, and we were mandated to wear seatbelts. Come on!! Why do you think we are ask to cover our mouths if we sneeze?? It is most disappointing to this information presented in this way. I would find it far more useful if you would provide accurate information on how we can slow the rate of COVID infections that do not involve buying the supplements you sell. Who is bias???

Posted On 07/19/2020

---

[cynthiamahoney123gmail.c](mailto:cynthiamahoney123gmail.c)

How do we then account for the fact that other countries that are following precautions are flattening the curve and here we are the epicenter of the disease now!

This is dangerous and Dr Mercola you should be ashamed of yourself.

Additionally if you wanna talk to talk totalitarianism...one of the many words are so called president can't seem to pronounce, all one need do is look at the Authoritarian loving ,wannabe in the White House who used an Authoritarian borrowed disinformation campaign of fake news from day one to protect himself from any and all accountability.He believes himself above the law as evidenced by his continuous breaking of it,his continuous lying and obfuscating and placing his self protection,self enrichment and self aggrandizing before the needs and safety of the country.

About a million other of his behaviours evidence this ,including his use of the military against our own people.

Posted On 07/19/2020

---

## test2912

In the same way you don't do a randomised trial on seat belts, you don't do it on masks because they work. This physicist is a liar, beware. Mercola interviews many people, some are good, some are terrible. Michael Greger and Judy Mikovits are bad ones. Use your brain before believing in their stupid comments

Posted On 07/19/2020

---

## nrn3722

lack of oxygen (masks) + lack of vit D (stay home 'orders') = COVID-19. There is no bug

Posted On 07/23/2020

---

## dustanday

This is crazy. Aerosol yes is very small and present in fluid air BUT it does get caught and attached to the fibers of a mask which then disrupts the membrane surface and the virus dies. 100% of the virus does not get caught in fibers but a very high percentage does. WEAR THE MASK. IT HELPS. THIS ARTICLE IS NOT HELPFUL. I am surprised Mercola would put this nonsense out there.

Posted On 07/23/2020

---

## mellavalley

I have been a customer of yours, Dr. Mercola for MANY years. After reading this article I will no longer be. WILLOUGHCRRAFT's post expresses my sentiments exactly so no need to repeat except to say I am appalled.

Posted On 07/22/2020

---

## lin3558

The proof is in the pudding...Wish you could see all the pictures posted on my We Chat of friends in China enjoying vacations, having their children safe at school (distanced around a table with their masks pulled down), and generally getting back to relaxed normalcy. Their one caveat--wear a mask!

Posted On 07/21/2020

---

## gomateo

'The most recent randomized controlled trial [published] this year basically concluded they could find no evidence that masks, hand-washing and distancing, in terms of reducing the risk of these types of diseases, were of any use. [They] didn't help'. If possible, I would like a reference to this (referenced) published article so I may decide for myself and my kids' safety. As it is, he lost me with the conspiracy to control idea. You have to ask yourself if that's plausible. Thanks

Posted On 07/20/2020

---

## DrJohnH

Here is Rancourt's original paper with references, and a video interview with Del Bigtree:  
[www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..](http://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..)

Posted On 07/20/2020

---

## **BNovogradac**

I appreciate the perspective in this article. When I inhale with a surgical mask on, I can feel some air flowing across my eyes, then in through the gaps at the top of the mask. Always wonder the odds of infection via the eyes this way as opposed to without a mask. Normally don't get that much airflow across my eyeballs.

One fine point regarding "risk evaluation", as stated in this article, "It's a very personal thing that you're entitled to do for yourself. If the state is forcing you to accept their evaluation of risk, then this fundamental precept is violated." Well I've got news- this precept is already violated in every aspect of our culture, without much dissent from you and I. Examples: restaurant food safety laws; traffic laws; environmental laws; workplace safety laws; on and on. The legal code offers a compromise between your privileges and someone else's privileges. Point being, risk evaluation is normally the government's role to some extent, outside of complete anarchy. So it's a sliding scale between anarchy and totalitarianism, I guess, and we each have our sweet spot along that scale.

Posted On 07/20/2020

---

## **nogmos4me**

Does ANYONE care about the World wide TRASH...this is causing? Masks, gloves, gowns, toxic cleaning products and the wipes of all types? Take out styrofoam,,cups plastic forks, spoons, knives..napkins.. I do.

Posted On 07/19/2020

---

## **rfo6156**

I agree that the surgical mask offers no protection even with eye shield. I have found that a correctly fitting N95 with an eye shield is worn while reading a patient with a virus or flu (worn briefly to avoid

headaches,etc.). I would not wear an N95 out in the street as it may be dangerous for the wearer. The Bronx zoo is opening up soon and it states that children over the age of 2 years old must wear a mask. Many children of that age would not be able to tolerate wearing a mask during an outing.

Posted On 07/19/2020

---

## ehetelle

I have looked to Dr Mercola's website as a voice of reason and perspective not offered by mainstream media. I posted On social media (which I typically avoid all together) the link to Stand for Health Freedom site in regards to masks shouldn't be mandatory and is a shift towards totalitarianism. I was horrified at the response I got from friends, whom I respect and are well educated people, that are just buying into everything being shoved down our throats about coronavirus. People who are speaking out about racial injustice, freedom and inequality and respond to me and that post questioning mandatory mask wearing with, "just stay home". I reject "just stay home" as an acceptable response to anyone raising a concern about infringement of rights, personal freedom and personal safety. I'm afraid I'm not strong enough (call it thick skin or lack there of?) to publicly fight (like on social media) for what I believe (or don't believe) about this coronavirus. I'm seeking support from other like-minded people here. Can you provide me other resources to pursue that can help me if I choose to be so brave to put my opinion out there? I want to encourage critical thinking by others but feel so defeated today after my attempt on social media. I work in quality and we don't encourage decisions to be made without the data to support it. Why aren't there more voices out there speaking for truth, advocating for real health, honest data and good science!?! If you know of them please share with me.

Posted On 07/19/2020

---

## Olderbutwiser

I have continued posting but you refuse to publish my posts. What is the problem? I also have called twice and talked to customer service and asked that you contact me. What is the problem?

Posted On 07/19/2020

---

## **mourningwarbler**

What about these? [www.homedepot.com/p/3M-Household-Multi-Purpose-Respirator-Case-of-4-65..](http://www.homedepot.com/p/3M-Household-Multi-Purpose-Respirator-Case-of-4-65..)  
[www.homedepot.com/p/3M-Lead-Paint-Removal-Respirator-Case-of-4-62093HA..](http://www.homedepot.com/p/3M-Lead-Paint-Removal-Respirator-Case-of-4-62093HA..) I've had the first one for years, but saw a pregnant woman wearing one something like these on Friday. Heard that pregnant women should not be wearing masks at all; could this be an exception?

Posted On 07/19/2020

---

## **pinfriend**

The best scientific article on why not to where a mask. I am passing it on to everyone I know. Thank you, Dr. Mercola, for searching out and presenting the truth without apology.

Posted On 07/19/2020

---

## **Bookworm619**

I love Dr. Mercola. He is a beacon of truth in a world of ignorance.

Posted On 07/19/2020

---

## **epa1375**

mirandola...wrote: @Epic-cure: Faucigates, CoronaGates Silly me wrote: FauciRONI and the gain-of-function Gate cheese...instead of Macaroni and cheddar cheese.

Posted On 07/19/2020

---

## **sacerdos**

superb. now get this thru our NATION

Posted On 07/19/2020

---

## **bru74544**

Thank you for a well-done article on this controversial topic. I have thought the same since the onset of the corona crisis. The idea that masks offer significant protection for ordinary people and ordinary activities did not make sense to me. Not to mention that initially both WHO and CDC stated that masks offered no real protection. I wonder if they changed their position on account of political pressure? We certainly see in this corona that there is both a medical component and a political aspect. In any event, you have now researched the issue and articulated the facts. And, confirmed my thought. Please keep on telling the truth.

Posted On 07/19/2020

---

## **DrJohnH**

To watch the Rancourt interview full screen, go to Mercola's Bitchute page here:  
[www.bitchute.com/.../ySITC1RcRsOS](http://www.bitchute.com/.../ySITC1RcRsOS)

Posted On 07/19/2020

---

## **Fuman711**

Just so that I understand, put the coronavirus aside, if I have the flu and have to be among other people, should I NOT wear a mask?

Posted On 07/19/2020

---

### **Krofter**

The world is crawling with people who have TB. !.5 million died from it in 2018. Have you heard anyone telling you to wear a mask to prevent TB?

Posted On 07/19/2020

---

### **MonicaN1**

Please stay home if you have the flu.

Posted On 07/19/2020

---

### **CarlWilliam**

This idea about latitude seems strange since two of the cities in Brazil with very high rates of infection are Fortaleza and Manaus. Both are near the equator, Manaus being right in the middle of the Amazon. Manaus has very high humidity 24/7 and both rarely see a temperature below 20°C.

Posted On 07/19/2020

---

### **jjl1348**



Well done. I agree with everything. Which sane informed clear thinking person would not? The real impact of course is not our health but the economy. None of this makes any difference to the millions who have lost their jobs and small businesses and see absolutely no rainbow in their future. Desperation. I think the full economic impact is yet to be felt. How many are ready for a global police state solution now?

Posted On 07/19/2020

---

## Kitera

One issue that is never addressed is the waste that is created in wearing masks. My husband was in a hospital for heart surgery and I was astounded at the amount of waste created for one person. Some individuals are fearful of many things - including "the covid" and nothing will make them feel safe and masks increase their feeling of security - whether they work or not is irrelevant. Of course the other end of the spectrum is reckless behaviour - so there seems no way around the situation and it is no longer even about medical issues and more reflective of an individual's personal approach to any risk. I think we could be better served by reusable face shields. Again they may not provide complete protection (maybe no protection), they do not create as much waste and give fearful people a sense of protection and calm which supports mental health for the whole community.

Posted On 07/19/2020

---

## ann5579

Dev5922, Hospitals and emergency room are indeed filled with flu victims every year. The media don't focus on it. It is part of life.

Posted On 07/19/2020

---

**wendyb.**

Excuse me but, US citizens have ALREADY been 'dumbed down' starting with the poison fleuride used by Hitler on prisoners, huge loads of mandated vaccines on the little ones or they can't go to school, 5G, chemtrails, more people in for-profit prisons than most countries, wearing seatbelts and clothes, a stupid electoral vote system, the worst (best!??) healthcare system that culls out those who can't afford it or who don't own a house to sell to pay for the hospital visit, so live with it or die - yet, you have no control of your life in these and so many more areas. So why complain about a mask or face shield that works in other countries (like your neighbors in Canada) and stop all the time-wasting fighting and deaths? Sometimes I think Trump needs to get the covid disease and go through what so many others have, just to show that he has SOME of the necessary experience to be president!

Posted On 07/19/2020

---

**lilacsanddoves**

Careful what you wish for....might have a boomerang effect.

Posted On 07/19/2020

---

**jnj6394**

So the CDC just blatantly puts out incorrect and misleading info? And, the guy in the article says increases in humidity make transmission of the virus go down...so why has there been a huge surge in Covid cases in South Carolina, TX and FL Southern Cal. lately?

Posted On 07/19/2020

---

**jca652041**

I recently traveled to Bellingham, WA to visit friends. Though I lived there for 25 years I didn't even recognize it. Utterly tyrannical in their mask phobia. This in a community who used to pride itself in its holistic stance to health. Having advanced lung disease, I refuse to wear a mask (I would refuse anyways). I walked into the Community Food Co-op to purchase 4 cartons of goat yogurt (I react badly to cow products). I had my concentrator and cannula on. The floor manager was immediately on me harassing and intimidating me. I told him to back off. He said he was going to call the police and I told him to go ahead. He followed me to the checkout counter and the clerk there was ordered to leave. No one would check me out. I grabbed the yogurt and threw a \$20 bill on the belt. He actually followed me to my car continuing to talk to police and telling me I was no longer welcome in the store. All this over a freaking face diaper!!! Returning to my home in Oregon has been a relief. More relaxed here at least in my community.

However, when I got back I learned I'd lost my job because again I refuse to wear a mask. So great. Now I've lost a significant part of my income due to all this stupidity. I keep bringing up all the others who've lost jobs and are struggling and no one seems to care. It's all about the scary virus that isn't really scary to 99% of the population. What a freak show we're living in right now. Attached a good article from Off-Guardian below. That site is helping me keep my sanity (as is this one). BTW, where is Guillermo? I miss him and hope he's ok.

[off-guardian.org/2020/07/18/media-mask-mania-or-covid19-grouphink/](https://off-guardian.org/2020/07/18/media-mask-mania-or-covid19-grouphink/)

Posted On 07/19/2020

---

**mkochwesor**

1% of the population is still over 3 million people. Are you willing to risk their lives? I am reminded of the prince in Shrek: "Some of you may have to die, but that is a sacrifice I am willing to make!"

Posted On 07/19/2020

---

**00**

jca... Thanks so much for telling me about the Guardian, of course I had heard about it, but wow, everyone needs to read them !

Posted On 07/19/2020

---

## NewlandsWanderer

Thanks for the link and the post jca652041. Sorry you are having troubles. It is totally unfair. This mask wearing is bringing out the Gestapo in those who insist on a face covering. By the way, I have heard that Guillermo is on vacation. This is a nice, calming, well researched article which covers all manner of information about Covid-19. And masks. Makes a nice change from some of the angry self-opinionated posts today: [swprs.org/a-swiss-doctor-on-covid-19](https://www.swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

## Krofter

jca - You've provided a perfect example of how this thing has gotten out of control. Yes, paranoia strikes deep. There are many similar stories in this forum today - I've provided on as well. For those of us who function outside the lamestream box, it is indeed becoming a very difficult world to live in. Guillermou typically takes a long period off around this time. Hope you find a more understanding employer or are able to improvise.

Posted On 07/19/2020

---

## forbiddenhealing

Day 1 the mask idea was absurd to ward off a miniscule airborne virus other than for hospital people w victims coughing in their faces and where a heavy load of virus is worse.....And now the beat goes on with super spikes in "cases" but no mention how many tests became widely available? You would have

to be a stupid idiot to believe the media hysteria and police state lockdown narrative...And one can get viruses through unprotected eyes and present w conjunctivitis....All it took was a declaration of pandemic to spike levels of cortisol across the viewing public and reduce immune strength...as all the pharmaceutical failures were buried and conflicting narratives spread chaos.

Following the 9/11 script trillions got misspent so we can all enjoy high prices under a false sense of scarcity...errr lost value of dollar through mysterious inflation.....People aren't that stupid, they got made that way via a criminal media propaganda campaign....Be patriotic, help others in "this" together, fight the invisible terrorists in the air, on the land and in the seas...sacrifice through house arrest and austerity...hide your faces and don't interact with suspicious others...and follow all the virtue signalling skills on TV.

Posted On 07/19/2020

---

## **jgandersen**

What is the best way to get the word out on this? I emailed this to multiple people, one tried to put it on Twitter but it wouldn't allow, said Site was deemed harmful. Who is the puppet master behind all this crap? Is it Bill Gates?

How can we bring free speech back before our country is too far gone?

Posted On 07/19/2020

---

## **Dr. TomDriber**

Too much TV time, too little reading time. The cov-idiots are after HERD MENTALITY not herd immunity. Pass on their vaccines. Build your immune system with Whole Foods, fermented veggies, organic supplements and plenty of exercise in good ole SUNLIGHT!

Posted On 07/19/2020

---

## far6835

We need to take action and protect our freedom to refuse vaccines. We only have a short window of opportunity to do something before that right is taken away from us. Please watch and share this video with as many people as possible which describes a very good action plan to take back our freedom. The New Normal: Citizens in Charge [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## Bunny3

Everything I've read points toward a disease that has been "manufactured." But in order to cause a pandemic, there might be additional steps required for it to cause maximum mortality in a population. There was an RN who posted about her experiences working in nursing homes during the pandemic. She mentioned something very curious. She said that just before the huge outbreak in nursing homes, the patients in the nursing homes where she worked were given a "special" vaccine. Those people eventually contracted COVID-19 and died. Could this "special" vaccine and/or the annual flu vaccine (as Dr. Mikovitz believes), make people much more susceptible to the virus?

Furthermore, could the new COVID vaccine, currently being developed, actually cause someone to die from the virus? Is there a substance or pathogen in these injections that cause the transmission of the virus to occur more efficiently in those who receive them? The article also states: "There are many studies that show how difficult it is to actually infect someone when you're just trying to put something like a fluid or something you know is bearing the virus into their eye or into their nose. It's hard to do this." However, if someone shoves a contaminated/infected Q-tip forcibly up your nose to "test" you for the virus, couldn't that effectively cause disease in the person being tested? Contaminated masks and testing materials, as well as injections into vulnerable populations, may be causing the spread of the virus far more than suspended particles in the air.

Posted On 07/19/2020

---

## Squirly

I'm wondering why they have to go through past death certificates to increase the number of COVID-19 deaths? If they died from COVID, why didn't they state that in the first place? Shirley

Posted On 07/19/2020

---

## caws

CDC mandated that they not do autopsies and list ALL upper respiratory deaths as Covid. Why? So they could increase the numbers to push a vaccine and because the insurance company had to pay more for Covid and /or a respirator. Follow the money. Gates, Fauci and the drug companies [many of whom have never had a vaccine approved before] will make BILLIONS.

Posted On 07/19/2020

---

## chatgentil

Bigger Picture? Written 2010 Rockefeller Foundation. One scenario carries the intriguing title, "LOCK STEP: A world of tighter top-down government control and more authoritarian leadership, with limited innovation and growing citizen pushback." Here it gets interesting as in what some term predictive programming.

The Schwartz scenario states,

"In 2012, the pandemic that the world had been anticipating for years finally hit. Unlike 2009's H1N1, this new influenza strain — originating from wild geese — was extremely virulent and deadly. Even the most pandemic-prepared nations were quickly overwhelmed when the virus streaked around the world, infecting nearly 20 percent of the global population and killing 8 million in just seven months..."

He continues,

**“The pandemic also had a deadly effect on economies: international mobility of both people and goods screeched to a halt, debilitating industries like tourism and breaking global supply chains. Even locally, normally bustling shops and office buildings sat empty for months, devoid of both employees and customers.” This sounds eerily familiar.**

**Then the scenario gets very interesting:**

**“During the pandemic, national leaders around the world flexed their authority and imposed airtight rules and restrictions, from the mandatory wearing of face masks to body-temperature checks at the entries to communal spaces like train stations and supermarkets. Even after the pandemic faded, this more authoritarian control and oversight of citizens and their activities stuck and even intensified. In order to protect themselves from the spread of increasingly global problems – from pandemics and transnational terrorism to environmental crises and rising poverty – leaders around the world took a firmer grip on power.” Full article here:**

**[behind-the-news.com/operation-lock-step-the-sinister-agenda-behind-covid-19/](https://www.behind-the-news.com/operation-lock-step-the-sinister-agenda-behind-covid-19/)**

**Must Watch/Read!! Look it up yourself. Written by the Rockefeller Foundation in 2010 happening now. Take down of America and World.**

Posted On 07/19/2020

---

## **stevend515**

**Sweden did not have a horrible outcome as Hut stated. They had a higher mortality rate than some of their immediate neighbors but nothing like what Hut stated. Their numbers are less than 2 times what their adjoining countries are and they are continuing to go down. Sweden has been the whipping post for those fear mongers promoting their agendas because Sweden was one of the few countries to continue to live a normal life and not get caught up in all the rhetoric and just use some common sense. And as far as I can see they were right.**

Posted On 07/19/2020

---



## cat6071

I just talked to my ex-husband in Norway yesterday. Yeah I used to live there with him. They never implemented masks and only a few hundred died (true #'s)? All is fine there.

Posted On 07/20/2020

---

## NewlandsWanderer

Sweden didn't lock down and proved the doom-merchants wrong and nearly all their citizens did NOT wear masks. Furthermore the tiny aerosol particles of the virus easily pass through a mask which has been proven time and time again..

Posted On 07/19/2020

---

## CliffChap

The particles may still pass through mask... but isn't the distance they travel reduced by the mask? It's not like there is no utility to the mask... And for your protection...aren't some (if not all) particles prevented from reaching your mouth and nose? For your consideration... the studies all seem to simply state virus passed or did not... not amount of, or distance traveled compared to breath of a non-mask infected person...

Posted On 07/19/2020

---

## Lotek

We don't know the death rate in Sweden because they stopped reporting it. Do you think that is because it is so low?

Posted On 07/19/2020

---

## NewlandsWanderer

By not locking down Sweden will not have the huge tsunami of consequences like the UK who have thousands dying because of cancelled hospital appointments, kids not getting educated, effects of social isolation/psychological/emotional/ financial disaster, to say nothing of the fear-mongering media or Big Pharma \$\$ scientists who didn't even mention Vitamin D for weeks

[www.dailymail.co.uk/news/article-8505699/Swedens-coronavirus-death-rat..](http://www.dailymail.co.uk/news/article-8505699/Swedens-coronavirus-death-rat..)

Posted On 07/19/2020

---

## mirandola

And the media seizes the opportunity to bash Sweden and their health practices. Well guess what. Maybe the Swedish health authorities are thinking that to gain herd immunity is important. Swedish WHO advisor Johann Giesecke said in a film interview, that the vaccine for the coronavirus will not even work (and he is pro-vaccine). He said, shelter the medically vulnerable and the elderly, and let the rest of the nation mingle, so the strong can gain herd immunity and successfully fight off the virus. There may be illness in the short run, but in the long run the wave will pass more quickly, he said.

He also said, that the wave is extended exactly because of the shelter in place, because of lack of gained immunity. More here, keep in mind this was filmed a few months back, there may be some changes since then in the statistics, but his points are the key here [www.youtube.com/watch](http://www.youtube.com/watch) FYI when he agrees that immunity passports are a good idea, I believe he had some oversights. Scroll down [www.aclu.org/news/privacy-technology/coronavirus-immunity-passports-ar..](http://www.aclu.org/news/privacy-technology/coronavirus-immunity-passports-ar..)

Posted On 07/19/2020

---

## tmac13

Lotek: "We don't know the death rate in Sweden because they stopped reporting it. Do you think that is because it is so low?"

14% of Sweden's population has developed antibodies, which suggests previous exposure to the virus. This is an absolute inimum as we don't know how long the antibodies last in humans. If it is similar to other corona viruses then the antibodies might be shorter lived. This means a MINIMUM of 1,432,200 Swedes have had COVID-19. 4,939 have died. This is a MAXIMUM case fatality rate of 0.35% which is the equivalent of a bad influenza season.

Posted On 07/19/2020

---

## NewlandsWanderer

Thanks Mirandola & tmac13. May I recommend this wonderful, reasoned and calm article which covers virtually everything about Covid-19. It also looks at masks and points out that in everyday life, masks have little or no effect. For instance, In Japan, mask-wearing didn't stop influenza causing five millions people from catching it in Jan Feb 2019, But the whole in-depth article is worth looking at in its entirety. [swprs.org/a-swiss-doctor-on-covid-19](https://www.swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

## coolvyakti

The agenda behind the lock down is not "science" or even common sense, but global fear mongering on an unprecedented scale by foundations who have financial interest to reap humongous profits and perhaps "control" people worldwide. For e.g. in India, TB mortality is 500,000 per year and has been around that for decades. Also TB is 7-10 times more contagious

that corona virus, but, has never attracted this much of "media frenzy"? Why not? The Indian Govt, should have had people wearing masks for decades and should have locked down their economy every year? Why didn't they ever do that? And why now, when the deaths from this virus (even though over reported) are a mere 25,000 people!! And for those who think TB is curable...guess what, now drug resistant TB is spreading, that too for decades - and yet never has there been this kind of lock down. Just think about that.

Posted On 07/19/2020

---

## jrr409

Question? Then why aren't we raising the humidity levels in our homes by use of a humidifier? Based on what I read, it seems to me that low humidity levels are bad..... and high humidity levels are good. Doesn't take a rocket a scientist to figure that one out. And I will continue to wear a mask when I go out into public, as well as continuing to wash my hands, and use hand sanitizer when I'm out in public. My thought is that it can't hurt. An ounce of prevention is worth a pound of cure.... or so they say.

Posted On 07/19/2020

---

## dla5187

Aaaaand I'm officially done with this website lol

Posted On 07/19/2020

---

## CFSPAWN

Masks never made sense to me and any face covering as insisted by Cuomo in NY was sufficient to pass as a mask. Watching nearly 100% of people fondle the cloths on their faces right at their nose and mouth as they leave stores was evidence enough that masks offer greater risk than benefit. I

researched early understanding that the valves defeated the purpose and actual N95 masks were made to protect the wearer. Also viruses are so small that N95 wouldn't provide protection let alone cotton masks or surgical masks made for an entirely different purpose. Unfortunately stores started forcing their use, so did my employer. Logic and sense didn't matter and efforts to raise the issues were met with emotional reactions about people having rights to be protected from me, even if they couldn't prove or justify what they were forcing me to do. I observed those same people wearing filthy masks and fondling their faces constantly. If the virus was out and about I am sure the contamination of the hands from the sick people touching their faces and also the contaminated hands touching the mask and bringing it to their faces time and time again is almost a certain risk factor. Headlines declare the science without having to back anything up in a one way dialog with no follow up or comments possible for anyone lacking critical thinking skills or who have too much trust for media to eat up. Those of us who ask questions are suppressed by social pressure to comply just to get on with the essentials in life like going to work or the grocery store. I conceded that in a tight space like public transportation that there could be some small benefit to outweigh the risks but I read all the studies I could find and its hard to find actual evidence. Almost all information that makes it to the media compares the worst case to the best case ie sneezing into the air with a mask or without and use bacteria as a test case, hardly relevant when not testing real life conditions.

Posted On 07/19/2020

---

## tep4419

I would take this article with some seriousness if it were not for the fact that the number of cases and deaths in the US are "in free fall" as some have described. Most countries in the world have lowered new cases and deaths. I live in Florida where many refuse to wear masks (I'm not one of them).

Posted On 07/19/2020

---

## DREAGE

Dear Dr Mercola.

Kindly look at the effect of ivermectin and doxycycline for covid. The studies in Bangladesh show a 100 percent cure rate. and it is very cheap. a study in the USA also showed great benefit. However it is hardly mentioned in the mainstream press and medical journals. This combination is a game changer for the world. I trust that with your integrity, influence and world wide reach you will be able to bring this to the world's attention. Prof. Tarek Alam of Bangladesh is conducting is conducting further studies. There are also studies in Israel And Spain.

I would also like to thank you for your efforts in bringing the importance of Vit D in covid 19 and overall health..

Kind Regards

DR Essa

South Frica

Posted On 07/19/2020

---

**dav1281**

Irresponsible and illogical! Mercola should know better. Masks do not offer complete protection but they DO offer some protection, depending on what mask is used. In many cases, very good protection. Just use your damn common sense!

Posted On 07/19/2020

---

**chr4055**

The absolute WORST Mercola article ever. Had so much respect for him and even placed a \$90 order last night. Wish I hadn't.

**I can't even begin to list the many false statements.**

**All you have to do is LOOK around the WORLD!**

**Sweden and Brazil ...**

**I'm speechless!**

Posted On 07/19/2020

---

## **Jayyebird**

**The negative effects from wearing masks will be the Second Wave! Deliberate misdiagnosis of Covid19! They've lied about everything else, why would they stop lying now? Especially when there's so much at stake, like, Vaccines profits!!!**

Posted On 07/20/2020

---

## **mikeatbb**

**As a follow up to my last comment ..... apologies for the spelling errors it's an age thing between my brain and fingers!..... ref corruption...google this link .... NHS Consultant Says Staff Are Being Silenced Over COVID-19 .... what this consultant says confirms other reports in the UK and similar reports from nurses and other staff in NewYork and other US hospitals. In the USA financial corruption has led to improper and dealdy treatments...ventilatoirs... and cooking data on both deaths and cases. What Trump has said has been shown to be correct on everything from travel restrictions, to chinese virus, the WHO corrupotion, to HCQ/zinc efficacy, H2O2, UV light and lockdown AND masks ....,ref masks I wear a wrap round plastic visor with a head band foam seal for strimming, grinding, disc cutting and I will wear one to stop spray from me to you and visa versa...also the aerosols are directed away from those in front of you. the visors also protect the area around your mouth and nose and particularly your eyes also stops 2nd contamination of hair and forehead.They give clear vision, no fogging, tunmel**

vision, speech impairment and 2nd contamination is removed by soap and water. They should last for weeks or months reducing waste and cost.... i.e +ves all the way ...note as the pandemic progressed their use became more general usually with a cloth mask..defeating the object & not necessary.

Posted On 07/20/2020

## mikeatbb

I am a retired chemist/chemical engineer. In 38 years in industry working with toxic gasses, dusts & metals I developed & used a huge range of breathing protective devices from simple dust masks to complete pressurised suits as worn in the virus & nuclear laboratories. All the negative pressure devices (i.e. the resistance of the mask causes a negative pressure when breathing in) are prone to leakage even when fitted professionally to a clean shaven & evenly shaped face!. (not mine!) In industry these masks had an efficiency & the toxic component had a safe exposure limit in terms of concentration and exposure time. (TLVs and IDLHs) Virus doesn't compare as it is self replicating...although I have seen reference to load/concentration and that a cloth mask can generate a load in the weave.

So I would agree that they are not beneficial, to useless and misleading giving false security which leads to relaxation of isolation procedures...e.g. face to face conversation wearing masks. I will not wear a cloth mask for these reasons plus the effects of lowering O<sub>2</sub>, raising CO<sub>2</sub>, obstructing speech, fogging glasses and bacterial loading and secondary contamination. ALL masks are contaminated by use and secondary contamination by handling/removal is a serious major issue...

maybe how the Wuhan virus escaped the lab! .In industry we used a simple effective test you wore the mask in an enclosure filled with a fine smoke of a fluorescing powder and then inspected the subject's face and airways using an ultraviolet lamp..leakage was clear, always present as was 2nd contamination .e.g your eyes and hair when wearing a cloth dust type mask.Ref. other issues raised in this post...Death rates and case numbers .... The Reverse Transcription - Polymerase Chain Reaction test [R T-P C R test] does not differentiate between Covid-19 strain of coronavirus & other coronaviruses [including the common cold and seasonal influenza]. This is the reason why so many are testing +ve. ref. corruption...



Posted On 07/20/2020

---

## **epi-cure**

Hello Mike. What are your most authoritative references regarding, "The Reverse Transcription - Polymerase Chain Reaction test [R T-P C R test] does not differentiate between Covid-19 strain of coronavirus & other coronaviruses [including the common cold and seasonal influenza]. This is the reason why so many are testing +ve. ref. corruption...". I agree with you but am debating a shill for the false narrative who is throwing this piece of propaganda at me.

[images.magnetmail.net/images/clients/ACHA1//attach/COVID-19\\_Testing\\_Ju..](https://images.magnetmail.net/images/clients/ACHA1//attach/COVID-19_Testing_Ju..)

Posted On 07/20/2020

---

## **michaelides**

@njlady They're paid shills, to sew discontent and derail the argument. Happens on YouTube and all other media outlets all the time.

Posted On 07/20/2020

---

## **cat6071**

I think Mikeatbb might be one...never seen him before.

Posted On 07/20/2020

---

## **epi-cure**

Greetings cat6071, what part of what mikeatbb made you say he might be a shill? Or is your remark based on his more recent appearance here in the chatroom? I just ask him for input on a topic on which we agree.

Posted On 07/20/2020

---

## Olderbutwiser

In the context of this situation, when we don't know everything there is to know about the virus, it is irresponsible and arrogant to print an article saying there is "conclusive proof" that masks are not effective. In countries where there are strict mandates for their use, they are controlling the virus. Even in NY, it has been slowed down with such mandates. But in places where they are disregarding the precautions, like Florida and Texas, the cases are spiking. This suggests that they have some efficacy. In any case, an attitude that they don't work, that this is not so serious, and you can disregard the precautions is causing the disease to proliferate. When it proliferates, it raises the chances that vulnerable people -- and we still don't know exactly why some who are not elderly or have underlying conditions are also more vulnerable -- may get the disease and die. So why suggest to people not to wear the masks? That is irresponsible and shows a lack of compassion for those who are dying or who are vulnerable. Isn't the purpose of Mercola.com to promote our health and well-being?

I also take issue with the fact that my earlier critical comments were not posted and that a temporary ban was placed on my account because of this. It's exactly what Dr. Mercola has been complaining about: that Google has censored him. Stop being hypocritical and allow free speech on your site. You're going to lose the respect of a lot of intelligent people, some like myself who have been following you for years.

Posted On 07/19/2020

---

## Almond

I do not need to wear the mask for more than a few minutes occasionally. People are brain-washed.

Fear does that to a person. Yesterday, I saw someone alone on a bicycle wearing a mask! Most of the masks are simply political or fashion statements. The masks that are handed out free are crap. I explain that my mask has a much better filter, but am told, it is our "procedure" and you must comply to be admitted. The other thing I hate (first time yesterday) is having my forehead swiped. I know they claim to sterilize it between uses, but I also know many of these people are minimum wage and careless. Why should they be doing this when we are all supposed to maintain 6' social distancing? There are so many contradictions that you must suspect ulterior motives on the part of politicians and bureaucrats.

Posted On 07/19/2020

---

## Vladimira

I see people driving by themselves in a car and wearing a mask all the time.

Posted On 07/19/2020

---

## Jim\_Bo

I want to thank again Dr. Mercola and Top Rated Posters for your intelligence and understanding of this "manufactured pandemic".

Posted On 07/19/2020

---

## ellivoc

Well,, most annoyingly the Government are making it compulsory to wear a masks from next Friday. I will only go to a food shop very infrequently until this is ridiculous rule is got rid of so will be of no help in getting the economy going and I know many others who also say this. It is a £100.00 fine for not doing it, but that will never work. There is no way the police can be in every shop to check on people

and the shops are not allowed to do it. It just says you must wear face covering. Mine is a very pretty fine lace made from one of my Granny's old handkerchiefs, it covers my face but leaves no uncertainty as to my beliefs on this, as it is totally see and breathe through, Complying but NOT compliant!!!

Jennifer in Engand

Posted On 07/19/2020

---

## **dclarke0gmail**

My aunt was killed by a mask last week. She went to church for the 1st time since the lock-down and, like a good sheep, wore a mask for over 2 hours. She was in good health for 84, on no medication, walked 2 mi every morning, and had never shown any cardiac disease or other chronic health problem aside from mild osteoporosis which had not affected her stature or caused any bone breaks. She was a tremendous blessing to all who knew her and we all thought she would sail well into her 90's. Yet, the first time she wore a mask for several hours, not just sitting but also standing and singing, it lowered her O2 sats too low for too long and triggered a fatal heart attack.

Posted On 07/19/2020

---

## **LoveJoyHealth**

Did the coroner determine the mask was the "cause of death" or was it just a correlation that you made because you thought she would have "sailed well into her 90's"?

Posted On 07/19/2020

---

## **valdecap**

I am so sorry to hear about your aunt but unfortunately these sorts of stories are only going to be more frequent in days to come. I will pray for her!!

Posted On 07/19/2020

---

### **cat6071**

I'm so sorry this happened! Probably will see more and more of this. Sure are alot of trolls on here today! Anyone else notice?

Posted On 07/20/2020

---

### **Lotek**

Until the last few weeks, half of Americans wore masks in public, and half did not. So are we doing so horribly because of the half that did?

Posted On 07/19/2020

---

### **ears2rhealth**

I agree that masks are not the answer! Unfortunately in this state we don't have a choice. I cannot enter a public building without a mask, and I'm claustrophobic! Many clerks are complaining that they didn't "sign up" to have to kick people out who try to come in without a mask. (wasn't there even a death because an elderly gentleman started a confrontation with a younger man who wasn't wearing a mask?....

Posted On 07/19/2020

---

### **Emilyette**

This is not about your health. It's about control, obedience and money. We don't have to wear a mask where I live and I don't own one. We are doing fine. Ask yourself this....If you hadn't heard this on tv or the net etc. would you know it even exists???? I wouldn't. No one I know in 2 provinces have had it.....peggy

Posted On 07/19/2020

---

## Krofter

Bingo

Posted On 07/19/2020

---

## Krofter

I have a full beard. When I wear a mask it looks like a joke. When I breath I can tell 90% of the air is coming through my beard. Then there are the eyes, which are just as susceptible to microdroplets as the nose and mouth. As a health remedy, its abundantly clear the idea of masks has been poorly conceived. It's blantatly apparent that the goal is not to prevent the spread of C-19. The goal is to force COMPLIANCE. Darzoum posted the original version of this youtube video a week or so ago, which google (youtube is owned by google) has taken down. Here it is at another site. Watch it before this one gets taken down - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## Krofter

thisis - I had it months ago. Just like getting a vaccine, I'm now immune. There is no reason for me, or anyone else who is asymptomatic postive (naturally immune) to wear a mask. In fact there are many good reasons not to, due to the numerous health risks of wearing one. Even if I hadn't

had it I would still refuse to comply with big pharma's corporate agenda. There is no scientific proof that masks are saving lives. If you feel you must help Fauci and big pharma impose it upon us, that's your decision. But you have no right to force your belief system on me.

Posted On 07/19/2020

---

## NewlandsWanderer

As people on the site today seem to have so many conflicting views about masks and Covid-19 - may I recommend this well reasoned and well researched document that point by point, and very calmly deals with most of the issues: [swprs.org/a-swiss-doctor-on-covid-19](https://swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

## 00

I live in Aspen Colorado and these kids here are violently insisting that everyone wear a mask when they go hiking.... we live at 8,000' and they want to restrict air??? They are also considering a law tomorrow wearing a mask downtown, fines imposed.

Colorado has a death count from Covid-19 of 1,613. Hawaii has a death count from Covid-19 of 24. When you compare population the death rate in Colorado is 69 times that of Hawaii !!! Both states were full of tourists as it was winter. Hawaii, however, had tourists from mainland China, lots of them as well as from around the globe.

Watch the youtube from the Tanzanian president - he had saliva from a goat, a drop of oil, fruit juice tested for Covid-19 and many of them came back positive!

This is worse than a hoax.

Posted On 07/19/2020

---

**ellivoc**

We were in Isreal in the last wek of December, it was full of chinese tourists and everone was getting, what they then called "Flu". We flew home and so did the whole plane with many going on to other countries. We had it a couple of days later, Husband temperature and cough for about 2 days, me temperature and runny nose for about a day, then both fine, but pretty sure we had it.  
Jennifer UK

Posted On 07/19/2020

---

**healthnut1099**

Something thats probably overlooked by everyone: Covid Farts! Imagine waiting on line at the checkout at the supermarket and the person in front of you farts. A good mask is going to protect you from that gas. Nobody is going to be holding in their farts for nobody as it appears americans are too selfish. You can't expect your cashier whose been working long hours to either.(or any other essential worker)

Posted On 07/19/2020

---

**ellivoc**

Also, all viruses can go in through your eyes as easily as the nose and mouth. Are we to go around blind? Also totally discriminatory for deaf people who rely on lip reading and mouth movement.  
Jennifer

Posted On 07/19/2020

---



## ISA41115

Karl Deringer on market-ticker dot org has several articles debunking masks and he backs it up with science. Bottom line.....THEY DO NOT WORK! Masks: Let Me Be CRYSTAL Clear\*  
[market-ticker.org/akcs-www](http://market-ticker.org/akcs-www) Also, Face Masks Pose Serious Risks To The Healthy  
[www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-hea..](http://www.technocracy.news/blaylock-face-masks-pose-serious-risks-to-the-hea..) Ohio Rep. Proves Face Masks Reduce Oxygen To Unsafe Levels  
[www.newswars.com/ohio-rep-proves-face-masks-reduce-oxygen-to-unsafe-le..](http://www.newswars.com/ohio-rep-proves-face-masks-reduce-oxygen-to-unsafe-le..) Masks Don't Work: A Review of Science Relevant to COVID-19 Social Policy  
[www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..](http://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..) Update: Why Face Masks Don't Work: A Revealing Review  
[www.oralhealthgroup.com/features/face-masks-dont-work-revealing-review..](http://www.oralhealthgroup.com/features/face-masks-dont-work-revealing-review..)

Literally Thousands of Doctors and Scientists Have Come Out Against Fauci's Lockdowns Including a Nobel Prize-Winning Biophysicist. The Media Just Doesn't Want You to Know  
[www.redstate.com/michael\\_thau/2020/07/13/many-medical-experts-were-aga..](http://www.redstate.com/michael_thau/2020/07/13/many-medical-experts-were-aga..) The Science is Conclusive: Masks and Respirators do NOT Prevent Transmission of Viruses  
[www.sott.net/article/434796-The-Science-is-Conclusive-Masks-and-Respir..](http://www.sott.net/article/434796-The-Science-is-Conclusive-Masks-and-Respir..)

Posted On 07/19/2020

---

## Krofter

And then there is this, which I just got from Sayer Ji -  
[www.greenmedinfo.com/blog/video-covid-19-lockdown-economic-and-social-..](http://www.greenmedinfo.com/blog/video-covid-19-lockdown-economic-and-social-..)

Posted On 07/19/2020

---

## Darzoum

I think heavily propagandized people need to understand where the real viral threat is coming from and then wear TWO masks, one over each ear. With the "health authorities" propaganda messaging

sufficiently blocked... essentially a "fast" to detox the system, in time the contagion will clear up.

Next—and this is important—do not return to your junk food diet on mainstream media. Seek out your own trusted sources of information and do your own thinking; supply a steady diet of nutritious facts and well-balanced reasoning. At this point, you will be ready; with your mouth unimpeded, speak out loud and clearly. This is how you unmask the lies.

Posted On 07/19/2020

---

## lorettarox

[standforhealthfreedom.com/action/act-now-mandatory-masks-endanger-your..](https://standforhealthfreedom.com/action/act-now-mandatory-masks-endanger-your..)

Posted On 07/19/2020

---

## mirandola

\*\*\*INTERCOM: "Ladies and gentlemen, this is the Captain speaking. Don't breathe. The virus is airborne. The WHO and CDC have issued new orders and regulations. Ladies and gentlemen, we are so serious about protecting your wellbeing, trust us. We command you, do not breathe. Breathing is a crime. It will infect all others around you. It will kill them. You are a murderer. Go to jail if you disobey our orders". It's all so OCD-based. Dictatorship *\*always\** comes disguised in "good cause" and "Protection". That is why people fall for it.

Aren't we a bit thick not to think that if they are doing this now with the coronavirus, they will do the same with allergies, hay fever, common cold, or other infections, minor and serious alike? Illness is the newest crime in the book of law, and in lieu of defunded police, the contact tracers will come to our door. Be sure to turn off Alexa, your cell phone and computer mics, if you don't want a contact tracer at your door just because you got dust in your throat and you coughed. And careful about that pollen, it makes you sneeze. Sneezing is a crime....??? Since when?

Watch and see, what I am saying here is *\*not\** exaggerated. Profits are at stake, aha. Of important note, the people got their free speech back when the Iron Curtain relaxed its power over the economy. Aha. It

seems to me that to sneeze, and even to cough, is part of the freedom of self expression. We invoke our right to our own free self expression without being criminalized for it. What boggles my mind is that people just plain believe the mainstream narrative, where previously there was no testing available. It just makes absolutely no sense. Really stupid. Now that testing is here, the numbers soar, the narrative is fear, instead of comfort about herd immunity. Twisted "facts" rule the globe. And we are sacrificing our freedom, our economy, with deaths to suicide and economic loss, because of this over-touted virus....which does exist, but is used as a tool.

Posted On 07/19/2020

---

### **epi-cure**

Mirandola ! "Don't breath" Oh that's really good and another slogan on a needed T-Shirt preceded by "Do your part . . . " You've got my T-shirt juices goin' now. How 'bout a picture of the Titanic with inscription underneath "We're All In This Together".

Posted On 07/19/2020

---

### **wendyb.**

epi-cure, how about a face mask with an American flag across it?

Posted On 07/19/2020

---

### **mirandola**

epi-cure, Wendy-b, I LOVE IT!!!! Great scots, good going! thank you for your witty humor and whip-like smarts. That is what is needed! I say, go for the t shirt thing! But, don't be surprised if the wearer is up for verbal or maybe even physical attack, depending on how far-gone the seers are.

Could be a big liability. Too bad. How about mugs? A bit safer.

Oh and here is one more statement to add in conjunction with "Don't breathe":

"Be nice".

Posted On 07/19/2020

---

## bel8372

I am not questioning any of the information in this article, but it leaves me more confused than ever. Are the mask-wearing recommendations of so many reputable doctors, like Atul Gawande, without ANY scientific basis?

Posted On 07/20/2020

---

## tulip09

This is a wonderful article. The trouble is that the "choir" are the only people seeing it. I agree about the annual mortality statistics - they are key. However - WHERE does a regular person such as myself go and find them to share with others- I have looked on CDC and pull up all sorts of "stuff" - but not this.

Where can I go to pull up total 2019 mortality, 2019 mortality to date, and current 2020 year to date combined mortality for the US?

Posted On 07/23/2020

---

## Brian1

There's a possibility that masks can prevent coronavirus as two hair dressers with the virus didn't infect their 139 clients when they wore masks. It's also possible that opening windows diluted the virus. One study mentioned that masks didn't help when patients coughed into a petri dish 20 cm away but were there studies showing the effectiveness at greater distances like 2 m away. One theory that Japan did quite well because of their masks. If those masks don't work, there are other kinds like UVC masks and P100. The latter is expensive and has an exhalation valve. I wear it while working because it keeps my glasses clear.

Posted On 07/19/2020

---

### darrin2065

As Exhalation Valve was mentioned. Just a note, in case anyone was wondering, the exhalation valve is kinda self explanatory, it allows for unrestricted exhalation... The valve opens up on exhalation. Masks with exhalation valves are only intended to protect the wearer.

Posted On 07/19/2020

---

### redplanet1

There is nothing to prove that it was the masks being the reason no one got infected. There was no control group. Using this example (as many like to do) in any other situation would have people screaming correlation is not causation. Maybe people who go out and interact with the world with no fear are healthier to begin with and may be protected by the neurobiological results of their extroversion and optimism. Stress harms the immune system, calm people have more normalized immune systems. It is physiological. Stress of any sorts increases cytokines, not just a virus. Maybe Japan did very well because they eat a lot more iodine in their diet than we do. Iodine is a well known and potent anti-viral. In fact Fauci should be doing a much better job and releasing this type of information instead of fear mongering and pushing the mask agenda. Glad you mentioned opening windows - few mention air flow and the dynamics of that are important.

Posted On 07/19/2020

---

## JohnSnow

The death rate in NY started to drop only after everyone started wearing masks. Check the two links below. This even takes into account the two week lag time between infections and deaths. NYC Mayor DeBlasio asks all New Yorkers to wear a mask in public on Thursday April 2nd.

[www.cnn.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..](http://www.cnn.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..) Death rate NYC starts to plummet around April 15th. <https://ibb.co/WpjkX4j>  
[gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york](http://gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york)

Posted On 07/19/2020

---

## wendyb.

Yes, that's what I see too. Who are the blind ones here? I have to wonder why the US border neighbor - Canada has flattened the line so low, with using masks compared to US? What DOES account for the US sick rate being the highest in the world? And, why don't more people use plastic face shields which DO stop the direct flow of covid droplets AND allow normal facial conversation? And, why does this article talk about winter when covid was just getting started instead of right NOW?

Posted On 07/19/2020

---

## ericjt

People are whining about their freedom over a trivial thing like an order to wear a mask. It shows they feel generally helpless in their lives, but the real solution here is not external things like masks or social distancing or airflow management in closed spaces or civil disobedience. All of this external stuff completely ignores the REAL SOLUTION to the covid pandemic, which is TAKE SUFFICIENT VITAMIN

**D3, MAGNESIUM AND VITAMINS K2 AND C.** This alone would cut severe symptoms and mortality enormously. Stop bickering about rights and freedom and address the real issue, which is your responsibility for your own health. "They're taking away my freedom!" Stop whining, take your damn vitamins, and VOTE.

Posted On 07/19/2020

---

## Bluesss

I'm all for slowing the spread in such a way to help medical professionals keep up and provide the best possible care. I think people should be wearing masks when entering public businesses and shops. If by chance, on any level, wearing a mask in public might help slow the spread and prevent hospital overload that is a plus. While I understand all sides to the story and consider the research, instinctively I feel better when entering a public setting if people are using whatever precautions possible, including masks. We all observed the nightmare of hospital overload in New York.

Monaco reportedly had four deaths so, if correct, maybe it is wise to read the guidelines in areas having better success slowing the virus. Monaco requires masks in shops and plexiglass between groups of ten. I read Japan will put a mask on if ill when going out during regular times to avoid spread of illness in general. Vietnam used masks to contain Coronavirus and, reportedly, didn't have a death? If wearing a mask in a public place might help slow the spread I'm all for it. Yes, there is probably a downside to wearing a mask so it seems best to slip one on to go in a shop and take it off whenever possible. People might get what they need and stay home more to avoid using a mask and that will help slow the spread too.

All I can say, when hospitals are frantically reporting overload, leadership looks foolish when not encouraging every precaution available to slow the spread. I don't think of masks as a restriction or something to argue but a courtesy that might help slow the spread. People need to pull together so hospitals can provide the best possible care to those who require treatment.

Posted On 07/19/2020

---

## aro50965

I see many people enraged because states are enforcing masks, which might work or not, but I do not see that when the Federal Government is SILENCING PEACEFUL PROTESTS. This is a clear violation of the 1st amendment which is one that defines who we are as a nation. What is happening????? too many are behaving like cult followers rather than free people.

Posted On 07/19/2020

---

## 00

aro50965, why didn't you read this article before posting??? It's really one of his best. I heard the governor of Oregon actually asking people to protest, so I don't agree with your post. Ellivoc, No one is saying that there isn't a virus going around, what we question is the death rate, especially when we know that medicare pays hospitals for each covid death, some \$39,000. I had covid, was sick 6 weeks. But look at overall death rate - it is the same as prior years, UK actually had a decrease in overall death rate this year. Mercola's video is also worth watching.... I believe he pointed to the cause of this.... international financiers. Think about it, they don't make any money off of small business, and the big box retailers stayed open...

Posted On 07/19/2020

---

## MSeebeck

That's because the protests don't accomplish anything. If government was rational, it would listen to the facts and counterarguments. But it's not about serving the people; it's about SERFING the people. That's rather obvious.

Posted On 07/19/2020

---



## JohnSnow

April 2nd NYC Mayor DeBlasio asks everyone wear a face covering of any kind.

[www.cnbc.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..](http://www.cnbc.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..) New Cases in NYC start to drop almost immediately <https://ibb.co/16zfPj8>  
[gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york#e..](http://gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york#e..)

Posted On 07/19/2020

## mirandola

That's according to the mainstream news which is funded by Bill Gates, who profiteers from his stocks in BigPharma. Agendas? I go to reputable doctors for my source of real news about the coronavirus, not the paid off media. I read Dr Mercola's articles, comments from Stanford and Harvard doctors, and the like, watch footage of doctors speaking out..... LINKS, GATES FUNDED MEDIA [www.bbc.co.uk/.../funding](http://www.bbc.co.uk/.../funding) BBC funding [www.mediabiasfactcheck.com/msn-com](http://www.mediabiasfactcheck.com/msn-com) MSN news funding, fact check credible? You decide  
[www.seattletimes.com/seattle-news/does-gates-funding-of-media-taint-ob..](http://www.seattletimes.com/seattle-news/does-gates-funding-of-media-taint-ob..) Seattle Times re MANY mainstream sources funded by the Gates Foundation  
[www.humanosphere.org/basics/2013/02/a-personal-view-behind-the-scenes-..](http://www.humanosphere.org/basics/2013/02/a-personal-view-behind-the-scenes-..) "I wasn't actually allowed behind the scenes at the Bill & Melinda Gates Foundation's recent meeting in Seattle entitled "Strategic Media Partnerships." The Gates Foundation funds a lot of media – more than \$25 million in media grants for 2012 (but still less than 1% of the budget). I'm media but I wasn't invited. I asked if I could come and report on it, but was told the meeting was off the record". MORE ABOVE

Even PubMed, the government medical database, has begun to censor holistic health studies, a brand new feat since the coronavirus debacle. Coincidence or strategy? You decide. More here [www.anhinternational.org/resources/anh-intl-heartbeat/blowing-the-lid-..](http://www.anhinternational.org/resources/anh-intl-heartbeat/blowing-the-lid-..)  
[www.thenation.com/article/society/bill-gates-foundation-philanthropy/](http://www.thenation.com/article/society/bill-gates-foundation-philanthropy/) The Nation reported that there are many pharmaceutical companies, in which Bill Gates invests and ALSO holds stocks.

Posted On 07/19/2020

---

## **lillasyster**

There are several scientific studies which show wearing a mask cuts down the trajectory of the aerosol you create when coughing and talking. This means that you are protecting others. If they wear a mask they protect you especially if you keep at least 6 feet between you. Especially important with the new mutated virus which shows significant boost in infectivity.

[www.scripps.edu/news-and-events/press-room/2020/20200612-chose-Tarzan-..](http://www.scripps.edu/news-and-events/press-room/2020/20200612-chose-Tarzan-..)

Posted On 07/19/2020

---

## **fra2163**

This article contains a lot of good information but the spike of cases that is now happening in our warmest and most humid states - Florida, Texas, California - seems to contradict the conclusion that the virus is most transmissible in low humidity and that it ceases to be transmissible in high humidity.

Posted On 07/19/2020

---

## **Krofter**

Your hypothesis does not hold for the state where I live, Arizona. Humidity has been in the single digits here for months. What does explain this is the fact that those who live in the southern states tend to spend more time outside in the winter and get more vitamin D then. Now that it's going over 100 on a daily basis here in Arizona everyone has been hiding inside next to their air conditioners for the past 3 months, not getting any sun, not making and vitamin D.

Posted On 07/19/2020

---

## gstansbu

Agree. The article is saying there is no spike, but there seems to be a HUGE spike in the early period of 2020 when you compare it to 2014 - 2019.

Posted On 07/20/2020

---

## stanley2

Low humidity, high humidity, some relativity, a continuum, never completely reduced or completely increased. Outside air, inside air. Spending a lot of time indoors, with stale recirculated air? Air freshness could become a bigger factor than humidity.

Posted On 07/23/2020

---

## havingmysay

Okay, so what's the alternative? It's all very well to tell us what doesn't work. So what does work? Do plastic visors work better?

Posted On 07/19/2020

---

## hut

For the Sars 1 outbreak in Toronto, the hospital staff were typically double masked. Just compare contries that are more compliant in social distancing, hand washing and mask wearing and the deaths/million: [www.worldometers.info/coronavirus](http://www.worldometers.info/coronavirus)

Posted On 07/19/2020

---

### **caws**

I use Thieves oil. It was used during the Black Plague by criminals who robbed the dead and never got sick. You can buy it from Young Living or make your own [much cheaper]. Consists of 5 essential oils: Cloves, Cinnamon, Lemon Grass, Rosemary, and Eucalyptus. It works by repelling pathogens, smells great, enhances breathing and because you must dilute it with a carrier oil [almond or coconut] it is moisturizing!

Posted On 07/19/2020

---

### **mirandola**

How about air purifiers with HEPA filters trapping viral/bacterial material and air humidifiers to clump the viruses together and cause them to fall? Big problems, simple solutions. Better yet, how about if the CDC is honest in its directives to doctors (don't tell them to diagnose based on "probable" cause of CVD death with no testing required to confirm) and how about if Medicare does Not pay incentives like \$13,000 per CVD19 diagnosis on the death certificate. That might be a big part of the solution too. And maybe it's time to defund the media which is funded and biased by Bill Gates, bowing to his salesman's narrative. Boycott!

Posted On 07/19/2020

---

### **oplumb**

Answer this folks. If you want facts, then know that Taiwan, S. Korea, and Vietnam have absolutely squelched the contagion. Tell me why. Was it the masks? Did they have a better public health approach? Is there a multifactorial study that will explain why? Our approach has been embarrassing,

and in no small measure due to deceptive flawed studies with political agendas emanating from our corrupt medical establishment; e.g. HCQ. Trust, but verify, as a great American once said. I would err on the side of caution until the anomaly is over, thank you.

Posted On 07/19/2020

---

## Resa67

ISA41115: Viruses are not free floating and are attached to something larger like molecules in spittle, mucous, etc which are obviously blocked by a mask. Use common sense. Cover mouth and nose and matter that viruses are attached to are blocked from coming out. Simple. Why are deniers trying to make it so complicated and confusing? What's your agenda?

Posted On 07/19/2020

---

## gstansbu

What is the all-cause mortality rate for Q1-Q2 for 2020 vs. 2019? I think it is very important to provide the data vs. saying it doesn't show statistically significant. Thanks Mercola.

Posted On 07/20/2020

---

## alanj1

This article generates a few questions not clearly answered. 1. How long do the virus particles survive suspended in the atmosphere? 2. Because they are so microscopic can the outside virus easily penetrate the inside environment of dwellings making nowhere safe? 3. Will spraying antiseptic alcohol into an indoor environment kill any virus particles that may be present? 4. If masks do not prevent the virus, what protection do we have against getting it?

Posted On 07/20/2020

---

## snurb51

I am a long time follower of Dr. Mercola but at times his comments raise my eyebrows. He says masks do no good they have proven not to help. Put a person without a mask next to a person with a mask and tell me who would be the first one to get the virus or pass it on? I'll believe in the mask. Where does wearing one cause anyone any problem? It doesn't. I'm against anyone telling me what to do but you have to ask yourself, does it really hurt, cause a problem, no. Its all in man's stubbornness to be dictated what to do. When it comes to a cure I say no thanks I don't want a shot from Dr's I don't know or even what's in the medicine. Dr. Mercola is on here daily talking about big pharma but in this case he is siding with them. They don't care if you wear a mask they would rather you not wear one better for them to come out with their phony cure and make trillions off it.

Dr. Fauci worked(s) for a lab in the U.S. that twice donated money to the Wuhan lab. He know's more than he's talking about. The virus was not on the streets not from bat's. The day the virus was caught those people that caught it never went to the markets. That same day no bat's were reported on sale there. I believe this virus was made by humans in the Wuhan labs and got loose there. But the press and government are keeping quiet or not asking the right questions. Dr. Mercola won't say anything negative about Trump because I believe he is a follower of him. Trump and his administration should be asked the hard questions that they won't give the time of day too. They know what's going on and he's given a pass. The labs in this country are required to not do this kind of testing by law so it's shipped overseas to places like China. There's more of America in this equation then we are led to believe. Just my two cents worth.

Posted On 07/19/2020

---

## SRHartley

Interesting article, but deficient compared to Mercola standards. I see multiple references to "studies," and to the writer's opinion of what they show, but I don't find any footnotes. I also see the claim that "if air can penetrate the mask, these aerosol particles can also get through" despite the stipulated fact

that the aerosol particles are of size 2 micrometers or a bit less ie not 4 orders of magnitude smaller, as is the case of air molecules: oxygen kinetic diameter = 3/10th nanometers. Surprised that a "full professor" of physics would be so casual with his measurements. Thesis interesting, argument deficient -- deficient enough to cast doubt on other publications of Mercola's website. Contrarian arguments are useful for stimulation, but they have to be much tighter to earn respect.

Posted On 07/19/2020

---

## Solar\_Flame

If someone has elderly parents, should they still wear one?

Posted On 07/20/2020

---

## haburton

What are the 3 best studies for masks and the 3 best for not wearing masks. If I go to a public meeting and I identify research, it would be good to have the aces up my sleeve.

Posted On 07/20/2020

---

## dmprisk

[www.brighteon.com/26d07c7a-15df-4991-9aea-fd3b8da7b90d](http://www.brighteon.com/26d07c7a-15df-4991-9aea-fd3b8da7b90d)

Posted On 07/19/2020

---

## lilacsanddoves

"That is why, when you move down towards the equator, transmission drops. You don't get transmission." Biomagnetism explains this. Stronger magnetic energy from the earth near the equator.

Posted On 07/19/2020

---

## vmt6498

Are shields better than masks?

Posted On 07/19/2020

---

## Loveriot

So, okay, what are high risk (especially elderly with various health conditions) supposed to do to avoid contracting COVID?

Posted On 07/19/2020

---

## Randyfast

How about taking control of your own health? There is an overabundance of information on this site, to assist you in doing that. I'm pushing 70 (apparently at a "higher risk"), I don't take "precautions" other than the usual good hygiene; I'm not sick from any virus or cold and I'm not going to be.

Posted On 07/19/2020

---

## Loveriot



Randy, that's useless information. How does that help Debbie with diabetes? Harry with heart disease? Cathy with COPD? That good and well to recommend taking charge of one's own health, but it does nothing in the here and now for those with existing conditions that make them high risk. But for your information I've been reading Dr. Mercola's website for over 20 years now. I care my mother who is now 90. Having implemented many alternative remedies to help her, she'll tell you herself that if it weren't for me, she'd be dead by now. But I can't "cure" a brittle diabetic. I've gotten her medications very low and gotten her off of a lot of medications. So I should lock her in the house for the next year? I typically take her to the beach for some fresh air and Vitamin D. But look at Florida beaches with so many COVIDIOTS glomping on top of each other? I should take her out in that so the ocean breeze can transmit all aerosol droplets of everyone around?

I find it awful to present this argument against the validity of using masks without offering alternative options to protect oneself. America is full of people with various health maladies that make them vulnerable. I get tired of various diatribes on this website that offer no alternatives.

Posted On 07/19/2020

---

## **bolke**

It seems a lot of people are only interested in themselves, Loveriot. I hear a lot of "well I'M not going to get it..." "I'M not going to wear a mask"... I don't think I'm going to get it, or if I do I'll be OK, but I know there's lots of people for whom it won't be OK (my father's friend actually died from it.) I'd like it if people dropped the conspiracy theories and took precautions, if not for themselves, then for others.

Posted On 07/19/2020

---

## **Trish Foley**

Randyfast, we're about the same age and I understand what you are saying. I'm sure we are a minority here that believe Comorbidities are not natural and in most cases are self inflicted via a

terrible lifestyle and lousy life decisions - following the SAD is the first bad decision taken in many if not most cases.

Posted On 07/19/2020

---

### **snappir**

Randyfast....Zinc, Mg, D3 and NAC(protects your lungs). What I did when the pandemic started, was this. Now I do it too but maybe twice a week. And I'm 73. Put in a glass the following: 3/4 tsp powdered Turmeric, 1/2 tsp Cayenne, 1/2 tsp coconut oil. Bring mineral water to almost boiling. Pour into glass, steer, cover with a glass plate. Let it cool down 20 minutes. Then add a teaspoon raw honey, stir. last thing I add is 4-6 Oregano Oil. Don't stir, just let the oil float. Drink slowly. When you get almost to the end, then stir a little for the turmeric powder. This is my recipe. I used to do that every day, sometimes twice a day.

Posted On 07/19/2020

---

### **bennybensky**

Mostly high risk people should isolate, distance, wash hands.

Posted On 07/19/2020

---

### **mirandola**

Loveriot, what the high ranking doctors from Stanford, WHO advisor Johann Giesecke, epidemiologist Knut Wittkowski, and microbiologist from Germany Succharidt Bhakti have all said in common: Shelter the medically vulnerable and elderly, and put the rest of the nation back to work to gain herd immunity, which is the real solution. A vaccine for the coronavirus, said WHO advisor Johann Giesecke, will not work. He himself is pro-vaccine. Even people with COPD and

heart disease, diabetes can do things to improve their situation and support their immune system, even if their condition can't be cured overnight. No doubt excess blood sugar will inhibit immunity, but again there can be improvements, even if not instant cure. I also wonder now if air humidifiers might help, and air filters of high quality, given the article above and its contents.

Posted On 07/19/2020

---

## Randyfast

Loveriot: I apologize if my post 'offended' you. It wasn't meant to. I took your post as a generalization. My suggestions were also generic. Of course the situation changes, according to a person's individual health status.

Posted On 07/19/2020

---

## tmac13

To Mask Or Not To Mask? That is the question. Here is probably the best research I've found on the subject so far. What makes it so good is that they measure more than just the masks permeability. They measure it the way humans actually wear it, with gaps!  
[pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl\\_file/nn0c03252\\_si..](https://pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl_file/nn0c03252_si..) In "Figure S4" they show the effect of a N95 & surgical masks without AND with gaps. If it isn't a tight fitting respirator mask there will be gaps. We are interested in the 100 nanometer (0.1 micron) range as that is the size of the virus we want to block. It shows as "10<sup>2</sup>" on the diagram. As you can see the cloth masks are pretty much useless. Even a N95 non-respirator mask, which is as good as it gets, drop to about half its effectiveness with gaps. If it isn't a tight fitting respirator mask you are wearing a placebo.

Posted On 07/19/2020

---

## mirandola

With the breath coming out the top of the mask, even when using a nose bridge, no wonder they aren't fully effective.

Posted On 07/19/2020

---

## tmac13

mirandola: "With the breath coming out the top of the mask, even when using a nose bridge, no wonder they aren't fully effective." Top, bottom and both sides. Unless it is a tight fitting respirator mask it will have gaps all around and if you have a beard it makes it even worse.

Posted On 07/19/2020

---

## orgorg

I thought that alcohol did not kill viruses. It only kills bacteria and people.

Posted On 07/19/2020

---

## tomcalwriter

Dr. Mercola: With all due respect, then can you explain why other countries where the people have worn masks and practiced social distancing have flattened the curve and that in the U.S., the one country where many are rebelling, and in those areas where they are rebelling, the disease is out of control?

You could say, well it's mainly young people, but if those young people carry it to those who are vulnerable, a lot of people are dying. Can you explain why the hospitals in those areas where people are rebelling are overwhelmed? Your analysis ignores this.

Posted On 07/19/2020

---

## NewlandsWanderer

tomcalwriter: [www.sott.net/article/434796-The-Science-is-Conclusive-Masks-and-Respir..](http://www.sott.net/article/434796-The-Science-is-Conclusive-Masks-and-Respir..)

Posted On 07/19/2020

---

## gmodel

This article is factually incorrect. Dr. Mercola writes "There's No Scientific Support for Mask-Wearing." It is incorrect to say that there have been no studies showing that mask wearing reduces COVID-19. I pasted the reference to just such a study below, and included a graph from the article. It shows a clear reduction in spread of the virus with masking. One might argue with the validity of the data, etc., but it is irresponsible to argue that there is no data Wang, Xiaowen, et al. "Association Between Universal Masking in a Health Care System and SARS-CoV-2 Positivity Among Health Care Workers." JAMA (2020) doi:10.1001/jama.2020.12897

Posted On 07/19/2020

---

## Lotek

Since Dr. Rancourt does not give any citations, here are a couple:

[www.ncbi.nlm.nih.gov/.../PMC7191274](http://www.ncbi.nlm.nih.gov/.../PMC7191274) A systematic review of randomized controlled clinical trials on use of respiratory protection by healthcare workers, sick patients and community members was conducted. In the community, masks appeared to be effective with and without hand hygiene, and both together are more protective.

[www.cidrap.umn.edu/news-perspective/2010/01/masks-plus-hand-hygiene-re..](http://www.cidrap.umn.edu/news-perspective/2010/01/masks-plus-hand-hygiene-re..) Masks plus hand hygiene reduced ILI (influenza-like illnesses) n college dorm study. Which countries and states have beaten back a surge in the virus without widespread face mask use? I can't think of any.

Posted On 07/19/2020

---

## snappir

Very true. If you are in a store, and somebody with the virus right near you sneezes or coughs, even wearing a mask, while your mask is a little down with your nose exposed, you get this virus right into your lungs.

Posted On 07/19/2020

---

## dev5922

[voxeu.org/.../unmasked-effect-face-masks-spread-covid-19](https://voxeu.org/.../unmasked-effect-face-masks-spread-covid-19) I am no sheep. Those of you hiding behind this “I’m no sheep, what about my civil rights” campaign, shame on you. There is much more to this dilemma than that. Fact: masks aren’t perfect in keeping aerosolized viral particles from the air. Are they the best we have at this moment? Seems to be. Other than total isolation. Have you not read about the huge groups of people who have gathered and the sudden outbreak of the virus amongst them? So you say it’s not fatal. Most of the time. Unless it’s your family member or you that gets sick and dies. Then it’s a different story. “I’m healthy. I’ll recover”. Unless you don’t. So called “healthy” people are dying of this virus. Every day. Does my mask have breath coming out of the sides? Yes. Does it prevent my breath from being spewed into another’s face? Yes. Does that make a difference? How could it not??? If you have an medical condition in which you can’t wear a mask, ok. I get it. But be a mature grown up and deal with it. Stores are all willing to work with you. Don’t run in screaming about your rights and how unfair all this mask wearing is. (Which btw, spews your droplets everywhere and all over everything). “Masks were developed to prevent spit droplets from landing into an open wound during surgery” Well, our breathing systems are ALL OPEN WOUNDS. Inhaling a spittle droplet into your lungs is no different than dropping a spit ball into a surgical site. And no, it’s NOT perfect. But surgeons have been doing it for decades. Why? IT WORKS AT CURBING INFECTION. If all the +’s have to do with humidity and the southern states, explain New York. The reefer trucks full of dead bodies. Mass graves. Comparing it to flu season is nonsensical. I wear a mask bc I will NEVER take the chance of passing this to another. In the future when all this is passed, I’ll ALWAYS know I was part of the

**solution. No question. Can you say that? How would you know?**

Posted On 07/19/2020

---

**jla9175**

**Please please please - I hope you send this directly to Dr. Mercola. I'm sure he doesn't review these comments. His publishing of this article is absolutely frightening. I don't know if I can trust him anymore!**

Posted On 07/19/2020

---

**bolke**

**Right on. Enough of the arrogance of calling everyone sheep who doesn't believe in every conspiracy theory that comes along.**

Posted On 07/19/2020

---

**joeanddonna**

**WELL SAID! Dr. Mercola evidently has a political agenda. He built his online business via branding...taking on the FDA...and seems to be scratching now for relevance. Where is the doctor in him...first do no harm...if he can't be helpful. His site is changing, looking more like a news site everyday, and he is apparently clearing out his inventory. Is he not able to get his product/ingredients shipped from over seas but not talking about that? Really, what is his agenda? Does he even go out into public? I doubt it. And the put downs and disrespect of others that spew from the mouths of some on this site i find appalling. No, I'm with you: I too intend to be part of the solution not the problem, and will help my fellow man no matter what. Dr. Mercola had presented himself ALTRUISTIC when bucking the FDA while establishing his brand. I hate to think it, but is his**

agenda not connected to lining his pockets too? I don't get it...evidently, he isn't really a leader.

Posted On 07/19/2020

---

## Krofter

In 2018 1.5 million people died from TB. Why was there no mask mandate then? I've had C--19, I'm immune (can't give, can't catch it - the same as getting a vaccine). Why should I be forced to wear a mask? Why should all of the hundreds of thousands who have tested positive and are asymptomatic (naturally immune) be required to wear a mask? For a million years we have gotten by without masks. Why now? The only reason is to force people to conform.

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## matahawa

Can't believe this debate is still occurring... no wait I can. Do masks help 100%? No! Do masks help 0%? No! Are masks helpful when no one is around? No! Are masks useless in a grocery store? No! Should you hang out with covidiot? No! Stop with the all-or-nothing idiocy!

Posted On 07/19/2020

---

## islander129

That's it right there. It's the all masks, all the time that I find scary. This is akin to prostrating oneself five times a day toward Mecca. It is a profession of faith. It is not science. And the action reinforces the faith. The more time of one's life one has spent bowing and genuflecting and donning a silly piece of cloth, the more one has invested in the meaningfulness of it all. The more



of a climb-down it is to say "Oops, that was all a waste of time, plus loss of credibility and self-respect." IMO this is what the universal mask mandates are about: obedience training. I'll wear a mask in a shop or the PO. Just in case. Although my mask is probably loaded with germs as shown by the UV light. But wtf? I can't spend my whole life acting like Lady Macbeth. But no mask on the street or taking a walk or on my bike.

Posted On 07/19/2020

---

## Loveriot

If I could give you 10 thumbs-up, I would. I've been saying this in my head a million times--what is with this all-or-nothing thinking? It needs to stop :)

Posted On 07/19/2020

---

## orchwife

Just because test and mask aren't 100% effective doesn't mean they don't have benefit. Do you mean to tell me as a doctor that you are perfectly comfortable walking into a COVID unit without PPE? Would you want surgery from an unmasked surgeon? That's just idiocy and your media sensationalism on this subject is no better than the media's.

Posted On 07/19/2020

---

## tmac13

I would insist on a RESPIRATOR N95/100 mask & eye protection. If it isn't a respirator mask it is a placebo. Most of the 4,000 medical staff in Wuhan got sick wearing non-respirator masks. The replacement workers sent in all had respirator masks and only a handful got sick due to sloppiness of their own. Here is probably the best research I've found on the subject so far. What makes it so

good is that they measure more than just the masks permeability. They measure it the way humans actually wear it, with gaps!

[pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl\\_file/nn0c03252\\_si..](https://pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl_file/nn0c03252_si..) In "Figure S4" they show the effect of a N95 & surgical masks without AND with gaps. If it isn't a tight fitting respirator mask there will be gaps. We are interested in the 100 nanometer (0.1 micron) range as that is the size of the virus we want to block. It shows as "10<sup>2</sup>" on the diagram. As you can see the cloth masks are pretty much useless. Even a N95 non-respirator mask, which is as good as it gets, drop to about half its effectiveness with gaps. If it isn't a tight fitting respirator mask it will have large gaps.

Posted On 07/19/2020

---

**ianmac**

Why not try reading the article?

Posted On 07/19/2020

---

**healthnut1099**

This is very irresponsible info. Don't know if mercola is aware of anything outside of health, but currently there is a global civil rights movement. Protests are occurring everyday around the world. Protestors and police will be spreading this virus because of the lack of safety precautions. This virus won't stop just from wishful thinking. People must exercise all the safety precautions and especially wear masks!

Posted On 07/19/2020

---

**nita44**

I used to read all the articles that Dr. Mercola posted but lately I have stopped because it seems that some are questionable.

Posted On 07/19/2020

---

## npolog

I'd like to see a detailed article on the differences between the US response to COVID-19 and the responses in Italy and Spain for example. >> [www.worldometers.info/coronavirus](http://www.worldometers.info/coronavirus) >> In the list...right-click USA and open in a NEW TAB....Then do the same for Italy and Spain.... >> Look at the charts and tell me where you'd rather be living now....the US or Europe? >> So...HOW did the countries in Europe get to the point where they are opening up...even to the point of allowing vacation travel and so forth? >> WHY is the US almost back to total shutdown in some states? >> THINK ABOUT IT...if you can... It's a matter of bullpucky vs reality...????? vs COVID-19. COVID-19 is reality...it doesn't care about how you feel or your political opinions...just like global warming...it's just going to keep coming at you till you deal with it...SANELY. >> GROW THE \*\*\*\* UP!

Posted On 07/19/2020

---

## MiketheAngel

If we take a poll how many people would say the goal is to stop the virus? Fifty percent? Maybe more? Sorry to burst your bubble the goal was never to stop the virus, rather the goal was to slow it down. We have no lever to pull that stops the virus. Short of a bubble suit for the rest of your life we will all surely be exposed. If not this year, then the next. You may get infected; you may have symptoms; you may get very ill; you may die. Just like the flu. We need another poll to find out how many people think the coming vaccine is a silver bullet. If you do a little searching you'll find the expert are saying it may prevent your infection from becoming serious, but won't stop the spread. In time covid will run it's course and we'll have herd immunity. Unless it mutates; then we start over.

Posted On 07/19/2020

---

## Resa67

I see, so surgeons and medical personnel have been wearing masks for fashion reasons 🙄 such idiocy

Posted On 07/19/2020

---

## ButterflyGirl

Maybe instead of name calling you should do some research for yourself lest you look like an idiot. "The use of surgical facemasks is ubiquitous in surgical practice. Facemasks have long been thought to confer protection to the patient from wound infection and contamination from the operating surgeon and other members of the surgical staff... Examination of the literature revealed much of the published work on the matter to be quite dated and often studies had poorly elucidated methodologies.... Overall there is a lack of substantial evidence to support claims that facemasks protect either patient or surgeon from infectious contamination. " Source: Unmasking the surgeons: the evidence base behind the use of facemasks in surgery From: The Journal of the Royal Society of Medicine (JRSM) [www.ncbi.nlm.nih.gov/.../PMC4480558](http://www.ncbi.nlm.nih.gov/.../PMC4480558)

Posted On 07/19/2020

---

## epi-cure

I know, right? Begs for a new (doctor) joke since everyone already knows this one, the difference between a doctor and God. God doesn't think she's a doctor. Why did the doctor wear a mask? Because his white lab coat was at the dry cleaners "As explained by Rancourt, the reason surgical masks are worn in the operating room is to prevent spittle from accidentally falling into an open wound, which could lead to infection. Surgical masks have been shown to be important in that respect."

Posted On 07/19/2020

---

### **frotototo**

Resa67. reread the article. The author stated masks are worn to stop spittle.

Posted On 07/19/2020

---

### **ISA41115**

Doctors wear masks to block bacteria, which are huge compared to viruses; viruses are measured in billionths of a meter, and were in fact discovered by science because they got through all the filters. Viruses go through a mask like mosquitos through a chain link fence. Masks are completely useless against the Corona virus.

Posted On 07/19/2020

---

### **Randyfast**

"Appealing to authority" is the same lame manipulative tactics that the lamestream media uses! I ignore such nonsense!

Posted On 07/19/2020

---

### **ianmac**

I wish people would read the article before writing about it. The article explains why surgeons

should always wear masks.

Posted On 07/19/2020

---

### ohmybuddha23

Explain to me how MOST countries are controlling this virus and tell me mask-wearing isn't having some effect. I lived in Seoul for years; it's as densely packed as a city can be ... impossible to social distance. What are they doing differently, along with dozens of other sites ... go ahead, think about it. I'm done with this blog. It's political now, and it's clearly on the wrong (ignorant right) side of history. It's all going to spam from now on.

Posted On 07/19/2020

---

### Jean from Cincinnati OH

Totally agree with you! This is political. Would be different if Dr. M. posted the video and the article and opened for discussion instead of making a claim. Been following Dr. M. for a dozen years and this makes me sad. It doesn't take a double-blind placebo controlled study to prove masks work. Look at the world news x 10 years and all the other places in the world wear masks during pandemics. The tribal, the villager, the commuter....none of them needs to read an article or watch the news. It's called natural selection.

Posted On 07/19/2020

---

### ellenf

This article is all about Denis Rancourt and his belief that masks don't work. Interestingly, Dr. Mercola didn't even list Denis Rancourt's OWN article in his sources, which is pretty hard to understand. Here it is, the link to his article that Dr. Mercola is referencing called "Masks Don't Work":

[www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..](http://www.rcreader.com/commentary/masks-dont-work-covid-a-review-of-science-..) If you read his article and click on Denis Rancourt's sources, you can see that Denis Rancourt is drawing conclusions that his sources don't support....at all. In his second review of "medical resources" , his claim is that "None of the studies reviewed showed a benefit from wearing a mask, in either HCW or community members in households (H)." If you click on the source that he lists for his conclusion, this is what is given as a summary: "Influenza viruses circulate around the world every year. From time to time new strains emerge and cause global pandemics. Many national and international health agencies recommended the use of face masks during the 2009 influenza A (H1N1) pandemic.

We reviewed the English-language literature on this subject to inform public health preparedness. There is some evidence to support the wearing of masks or respirators during illness to protect others, and public health emphasis on mask wearing during illness may help to reduce influenza virus transmission. There are fewer data to support the use of masks or respirators to prevent becoming infected. Further studies in controlled settings and studies of natural infections in healthcare and community settings are required to better define the effectiveness of face masks and respirators in preventing influenza virus transmission." That is quite different than what Denis Rancourt said. If you click on his resource links, he is clearly cherry picking sentences that aren't accurate to the context of what is being discussed.

Posted On 07/19/2020

---

**kri73323**

This entire article is full of misleading information and completely irresponsible. Im very disappointed in Dr Mercola.

Posted On 07/19/2020

---

**ianmac**

Ellenf - you say "This article is all about Denis Rancourt and his belief that masks don't work." That

was mentioned too, but as far as I'm concerned the article was about the discovery that Coronavirus was never important. We have a lower mortality from all causes this year than usual, so why should we continue to worry about a political scam? People like to point out that somebody they knew died from the Coronavirus. Of course - every year somebody that I know dies from some cause or other, and I'll die in a few years time too. Just because it is labelled "Coronavirus" instead of "a coronavirus" doesn't make any difference - millions of people will die every year - usually with several viruses and bacteria and even parasites sharing the responsibility.

Posted On 07/19/2020

---

### tre55745

I think it's important for logic to prevail in what we do to protect ourselves from others and others from ourselves. Here in Switzerland, we are required to wear a mask on Public Transportation. These are sealed environments where air circulation, although updated as a result of the virus, can still be a breeding ground. Although it restricts my air flow and is a genuine pain, I do think this decision is wise, given the extent of Public Transportation usage, the sealed environment and the proximity to other people. Using the same logic, if you are outdoors or exercising, it is strongly recommended that you not wear a mask but we are still restricted in the size of allowed gatherings in order to reduce the spread.

Posted On 07/19/2020

---

### Randyfast

My "logic" does prevail. That's why I will not wear a mask that will seriously restrict my breathing; as well a make my entire face all sweaty! This farce is not about looking out for our "health and safety". It's about CONTROLLING THE MASSES and for anyone who hasn't been "dumbed down", this is so easy to see.



Posted On 07/19/2020

---

## JohnSnow

The death rate in NY started to drop only after everyone started wearing masks. Check the two links below. This even takes into account the two week lag time between infections and deaths. NYC Mayor DeBlasio asks all New Yorkers to wear a mask in public on Thursday April 2nd. [www.cnn.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..](http://www.cnn.com/2020/04/03/heres-the-study-behind-why-nycs-mayor-now-reco..) Death rate NYC starts to plummet around April 15th. <https://ibb.co/WpjkX4j> [gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york](http://gothamist.com/news/coronavirus-statistics-tracking-epidemic-new-york)

Posted On 07/19/2020

---

00

yes, the death rate dropped.... have you given any thought to someone manipulating the numbers to show a drop?

Posted On 07/19/2020

---

tmac13

That is simply incorrect. That is the standard trajectory of a respiratory infection. The ramp up and down times are well known. Correlation does not mean causation. The same peak in April and drop in May was seen nationally despite masks not being used in most of the country at that time. April was the worst month for "excess deaths" both in NY/NYC and the whole country. May was were the numbers started coming back down. Based on CDC data I've parsed out the total deaths for 2020 and compared to the previous 4 years (2016-19). All 50 states plus DC and New York City (CDC counts it separate for some reason). The spreadsheet in the "Monthly" folder is what you are looking for. The script and all related files are here if you want to kick the tires:

[www.dropbox.com/sh/fh9x5fngmfbeiiu/AAAH-OtOMqiY\\_R9qqG6YccCRa?dl=0](https://www.dropbox.com/sh/fh9x5fngmfbeiiu/AAAH-OtOMqiY_R9qqG6YccCRa?dl=0) For the entire USA: Jan -0.3; Feb 0.7; Mar 4.6; Apr 33.3; May 11.6 For New York City: Jan -3.7; Feb -0.8; Mar 50.2; Apr 419.3; May 58.5 New York State: Jan -0.8; Feb 1.6; Mar 8.3; Apr 89.9; May 28.9 The data for June is still too incomplete to be of use. I'll update it as it becomes more complete. I'm also looking at doing up a weekly look at the numbers. That is the finest granularity the CDC data allows.

Posted On 07/19/2020

---

## **lilacsanddoves**

Well, thats if you believe their numbers. Polio was already almost over when the vaccine was introduced but the vaccine got all the credit for eradicating polio.

Posted On 07/19/2020

---

## **ianmac**

Yes, death rate everywhere started to plummet in mid April, including countries without lockdown such as Sweden. It is the normal established pattern for other coronavirus epidemics, even though nobody wore masks before they renamed the 'flu as coronavirus.

Posted On 07/19/2020

---

## **crystalsys**

So all you - "I'm not sick and I'm not wearing a mask" sort, please find a study where you are in that position, and go volunteer for it. You will not find certainty in the midst of a pandemic. But read something that makes sense and then do what you want, but stay away from me.

[www.livescience.com/hair-stylists-infected-covid19-face-masks.html](https://www.livescience.com/hair-stylists-infected-covid19-face-masks.html)

[www.nytimes.com/2020/06/06/world/asia/japan-coronavirus-masks.html](http://www.nytimes.com/2020/06/06/world/asia/japan-coronavirus-masks.html)

Posted On 07/19/2020

---

## ianmac

We haven't been "in the midst of a pandemic" since the middle of April. The CBC was due to announce that the pandemic had ended so the Government took the responsibility for record-keeping away from them.

Posted On 07/19/2020

---

## D.A. Scott

[www.psychologytoday.com/ca/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/ca/blog/logical-take/202007/yes-masks-work-deb..)

Posted On 07/19/2020

---

## epi-cure

Not trying to discredit the psychologist as I will wear a mask in a confined area such as public transportation. The most convincing argument is the all-cause mortality. And considering the number of wrongful deaths in the U.S. due to flawed medical procedure this may have actually been a lighter than usual "flu" season. Two friends, one a psychologist the other a physicist got hammered on drinks during a hot sunny afternoon by the pool while having a vigorous debate about to mask or not to mask. Neither could convince the other so after several hours of conversational volley (and still friends) the best they could produce was the making of a poolside billboard: Please don't pee in the pool and no one will swim in your toilet.

Posted On 07/19/2020

---

## WMP6058

Last time I check Dr. M is not an expert on infectious disease or transmission. Europe and other places that have used masks have flattened the curve and controlled the spread. This type of thinking has lead the USA to become a third world country and a laughing stock around the free world. (Not Russia) We lead the world in COVID and Fox News and our tax cheat President are digging their own graves, I think the website should stick to health, exercise and nutrition. Stop making this political Too much of that on the right wing.

Posted On 07/19/2020

---

## Lor3584

I will definitely continue to wear a mask - it's just common sense. All this does is give a certain group of people more reason to demand that they can enter any establishment and not follow the mandate and wear a darn mask. It's so simple. I'm sick of all the political crap.

Posted On 07/19/2020

---

## grocerylist

I agree with those that wear a mask because they care about others' lives. I do not agree with those that are using politics for their brain of answers. I've been wearing face masks for years when travelling on airplanes, when caregiving for an elderly parent, or having a bad cold around my spouse. I've also been washing my hands and wiping down surfaces way before this pandemic. There is nothing more disgusting to me then to visiting any establishment and see someone working with a cold, or attending an event and someone saying oh this darn cold has been going on for months. I get disgusted when someone puts their baby cradle on top of a table or sits the child on top of the dining

table. There are just way toooo many people who have been raised without proper guidance on healthy and safety. It doesnt surprise me that so many people get so many ailments. Just disgusting behaviors everywhere you go. And the dumbing down of the world is just getting worse. Too much low quality social media and not enough proper educational guidance.

Posted On 07/19/2020

---

## tmac13

grocerylist: "I agree with those that wear a mask because they care about others' lives." First off I do care about other and have for a long time. My wallet contains the proof of that. I have a blood donor card that shows I am over 50+ donations over the last 2+ decades. No pay (all volunteer where I live). I've also signed my organ donor card. Have you? The idea that people who object to masks "don't care about others" is just plain WRONG.

I am not interested in hollow gestures. I want something that actually works. Cloth masks are acceptable but are totally useless. Here is probably the best research I've found on the subject so far. What makes it so good is that they measure more than just the masks permeability. They measure it the way humans actually wear it, with gaps!

[pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl\\_file/nn0c03252\\_si..](https://pubs.acs.org/doi/suppl/10.1021/acsnano.0c03252/suppl_file/nn0c03252_si..) In "Figure S4" they show the effect of a N95 & surgical masks without AND with gaps. If it isn't a tight fitting respirator mask there will be gaps. We are interested in the 100 nanometer (0.1 micron) range as that is the size of the virus we want to block. It shows as "10<sup>2</sup>" on the diagram. As you can see the cloth masks are pretty much useless. Even a N95 non-respirator mask, which is as good as it gets, drop to about half its effectiveness with gaps. Respirator masks are the only ones that work and yet the CDC doesn't want the public to use those so they can be saved for medical professionals who really need them.

Posted On 07/19/2020

---

## ianmac

**Grocerylist - do you have children? If so, do they have asthma? That is caused by living in sterile conditions. The people around me eat from a common dish with their fingers. The toddler thinks that it is funny when the puppy licks her tongue after licking up grains of corn from among the poultry droppings. Nobody wears a mask - except when they go down to the pueblo. I believe in giving my immune system LOTS of practice all the time - I travelled around South America for ten months eating street food, and unwashed fruit from farmers' market stalls. There are all the tourist warnings to boil all water and never to eat fruit because it has probably been washed with un-boiled water. Of course, it has. It has also been handled with unwashed hands by the fruit picker, who dropped the fruit on the ground before placing it in a container to take to the market where it was handled by more unwashed hands. They don't get Montezuma's Revenge - that is for tourists who avoid infection.**

Posted On 07/19/2020

---

### **tomcalwriter**

**I've been following the good doctor for about 9 years and for the first time I have to say he has missed the boat and has tried to be too smart for his own good. He lives in Florida, so it shows that even the smartest among us can be influenced by herd mentality.**

Posted On 07/19/2020

---

### **lholscher**

**I no longer trust what you say.**

Posted On 07/19/2020

---

### **jamesmom**

So, in other words, the recent Wall Street Journal article--"Face Masks Really Do Matter. The Scientific Evidence Is Growing"--is fake news I'm saddened that some Americans are so resistant to the temporary inconvenience of wearing a mask while denying the reality that thousands of Americans so indeed suffer and die from COVID. So if it turns out that mask wearing doesn't help? So we were inconvenienced a little bit? It's not permanent damage. But what if they do help and save lives? Isn't that little amount of discomfort worth it, given the alternative? I keep thinking of Poe's story "The Masque of the Red Death," in which the prince continually denies the reality of a plague that is killing the peasants until the plague comes to his castle. Given the political party of the COVID-denying governors, Poe even got the color correct.

Posted On 07/19/2020

---

## mirandola

Jamesmom, are you aware that the mainstream media is funded by Bill Gates...who just so happens to own stock in BigPharma? Links below. It's not just "Temporary inconvenience". Inhaling carbon dioxide and trapped viral particles on the fabric of the mask, is not exactly health producing. What are your thoughts about that? Be nice. To the mask wearer. And the general public. Because if the mask wearer becomes infected by the virus concentrated on their own mask, then they too can spread the illness. Time to think about this, is my suggestion. There is a head and tail side to every coin. Look at both sides, not just one, for a wise consideration.

[www.thenation.com/article/society/bill-gates-foundation-philanthropy/](http://www.thenation.com/article/society/bill-gates-foundation-philanthropy/) Gates's investments in BigPharma [www.bbc.co.uk/.../funding](http://www.bbc.co.uk/.../funding) BBC funding [mediabiasfactcheck.com/msn-com](http://mediabiasfactcheck.com/msn-com) MSN news funding, fact check credible? You decide

[www.seattletimes.com/seattle-news/does-gates-funding-of-media-taint-ob..](http://www.seattletimes.com/seattle-news/does-gates-funding-of-media-taint-ob..) Seattle Times re MANY mainstream sources funded by the Gates Foundation

Posted On 07/19/2020

---

## victoire1

Je pardonne au Dr Mercola ,cette fois seulement, d'avoir publié cet article non accepté au Canada. Une grande étude française démontre que le masque de trois plis est performant, mais que parfois on a trouvé le virus sur un quatrième pli. Vous êtes dans les prunes , Dr Mercola

Posted On 07/19/2020

---

## Rdenyc

SPIT ejected while speaking, singing laughing, or coughing hits the face of the person next to the spitter. If you are someplace where you will be close to the spitter, the spit will be on your face. That is not rocket science, its common sense. Do people who yap about their freedom in connection with not spitting on their neighbors also refuse to cover their mouths when they cough? Or are they waiting for a study to confirm that.? If you got out of your car, out of your yard and off the porch, and got on to a city street, a public bus, a crowded market or crowded bar it is very easily see.

People are very very close to numerous strangers, all with their mouths open as they talk, laugh, cough etc. This is not just about aerosols, its about droplets which are a ever present factor in crowds. No one is saying never take off your mask! Unless you are a worker who breaths close to dozens of customers each day, people are not 'forced' to be masked for many hours each day. The problem with covid is not that it is more contagious than the common cold, or the seasonal flu, it is that in too many cases this flu kills. 50 thousand people die from pneumonia every year in the USA. 20 thousand died of covid in New York in 3 months. Now florida is working on beating that record.

Posted On 07/19/2020

---

00

Rdenyc, Would you please read the article before you post?

Posted On 07/19/2020



---

## jimbeard

Mercola has always gone against the grain and it's served him well. However, this flies in the face of common sense and may undermine his credibility. When I change my home's furnace filter, I can see that it's captured a lot of dust. It breathed the whole time and still trapped some amount of particles. I'll continue to wear my mask and hope those that don't help us build a herd immunity, assuming we can build a lasting immunity to this virus.

Posted On 07/19/2020

---

## tara9631

A Face Shield costs only as low as \$6 to \$10 on Amazon and free shipping with Prime. It can last up to one to two years if properly taken care of and washed with hot water, soap and finish with sanitizer. Are you so stingy you refuse to buy something so inexpensive? Incredibly easy to breathe with a Face Shield even if the wearer is doing intensive cardio workout on a treadmill, aerobics class. The superlative advantage of Face Shield is it completely covers the eyelids that are a pour out mucus membrane that is literally a Covid Cootie Magnet

Are you so profoundly self absorbed and self involved you have no concern for the hundreds of innocent people YOU could infect in the event you are an asymptomatic Covid Carrier? A large percentage of infected people who have Covid have zero symptoms but pass it onto OTHER people Do you wear a seatbelt when driving a car? Do you text and talk on the phone when driving? Do you use a condom when you have sex? Do you wash your hands after going to the bathroom? Stay home if you don't want to do this incredibly simple thing as a civic duty and in the spirit of taking personal responsibility

I have a pulmonary lung disorder AND I wear a Face Shield and it is highly comfortable and so easy to breathe! You stated you have a "medical condition" AND that makes you at a far higher risk to catch Covid. You did not provide a doctors letter on medical clinic stationary that documents you qualify for an exemption from wearing a Face Shield inside a store where a large group of people are congregating Stop bashing Sprouts Market! They are required by LAW to enforce the govt order to

wear a face covering over your mouth and nose. State Governors and local County Public Health Departments have ruled that mask wearing is mandatory. Retail stores who are not compliant and don't enforce mask wearing will wind up with the govt SHUTTING DOWN their business I understand you believe the world revolves around YOU

Posted On 07/19/2020

---

## **dfarrich**

I'll be glad when this storm of lies and counter lies is over. I simply do not believe anyone anymore.

Posted On 07/19/2020

---

## **jjl1348**

Not black pilld yet. This is not stopping unless the stop is at police state tyranny, with the 1% owning all the wealth. And political control. It is a different version of the Matrix. Besides compare society today with a few generations ago. Where your word meant something. Chivalry was admirable. You did the right thing without sanction. We are living in one of the most immoral periods in history. Where, money, drugs, and sex is edified. It can not end well.

Posted On 07/19/2020

---

## **BrendaGudiel**

Then why have Asian countries had way better success in curbing pandemics with using face masks? Japan for example did not even shut down their businesses, the only thing they did was wear face masks and practice social distancing as much as possible, and with that alone, they only had about 1,000 COVID-19 deaths! I have a hard time believing that face masks offer no protection at all.

Especially when surgeons wear them for hours a day when performing surgery. And I find the quote of that doctor disturbing where he says..."COVID-19 is not a killer disease, and this pandemic has not brought anything out of the ordinary in terms of death toll."...Actually, yes it has. My dad died from COVID and he infected me and my mom with it and it was really BAD. Nothing like the flu. I almost went to the ER and I can see how it can kill not only the vulnerable but even those that are healthier. And yes many more people have died from this virus than a typical flu season because funeral homes were backed up and had trouble keeping up with the death toll. Especially in the hot spot areas like NY, where some had to turn away people because they just had too many funerals to handle and could not handle any more. So no, this was not a harmless virus, many people actually died from it, such as my dad. There are different strains of this virus and some are milder. I, my mom and my dad got an aggressive form from a nursing home. If you get the aggressive form, you will understand what I mean and how it is not like the flu and more dangerous.

Posted On 07/20/2020

---

## Hippocrates460

Japan was one of a handful of nations that began using steroid inhalers early in the pandemic to treat mild to moderate cases of covid. Whereas in the US and many other nations, medical personnel were instructed to provide only palliative care, tell patients to go home and take a Tylenol.

Watch Dr. Richard Barlett's explanation of how he used Budesonide (steroid) via inhalation for his covid patients beginning in March and they all responded very quickly to the treatment ([link](#)). No doubt, without the Budesonide, some of them would have progressed to severe illness, admitted to the ICU, placed on a ventilator and not come off of it (a fatality). BTW, Budesonide is affordable and widely available.

[www.youtube.com/watch](http://www.youtube.com/watch)

Don't forget some governors ordered covid19 patients be sent to nursing homes where the most vulnerable persons were - despite there being plenty of hospital beds and overflow centers available. In some states as much as 80% of deaths were in nursing homes. The death count was

also rigged in the US. Overall, corrupt mismanagement. Though I agree, covid can be a very nasty virus, especially for those most vulnerable. Sweden's strategy made sense: Protect the vulnerable and make certain vitamin D levels are good.

Posted On 07/20/2020

---

## Discon

Almost 50 years of interest in health topics I have noted one thing is sure. For every scientist/expert/phd study on any given topic you will find an equally papered expert phd scientist arguing the exact opposite. Pick which side you want to believe and run with it... you may be right or wrong in the end. However I would like to point out a couple of very important MIS-information being shown. 1. Lady showing the OSHA information on oxygen content requirement of 19.5%. Great!! Now, tell the folks living in Aspen Co. - elevation of circa 8000'.

Typical oxygen content of the air - 15.4%!! Elevation of Denver? 5600'. Oxygen content circa 17%. Hmm. Move out folks or you are about to die. 2. Dude with the oxygen meter stuck in his mask. When we breath IN = oxygen intake at whatever the ambient O2 content is at that moment. Breath OUT = Carbon dioxide. Of course the O2 reading will be far less than 19.5%. because it IS less than 19.5%. 3. Concept that drier the climate the more moisture the air can hold. More moist = less. Sounds good. Jungle and high humidity should be a natural protector! Brazil has an ambient humidity of something between 75% and 100% [when it is raining]... remind me again how many covid cases in Brazil?

Aren't they the second highest in the world? Ever been to Spain or Italy? Of course masks aren't perfect - that indeed is a misconception. But they DO slow down any air movement through them. If I am in front of you are neither are wearing a mask - be sure we each get a large % of each others "moisture". If we can cut that % in half = far better. To 10% = better still. Seems the less crap we breath in the less chance we have of catching anything. Biggest problem is not the believers or the non believers. It is the politicization of the topic. Each side sticks to their "guns" and is willing to kill the other because of their "stupidity." Lighten up. Do what is right to protect yourself and each other.

Posted On 07/19/2020

---

## rodmalcolm88

All these references to "scientific tests" and not ONE test has been noted or linked that I can find on this page. This Canadian with an obvious ax to grind, going on and on about tests - WHAT TESTS?!!!!!!? Let's SEE these TESTS!!!

Posted On 07/19/2020

---

## Vladimira

Does this mean that masks should not be worn during surgery and dental work by the providers? Maybe respiratory viruses will not be stopped but what about non respiratory viruses like HPV and herpes viruses in the mouth? I do not want to have surgery and the surgeon is not wearing a mask. I doubt that all viruses get airborne. Are the HPV virus and the Herpes viruses airborne? Are respiratory viruses different from non respiratory viruses? Can you get Herpes just from being in the same room with someone who has Herpes? Does the Herpes virus get airborne from a cold sore and travel a few feet across the room to the other person?

Posted On 07/19/2020

---

## ianmac

Try reading the article before you write.

Posted On 07/19/2020

---

## Vladimira

The article says that masks do not protect against viruses because they become aerosolized. Does Dr. Mercola imply that ALL viruses become aerosolized and cannot be stopped from infecting you? Does the Hepatitis B virus get aerosolized too or this pertains only to respiratory viruses? Normal people need more explanation.

Posted On 07/19/2020

---

## gmoddel

It is incorrect to say that there have been no studies showing that mask wearing reduces COVID-19. I have pasted the reference to just such a study below. It shows a clear reduction in spread of the virus with masking. It is technically correct to say that there are no "randomized controlled trial with verified outcome" showing this, but that is because there is a lack of such studies having been carried out. The study that I quoted is statistically very significant and is valid. The conclusions given by Dr. Rancourt are demonstrably wrong. Wang, Xiaowen, et al. "Association Between Universal Masking in a Health Care System and SARS-CoV-2 Positivity Among Health Care Workers." JAMA (2020) doi:10.1001/jama.2020.12897

Posted On 07/19/2020

---

## Lakoves

Would this would also mean that surgeons should not wear masks?

Posted On 07/19/2020

---

## Bluekitty86326

I am wondering the same thing.

Posted On 07/19/2020

---

### ianmac

Dr Mercola says in his article that surgeons should wear masks to prevent spittle droplets falling into open wounds.

Posted On 07/19/2020

---

### lilacsanddoves

Surgeons wear masks to prevent bacteria from entering an open cut not virus.

Posted On 07/19/2020

---

### LoveJoyHealth

As much as I want to agree... 2020 shows WAY MORE Total Deaths than 2019! These CAN BE ATTRIBUTED to CV19! It was a Gain of Function Virus developed and released as a Bio-Weapon by the CHINESE. (...there is a signature of a sharp feature that lasts the full width at half maximum. This feature is three or four or five weeks, which is extraordinarily rapid, never been seen before. And it happens very late in the winter burdens season. A sharp peak like this has never been seen this late in the season before, and it's happening [synchronistically] everywhere, on every continent, at the same time in direct immediacy after the declaration of the pandemic.) To overlook this would be to EXONERATE China for their responsibility for at least these 20,000 deaths!!!! By the articles logic, we should overlook these 20,000 deaths and start question the mere 3,322 that died in 911! #ChinaDidIt and must be held responsible.

Posted On 07/19/2020

---

## tmac13

LoveJoyHealth: "2020 shows WAY MORE Total Deaths than 2019" That is too short a time period. The flu season in 2017-18 (CDC counts from week 40 to week 39 the following year) peaked at just over 7% excess deaths compared to the previous 4 years. That means there were less vulnerable to die in the 2019 season. For 2020 the USA has a year to date (weeks 1-22) "excess death" rate about 10.1% (124,419) higher than the previous 4 year average for weeks 1 to 22. This is the equivalent of a bad flu season (Asian flu 1957 or Hong Kong flu 1968) I've added a "Monthly" folder with all the data for each month. You can view the rise and fall of excess deaths for the country as a whole or on a state by state basis. This should help see the effects of re-opening.

For the entire USA: January -0.3; February 0.7; March 4.6; April 33.3; May 11.6 So April was the worst month. The data from the CDC for June is still too incomplete to be of use but I'll update when they do. The script and all related files are here if you want to kick the tires:

[www.dropbox.com/sh/fh9x5fngmfbeiiu/AAAH-OtOMqiY\\_R9qqG6YccCRa?dl=0](http://www.dropbox.com/sh/fh9x5fngmfbeiiu/AAAH-OtOMqiY_R9qqG6YccCRa?dl=0)

Posted On 07/19/2020

---

## healthnut1099

Why did he change the article headline?

Posted On 07/21/2020

---

## tulip09

What was the original title?



Posted On 07/24/2020

---

## **psrichards1yahoo.com**

I was rather surprised at this article on Dr. Mercola's website, and that he agrees with it. Oh, well, people DO have choices. My choice is to wear my mask.....I have a few black cloth decorated ones. :) I only wear one when I go to the grocery store once weekly. So far, so good. I don't know if this means anything, but just for fun I thought I would spray some water a few inches from my mask while I'm wearing it to see if it got damp on the inside. It was a fine mist, and I sprayed 5-6 times. I took it off and felt the inside, and it wasn't damp at all. I noticed Denis Rancourt did not offer any advice as to what we are to do to protect ourselves, when we go somewhere in public???????

Posted On 07/20/2020

---

## **Jayyebird**

Obedience is not a virtue dear!

Posted On 07/20/2020

---

## **tulip09**

that is because the point was about masks, not other measures. If you want to do something - take vitamin d, go outside, exercise, eat good whole foods, etc. those all help prevent you from getting sick from covid-19 and other illnesses. use common sense.

Posted On 07/23/2020

---

## **Chewbakka**

So by the logic of this article, people that also work in mold remediation and that paint or otherwise use VOCs in their work should also stop wearing masks. The reason why people get sick from masks is that people don't know how to use them. I see people all the time taking their masks off with their ungloved hands and then putting them into their pockets to then later put them back on, this negates any benefit from wearing a mask. You should wear gloves on your hands and then use the gloved hands to remove the mask and set it aside not touching you or anything that you will be in contact with. Then you sanitize that hand with sanitizer and then remove the gloves. Then sanitize your hands again, then go wash them. This is what I do and this is the appropriate procedure. I also use very tight fitting P100 masks that leave red lines around the face for the seal that they make. While there is a vent for breathing, I have a cut to fit piece of furnace filter material covering this vent hole. This creates two-way protection

Posted On 07/20/2020

---

### **mikeatbb**

You can get NEGATIVE pressure masks that will absorb VOCs and other gasses but as i said before they all have less than 100% efficiency, you can smell solvent whilst wearing the mask so your exposure is not zero but within limits. With a rapidly self replicating virus the situation is far less clear. If your wearing a mask for work you and your employer are honour bound to do the job correctly as you describe BUT THAT IS NOT GOING TO HAPPEN CONSISTENTLY WITH THE MAJORITY OF THE PUBLIC hence my conclusion that they are a waste of time and a diversion from reality

Posted On 07/20/2020

---

### **syrena**

Evidence supports physical distancing, masks, and eye protection to help prevent COVID-19 The systematic review and meta-analysis Date: June 1, 2020 Source: McMaster University Summary: The systematic review was conducted by a large, international collaborative of researchers, front-line and

specialist clinicians, epidemiologists, patients, public health and health policy experts of published and unpublished literature in any language. The findings were published in The Lancet. They sought direct evidence on COVID-19 and indirect evidence on related coronaviruses causative of Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The team used Cochrane methods and the Grading of Recommendations, Assessment, and Evaluation (GRADE) approach which is used world-wide to assess the certainty of evidence. They identified no randomized control trials addressing the three coronaviruses but 44 relevant comparative studies in health-care and non-health-care (community) settings across 16 countries and six continents from inception to early May 2020. The authors noted more global, collaborative, well-conducted studies of different personal protective strategies are needed. For masks, large randomized trials are underway and are urgently needed.

Posted On 07/20/2020

---

## DrJohnH

I found the study you reference here: [www.sciencedaily.com/.../200601194159.htm](http://www.sciencedaily.com/.../200601194159.htm)

I see some big problems with it though. First, it is financed by the WHO, which has an agenda to serve, and cannot be trusted to produce honest science. Also, it is dated June 1, 2020 which is long after the panic started, and most of us here know that in a panic, the truth goes out the window. They also use words like "likely results in" and "direct evidence is limited". There is no referenced data to look at.

Posted On 07/20/2020

---

## mabaraba

For a different perspective on this issue, I suggest your readers click the link below and read the article:

[www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..)

Posted On 07/19/2020

---

**ericjt**

AND then there's THIS STUDY "After Universal Masking, Health Care Worker COVID-19 Infection Rates Dropped at Mass General Brigham"

[www.brighamandwomens.org/about-bwh/newsroom/press-releases-detail?id=3..](http://www.brighamandwomens.org/about-bwh/newsroom/press-releases-detail?id=3..) which says quite the opposite. AND If masks were not at all effective then ALL HEALTH CARE WORKERS facing Covid patients would have become infected and sick as right off. Since they didn't and don't, I'm going to say this article on mercola.com is highly questionable.

Posted On 07/19/2020

---

**DrJohnH**

Very interesting, thanks for posting the paper.

They say: "In their paper, the authors outline other interventions in Massachusetts and at Mass General Brigham during the study period that may have confounded their results."

I wonder what other interventions did they do, and could those account for the positive results? Also, most every medical researcher today wants to prove masks etc. work, so I believe they are highly biased most of the time. There are a whole host of variables that could affect their conclusions. The RCT's that Rancourt references appear to me to make a more compelling case at this time.

Posted On 07/20/2020

---

## Olderbutwiser

I see people here now think Mercola supports Trump ... wow, I find that hard to believe. If that is true, I'm going to have to rethink my views about and be much more critical of his articles. How can a humanitarian like Mercola support Trump?

Posted On 07/19/2020

---

## donarnott

Interesting facts on the Covid-19 as of July 19, 2020

Texas - 105 people per sq. mile - total Covid -19 cases 327,106 - Active cases 323,167 - Deaths - 3939

New York - 412 people per sq. mile - total Covid-19 cases 406,807 - Active cases 374, 317 - Deaths - 32,420

Taiwan - 1742 people per sq. mile - total Covid-19 cases 455 - Active cases 8 - Deaths 7

Taiwan is neighbors to China, after the first reported covid-19 in Taiwan they shut the border with China, they made masks mandatory in public, sanitizer was used everywhere. They did not do a lockdown, schools and all business remained open. Maybe we can learn from Taiwan? This video shows how they did it.

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 07/19/2020

---

## ab70bandit

Not to mention that their diet is much better than the SAD diet adopted in the west, a lot of fish & fermented foods...people tend to gloss over nutrition in keeping a functioning immune system,

## survival of the fittest

Posted On 07/21/2020

---

### aro50965

Please look at who is behind Mercola; The Association of American Physicians and Surgeons (AAPS) is a conservative non-profit association founded in 1944. The group was reported to have about 5,000 members in 2014. The association has promoted a range of scientifically discredited hypotheses, including the belief that HIV does not cause AIDS, that being gay reduces life expectancy, that there is a link between abortion and breast cancer, and that there is a causal relationship between vaccines and autism. It is opposed to the Affordable Care Act and other forms of universal health insurance.

Posted On 07/19/2020

---

### snappir

Face masks are the least people can do to protect themselves the easy way. It's a tough time for cashiers, store employees, restaurant workers...etc. But for most people wearing face masks could be a life saver.

Posted On 07/19/2020

---

### ab70bandit

I believe and support your right to wear a mask...please offer me the same respect in my right to not wear a mask

Posted On 07/21/2020

---

## ronald1947

Assuming we don't fall for the nonsense that COVID-19 is a hoax, It is beyond comprehension how the pathetic masks get all the publicity over the face shield. Face shields protect the eyes They keep fingers off the eyes, nose and mouth nothing gets through them when properly worn. for more:

<http://makefaceshieldsnow.com/>

Posted On 07/19/2020

---

## ab70bandit

not to mention, you can actually see a person smile being another benefit

Posted On 07/21/2020

---

## par2256

It is disappointing that Dr. Mercola is so opposed to wearing a mask that he finds such researches as these. I saw numerous studies showing the effectiveness of wearing mask on Korea's national TV, and most people wear masks without much protest. They do much better in containing Covid. Someone who coughs or sneezes can send the droplets/bacteria/virus/etc. so much farther than without wearing mask! It is just that simple and obvious. Just stand with another person, and feel/see how much stronger you feel the breath flow, droplets, coughs, sneezes, etc. etc.

Let's wear the mask!

Posted On 07/19/2020

---

## Escobedo27

Dr. Mercola why are you writing these things ? I've always had so much faith in your work. South Korea has had less than 300 deaths. They wear masks. They also care for their sick. If anyone tests positive for COVID-19 they are admitted into the hospital and treated for the virus. How about writing an article about the lack of medical care in the United States and how this is what is killing us? Masks may not be a full protection from the disease but it's what we have in a rich country who fails to provide medical care to its citizens.

Posted On 07/19/2020

---

## gailce

I don't understand the charts re the number of deaths in the US from all causes as the chart shows that 2020 only had 75,000 which for coronavirus alone is 140,000.

Posted On 07/19/2020

---

## ianmac

That only goes to explain why the USA seemed to be the most incompetent country in the world to save coronavirus patients - the number of deaths was inflated.

Posted On 07/19/2020

---

## gailce

Is there an article I can read regarding your statement? So is Trump correct?



Posted On 07/19/2020

---

**Resa67**

Thank you matahawa! Extremes are getting us no where. BALANCE!

Posted On 07/19/2020

---

**Cr Morrone**

I have to disagree.

Posted On 07/19/2020

---

**dse1151**

Now you did it If you are right then why surgeons and dentists wear masks? Before Covid And why is the USA cases rising, I am surprised at this data.

Posted On 07/19/2020

---

**ianmac**

Read this article to find out why surgeons and dentists wear masks.

Posted On 07/19/2020

---

## ab70bandit

masks are good for the wearer to keep from spreading "Bacteria"...Viruses are not blocked by masks because they are so much smaller that the pores of a mask

Posted On 07/21/2020

---

## Formaggio

[www.youtube.com/watch](http://www.youtube.com/watch) Let me know what you think about Doctor Mike Hansen's video of various kinds of face masks. Thanks

Posted On 07/19/2020

---

## rose7673

So...it looks like the only way to stop the spread of covid is to tie a plastic bag over your head. I say we start with Trudeau

Posted On 07/20/2020

---

## ianmac

I don't like the fake news being put out by the conventional media, or the conspiracy theory that Dr Mercola is trying to increase the number of deaths in the population. I especially dislike the conspiracy theory that all-cause-mortality-rate statistics are nonsense.

Posted On 07/19/2020

---

## ina24275

I've followed , believed and admired Dr. Mercola for many years but lately I am starting to doubt his expertise and truthfulness in reporting. He sounds more and more like Donald Trump. So, a doctor of physics is now the health expert on COVID-19. OK, if wearing face coverings while indoors in public places like Grocery Stores, Banks, Post Office, Bars and Hospitals etc. doesn't stop the spreading of this virus because it's like aerosol flowing through the air from someones breath then all doctors and nurses who treated Corona patients should be sick with the virus. Or how do most of them avoid it? Do I have to be concerned that I'll get it into my home through cracks in my window because somebody walked past it on the sidewalk and sneezed? How long does the virus survive in the air like that? You don't say anything about it. On the one hand you say this virus is not a killer-virus and then you go on and write that \*they\* insured that people who were locked into institutions would die from this particular seasonal virus. Which is it , Dr. Mercola? There is a lot more that I could say , but it's just not worth it, except one more thing - in the last part you write about the the Government is shirking its responsibility to \*prevent transmission of the virus in hospitals, nursing homes and elsewhere by not MANAGING THE AIR in such a way that immune-vulnerable will not be at risk of dying and so on\*. Could you explain how the air could be managed? You also go so far as to encourage people to not wear masks , to protest, to revolt against it. When will I see you out in the streets protesting? Please let me know. I don't like wearing a mask when I go out shopping , I don't like not to socialize anymore but I don't believe that going against wearing a mask and keeping a distance right now is the way to go. You, Dr. Mercola offer no solution to stop the virus from spreading and I don't believe it's as harmless as any other flues we've had before.

Posted On 07/19/2020

---

## ellenf

Continuation of post below.... For example, click on is 4th resource link. Denis Rancourt's conclusion is ""We identified six clinical studies ... . In the meta-analysis of the clinical studies, we found no significant difference between N95 respirators and surgical masks in associated risk of (a) laboratory-confirmed respiratory infection, (b) influenza-like illness, or (c) reported work-place absenteeism."

If you click on the link and choose to read, under the section "Interpretation", it says, "Although N95 respirators appeared to have a protective advantage over surgical masks in laboratory settings, our meta-analysis showed that there were insufficient data to determine definitively whether N95 respirators are superior to surgical masks in protecting health care workers against transmissible acute respiratory infections in clinical settings.

Transmission of acute respiratory infections occurs primarily by contact and droplet routes, and accordingly, the use of a surgical mask, eye protection, gown and gloves should be considered appropriate personal protective equipment when providing routine care for a patient with a transmissible acute respiratory infection." The purpose of this article was to compare N95 masks to surgical masks, not if they are effective. Here's an article that exposes Denis Rancourt for telling these falsehoods: [www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..) Rather than believing what Dr. Mercola shared but clearly didn't research, GO AND READ THIS STUFF FOR YOURSELF.

Posted On 07/19/2020

---

**kri73323**

Agree with you 100%. This article is full of misinformation.

Posted On 07/19/2020

---

**gruch\_s**

Interesting article, but there is theory and there is practice. Have you observed people in public? When they sneeze, they lift their mask off. Why? "I do not want to get my mask dirty from the sneeze and breathe all that stuff in." Also, California is releasing 18,000 criminals from prison to "protect them from "COVID-19." If masks worked, why not just give the prisoners masks instead of exposing the public to criminality? Furthermore, ~40 to 60% of deaths "from COVID-19" occur in nursing homes. I guess masks don't work there either. It seems on a practical level, masks are

useless.

Posted On 07/19/2020

---

## blueplanetgirl

Thank you. I don't know why I still subscribe to this site anymore. What's happened to Dr. Mercola?  
Thank you for the linked article.

Posted On 07/19/2020

---

## jud2395

jud2395 has deleted the comment.

---

## epi-cure

A TV station in Orlando revealed recently that 100% of the more than 3000 samples submitted to dozens of labs every test came back positive. The results were said to have been altered after they left the labs. Those are the ones about which we know. Who knows how many times similar mischief been repeated across the state? I don't live in Florida nor do I watch TV but I imagine that the fear porn in legacy media in the Gator state is in overdrive.

[www.fox35orlando.com/news/fox-35-investigates-florida-department-of-he..](http://www.fox35orlando.com/news/fox-35-investigates-florida-department-of-he..) Has there been a noticeable increase in people dying in the streets? If so, were they wearing a mask? Unconfirmed rumor: GatorAid sales are down too since many are now drinking MaskerAid.

Posted On 07/19/2020

---

## ButterflyGirl

"Not difficult" does not equal "effective" and in fact wearing a mask can be detrimental as it lowers your immune system: [www.covid19refusers.com/masks-must-not-be-made-mandatory](http://www.covid19refusers.com/masks-must-not-be-made-mandatory)

Posted On 07/19/2020

---

## Randyfast

People such as yourself, make the globalist's job much easier! They count on the one's who will simply OBEY, OBEY, OBEY - without question!

Posted On 07/19/2020

---

## lilacsanddoves

Florida has a huge problem with toxic mold due to humidity and water damage from storms. This impacts the lungs and immune system. In addition, there are many more seniors in Florida, who are most at risk, thus the elevated numbers, if they are indeed accurate.

Posted On 07/19/2020

---

## row4240

OMG!!!! Are you people really buying into this guy?? And what the hell is happening to Mercola to post this nonsense? This guy is another flat-earther, climate denier that the GOP use to continue to pretend climate change isn't happening. C'mon people. WAKE UP!!! COUNTRIES THAT WEAR MASKS HAVE SIGNIFICANTLY LOWER POSITIVITY RATES. FULL STOP. END OF STORY. HE USA HAS THE HIGHEST, MOST DESTRUCTIVE COVID-19 POSITIVITY RATE ON THIS PLANET THIS WEBSITE IS TURNING INTO A QANON PROPAGANDA SITE!

Posted On 07/19/2020

---

**ellivoc**

Up with flat earthers

Posted On 07/19/2020

---

**NewlandsWanderer**

@row4240 This site should calm your paranoia. It will analyse everything about Covid-19 including masks and even help you to type in small letters along the way:

[swprs.org/a-swiss-doctor-on-covid-19](https://swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

**lilacsanddoves**

The USA also has the unhealthiest, most obese, over medicated, poorly nourished population....its no wonder these people are susceptible to a virus.

Posted On 07/19/2020

---

**njlady**

I wish you morons would stop being so rude and nasty!! go somewhere else and spout your hatred!! I happen to be republican and I am sick and tired of all the bashing of me and OUR

**President!!!! You are a complete idiot if you think Republicans don't believe in climate change...Trump has said many times he knows there is climate change...Keep watching the fake news, and keep drinking the kool-aid my friend!.. I have been on this site 14 yrs and I have never read so much crap EVER on this forum. Dr Mercola has helped thousands of people with this site, and you have helped how many? Go somewhere else if you find him so horrible. If you have nothing constructive to say, don't bother saying anything. You'll sound a whole lot smarter.**

Posted On 07/19/2020

---

### **Randyfast**

**row: you should look into a mirror when you say: "WAKE UP!!!" Newslands: I see your link to the Swiss doctor. Did you by any chance listen to Dane Wigington's podcast from yesterday?**

Posted On 07/19/2020

---

### **kri73323**

**Some seriously erroneous information here. Im starting to understand why your site gets flagged. Its almost as if you are saying mass casualties of elderly and sick populations are ok. Darwinism at its best and hey you get to sell out your vitamin section. I only followed you put of respect for Dr Becker but your articles get more biased every day. You conveniently never display data proving even remotely different outcomes. That's concerning in and of itself**

Posted On 07/19/2020

---

### **craigdacraig**

**This article make no attempt at informing pro and con positions around masks...only the con. It generalizes studies saying they indicate masks don't help yet they don't reference the studies or even**



who did them.

The position that wearing a mask to protect the health of all countries is Totalitarianism is ridiculous. It's clear the majority position of the scientific community is that masks help and you disagree. Great. But the mask recommendations are made in the interest of public safety, like speed limits on the streets and highways. How hard is it to wear a mask? Not really tough. Not any more difficult than driving within the speed limit. How is that Totalitarianism? It's for safety. Can you speed and not get in a crash? sure...but when everyone speeds, it's not so safe. This so called Totalitarianism is somehow coordinated by 100s of countries all over the world...countries that can't agree on much of anything else? It's a bazaar and utterly ridiculous claim you make. And for what reason? Seriously, why?

Mercola offers a lot of good natural health advice, but I cannot understand the purpose of this conspiracy theory BS you have with masks and the medical community sincerely trying to protect everyone. Last of all, the countries that have best controlled coronavirus are not in the tropics or the extended north and south hemispheres, they are Japan, So. Korea, Taiwan, New Zealand and several EU countries....and they all uses masks, social distancing, testing, tracking and isolation to control it. USA has had the worst results of any G20 country...we are by far the worst and guess what...we are very late adopters of these methods that have been proven to work. Your arguments completely escape the worldwide evidence and all logic.

Posted On 07/19/2020

---

## donarnott

### Interesting facts on the Covid-19 as of July 19, 2020

Texas - 105 people per sq. mile - total Covid -19 cases 327,106 - Active cases 323,167 - Deaths - 3939

New York - 412 people per sq. mile - total Covid-19 cases 406,807 - Active cases 374, 317 - Deaths - 32,420

Taiwan - 1742 people per sq. mile - total Covid-19 cases 455 - Active cases 8 - Deaths 7

**Taiwan has a pop about 23,000,000 New York 8,000,000**

**Taiwan is neighbors to China, after they first reported covid-19 in Taiwan they shut the border with China, they made masks mandatory in public, sanitizer was used everywhere. They did not do a lockdown, schools and all business remained open. Maybe we can learn from Taiwan?**

Posted On 07/19/2020

---

## **Jyllann**

**This website has turned into something that is just sad ! I used to enjoy it but now wonder what stupidity is going to be exposed today.**

Posted On 07/19/2020

---

## **kasnicks**

**It is better to wear masks like N-95 or equivalent standard which does help stop the virus from spreading. Look at some of the Asian countries like Korea, Japan, Singapore, Taiwan... They are in full control of keeping the virus from spreading unlike the US. Effective testing, contact tracking, self/mandatory quarantine, and wearing masks in public is the only way. I am disappointed with this article which does nothing but to give the wrong message.**

Posted On 07/19/2020

---

## **Krofter**

**Here is the world you would have us all live in - [www.youtube.com/watch](https://www.youtube.com/watch)**

Posted On 07/19/2020

---

### wombat88

If I were a mean a person, I would hope that an unmasked sheep (you all are sheep too, just going the wrong way) coughs or sneezes on you while you're at your favorite gun or prepper store. But I'm not so I'll just say, good luck.

Posted On 07/19/2020

---

### jho2138

It appears that the U.S. is the main (close to only) country that has this big fight about wearing masks. We also lead the world in infections and deaths. I am no expert and any of this (like so many self appointed ones commenting here) - but that seems to mean something. My initial thought is that this really makes me reevaluate or at least look at all of the statements and pronouncements of Mercola - after all these years. (I never bought into everything 100% but mostly agreed and accepted what he said.) This is not a happy experience for me.

Posted On 07/20/2020

---

### ckw5279

I still feel face masks help to prevent the spread of the virus. Even if the mask doesn't fit tightly the breath will not be projected outward toward other people. It leaks out toward the wearer's hair, neck, eyes but not toward other people. It is a comfort to see people wear them, it makes people feel better, emotionally, that they are doing something and not being helpless against the virus. I worked in the dental field all my life and am accustomed to wearing masks and have not developed any lung issues because of it. There are different levels of masks. Level 1 prevents 99% of virus from getting through, Levels 2 and 3 do the same but also stop fluids. You need to look for the right mask with the right fit

**(every brand is different) but they do help both physically and emotionally!**

Posted On 07/19/2020

---

### **Krofter**

**What about all the folks (like me) who have had it and are now immune? And what about the hundreds of thousands who have tested positive but are asymptomatic (immune)? Why should all of us be forced to wear a mask? Especially given all the dangers of wearing a mask?**

Posted On 07/19/2020

---

### **deannajsan.rr**

**I didn't find this article helpful or convincing. What would be helpful would be results for a study from a respected science organization. This appears to be from an organization that has a bias based on the nature of the organization. (I believe in civil liberties, but a study of masks by an organization with that in the name seems likely to come to this conclusion.)**

Posted On 07/19/2020

---

### **ellivoc**

**So, you would trust a "Respected Science Organisation" would you? who is probably being paid by some Big Pharma or other Company who will make a profit out of whatever it is they are selling. It is really commonsense that they do not work, viruses go in through your eyes as well as mouth and nose, so a nose and mouth covering is worthless. Even if they work a bit, they only work for about 10 minutes when they are dry, once warm and moist they are useless.**

Posted On 07/19/2020

---

### **vita\_real**

So what is it Doc? Your headline reads: "Conclusive Proof — Masks Do Not Inhibit Viral Spread" And then you go on to state: "The number of deaths is really what's important, not the number of infected individuals." It would appear you need to change your headline? "Conclusive Proof — Masks Do Not Reduce The Number Of Viral Deaths"

Posted On 07/19/2020

---

### **wdflannery**

Great news, and here is another flash - the common assumption that you'll get wet if you go out in the rain is pure propaganda. There has not been a single double blind randomized trial that concludes going out in the rain leads to wetness. The rain causes wetness myth was created by the government for control, obviously, to keep us indoors when its raining, allowing the govt. to engage in all sort of nefarious activities while we're huddled in our homes, afraid of a few drops of water. Real Americans will no longer put up with this nonsense, we'll go out in the rain, we won't get wet. Down with the government lies !

Posted On 07/19/2020

---

### **gen6183**

It's possible that all this could be fake news

Posted On 07/19/2020

---

## daileymary

Gone off the deep end? That is too bad as I enjoyed many of the articles that you have Dr Mercola. I find that you have some twisted thinking inside your current move toward trumpism. Authoritarian government you say? Well, you should probably take a look at trump for that. During the debates last time my warning bells went off in a big way when trump trashed his own president and then praised putin. I did not vote for a man who has no knowledge of what he is doing. And now you follow his lead on the masks? My daughter is an epidemiologist in chronic diseases not infectious but I know that she knows her statistics. We are in a mess in this country and we need leadership that sets an example. You have lost my respect with the twisted facts that you tell on here about the corona virus. I try to keep an open mind in life as I was raised in a far right community that often went off the deep end. Why do the other countries have such low numbers? Why does my doctor niece that got sent to New York advocate masks?

Posted On 07/19/2020

---

## aro50965

I have been following Mercola for a long time and buying his products. This insanity is making me question his objectivity. I sent Mercola an email asking for clarification on his political, cultist alike, views. They never answered. His going full MAGA. I will no longer buy any of his products. We all understand that very wealthy interests control our society but to think that a a sick person like Trump is our savior.....I just lost my words to describe it.

Posted On 07/19/2020

---

## njlady

Oh yes as usual it's all Trumps fault...when will people stop using this forum to air their political views! This is an ALTERNATIVE MEDICAL site. Dr Mercola calls it as HE sees it..it is his opinions

based on what information he is reading or hearing. Want to blame someone why not the Chinese government for suppressing the information?? Because you can't get over your political bias, and hatred, that's why. Look around you. Who is really going over the deep end??

Posted On 07/19/2020

---

## **Bil23438**

This is a medical site not a political site. Take your Tump bashing some place else along with your leftist views. You're insulting more than half the country that did vote for Trump. Let's see, all the major democratic strong held cities in the country now have protests, rioting, and damages to life and property along with murders in larger numbers than ever. Their police are told to stand down so it can continue and put the people that live there in harms way. GOOD JOB.

As for you niece doctor that is her point of view. Just as this article is Dr. Mercola's point of view from true scientific evidence. There are now so many reports of hospitals lying about the cause of death of so many patients that died of other causes and not the Wuhan Virus being written up as the virus being the cause of death just to get the larger amounts of money the government pays them for COVID related deaths. I happen to know the head of one larger hospital that has off the record stated just that. 90% of Republicans say they are voting for Trump along with many democrats and independents. Rush Limbaugh's listening audience has now grown to 55 million listeners that want the truth and not the lies the democrats and fake news media are so good at dishing out. You need to wake up and get the truth fed to you. Start listening to Rush Limbaugh, Sean Hannity, Laura Ingraham and Tucker Carlson.

Posted On 07/19/2020

---

## **njlady**

Yes Bil23438....the rioting / murders, looting, destruction, is all Trumps fault. The virus is Trumps fault. Everything is Trumps fault. and of course the "off the deep end" conservatives/republicans

are also at fault. (rolling eyes) Ok, now that we have that straightened out, may we go back to being an ALTERNATIVE MEDICINE site?

Posted On 07/19/2020

---

**bolke**

Yeah, I'm with you.

Posted On 07/19/2020

---

**dreams1**

Be sure to stand on principle with that belief and insist that your surgeon and the attending medical staff not wear masks for your next surgery.

Posted On 07/19/2020

---

**lawomansjrny**

I am starting to think Dr Mercola has some political agenda. This is an article by a PHD in physics. I can find any number of studies and articles that conclude masks do reduce spread.

Posted On 07/19/2020

---

**spoonlife**

Agreed. Mercola really shocked me on this article. Not to mention providing no helpful details on how to stop the spread he gets into the topic of government submission to power. This is not the



**Mercola I used to know.**

Posted On 07/19/2020

---

**jla9175**

I was thinking the exact same thing, lawomansjrny! I was shocked to see this from him and frankly very disappointed. I've trusted his opinion for years but just lost a lot of faith in seeing him post this.

Posted On 07/19/2020

---

**Krofter**

Why should the hundreds of thousands who are asymptomatic positive or who have had it and gotten over it - all of whom are now immune - be forced to wear a mask? I'd much rather hear the truth from someone who has nothing to gain than to COMPLY with the corporate agenda of fauci and his fellow big pharma investors.

Posted On 07/19/2020

---

**pinklucygirl**

Please indicate where those studies are to be found. I have yet to see one.

Posted On 07/19/2020

---

**Texdakota**

I wonder how "Dr." Mercola would explain the fact that Sweden with their no mask policy, has something like 12 times the death rate of their neighboring countries that instituted policies requiring their citizens to wear masks. He must be a wack-o trump supporter.

Posted On 07/19/2020

---

## Krofter

Do you have links to verify that? There is also the issue the Sweden has a very low level of vitamin D due to its northerly latitude. Also need to look at overall deaths.

Posted On 07/19/2020

---

## ianmac

See the graphs at <https://covidgraph.com/> and compare the deaths per million in Sweden and the UK.

Posted On 07/19/2020

---

## MMolsbergen

This article is full of errors and misleading. Clearly the journalist has not researched and provided full proof evidence to support any of your claims. Even your reference sources are questionable. More so, this is not peer reviewed and backed by the medical and science community. Sad that you taint people's minds with your unsupported information especially during a world crisis.

Posted On 07/19/2020

---

**jea5736**

**this is an irresponsible article...just throws gasoline on an already fiery debate.**

Posted On 07/19/2020

---

**njlady**

**It is never irresponsible to allow two sides to a story. Isn't that what they do in a courtroom, or in any civilized society? That is the only way I reach my personal decisions or opinions.**

Posted On 07/19/2020

---

**donarnott**

**About masks... my son in-law and his family were in the Utah's mandatory lockdown for over a month, after lockdown was lifted, he returned to his job with the Army National Guard. He worked in a room with one other soldier and neither wore a mask, two days later his co-worker became ill and tested positive for Covid-19, my son in law gets tested and is positive, so he goes into isolation at home with his wife and 3 children. He said it was the worst sickness he ever had, thought he may have needed to be hospitalised but we got him to take large doses of Vit D, Turmeric with black pepper, Omega 3 and some Colloidal silver. Five days later he was getting better, 5 more days tested negative. During that time, he was around his wife and kids but always wore a K95 mask, we would video chat and he would be in the same room with them and only he had the mask on. No one else in the family got sick, they were all tested a week after he was better and all negative. We believe the K95 mask helped stop the spread to his family.**

Posted On 07/19/2020

---

## BrendaGudiel

I agree, have a hard time believing that masks offer no protection at all. My dad died from it and he infected me and my mom with it (we did not wear masks at the time) and we were very sick, so I know how bad of an illness it is too and it's not like the flu. I think not wearing a mask is much more harmful than wearing one. You are completely vulnerable.

Posted On 07/20/2020

---

## bib6697

So should the doctors and nurses working with COVID patients in the ICU not wear masks?

If you were a nurse working with a coughing COVID patient would you be ok not wearing a mask?

7 of the 8 friends of my cousin all got sick with COVID after the group hung out together one evening maskless, yet no one on my team at the hospital wearing n95s has gotten sick working with COVID patients since March.

The claims in this article do not support my (and thousands of other health care workers') experience. Also, just one "expert" opinion...confirmation bias.

Posted On 07/19/2020

---

## mordecai1

Furthermore, that this article doesn't make sense is that all the Countries Canada and US states that implemented the CDC recommendations to use masks, social distancing etc have controlled the virus and flattened the curve. Meanwhile the other states and countries that ignored these same prevention protocols are worst off than they were 4 months ago and are in a serious health crisis and Hospitals are overwhelmed with infected patients and getting worse.

Posted On 07/19/2020

---

**samuri**

Please tell doctors and nurses they don't need to wear masks during surgery either. I am quite disappointed in this stance you are putting out. Talk with New Zealand about it.

Posted On 07/19/2020

---

**ianmac**

Read the article - it tells you why masks are essential during surgery.

Posted On 07/19/2020

---

**njlady**

You haven't read the article.

Posted On 07/19/2020

---

**lilacsanddoves**

Masks during surgery are to prevent BACTERIAL infection, not viral.

Posted On 07/19/2020

---

## gmoddel

It is factually incorrect to state that the all-cause mortality rate during the spring was no different than usual. I have pasted the reference to an article below that shows increases in the all-cause mortality rate in Europe for older age groups. This article by Dr. Mercola is spreading misinformation- Vestergaard, Lasse S., et al. "Excess all-cause mortality during the COVID-19 pandemic in Europe—preliminary pooled estimates from the EuroMOMO network, March to April 2020." *Eurosurveillance* 25.26 (2020): 2001214.

Posted On 07/19/2020

---

## sus101176

Mercola is mixing politics and inappropriate science. Very Bad! Very Dangerous for our country. The main media is espousing the consensus of the scientific community that masks used in community settings lower the infection rate, and therefore the death rate, and the load on the hospitals and those heroic hard working doctors and nurses that are begging the public to wear masks.

[www.vox.com/future-perfect/21299527/masks-coronavirus-covid-19-studies..](http://www.vox.com/future-perfect/21299527/masks-coronavirus-covid-19-studies..)

Posted On 07/19/2020

---

## esther03

Hahahahahahaha

Posted On 07/19/2020

---

## wjmantle

This anti-mask article is very disappointing. Dr Mercola states in his summary that "There is no evidence that masks are of any utility for preventing infection." I will show that this statement is incorrect using his own references. Dr Mercola's first reference is a non-peer reviewed article by Rancourt. So, I checked Rancourt's references which are peer-reviewed to see if they support Dr Mercola's statement. The articles by both Cowling (2010) and bin-Reza (2017) are primarily about influenza (not coronavirus). Nonetheless, bin-Reza (2012) found that "Eight of nine retrospective observational studies found that mask and/or respirator use was independently associated with a reduced risk of Severe Acute Respiratory Syndrome (SARS)." Similarly, Offeddu (2017) states that "Meta-analysis of observational studies provided evidence of a protective effect of masks and respirators against Severe Acute Respiratory Syndrome (SARS)." First, these are extremely relevant conclusions; SARS is more likely to behave like COVID-19 in these studies as SARS is a type of coronavirus. Second, Dr Mercola's statement is incorrect. Offeddu (2017) goes on to state that "This systematic review and meta-analysis supports the use of respiratory protection." And, Cowling states that "There is some evidence to support the wearing of masks or respirators during illness to protect others." Again, Dr Mercola's statement is incorrect according to his own references. Although ignored by both Rancourt and Dr Mercola, a more recent meta-study for coronaviruses (including 39 articles on COVID-19, SARS & MERS) found a 48% lower infection rate with mask compared to no mask. The result was statistically significant. Reference: Lancet 2020; 395: 1973–87. Comment written by W Joseph Mantle (PhD in Mechanical Engineering)

Posted On 07/19/2020

---

## DrJohnH

W Joseph, You make some interesting comments. Rancourt only included randomized controlled trials (RCTs) with verified outcomes for respiratory viral infections only. He did not include observational studies, because they are prone to bias. It looks like most of what you refer to are observational studies. I did see in Offeddu (2017) they say: "Meta-analysis of randomized controlled trials (RCTs) indicated a protective effect of masks and respirators against clinical respiratory illness (CRI) ... and influenza-like illness (ILI) ... Compared to masks, N95 respirators conferred superior protection against CRI... and laboratory-confirmed bacterial ... but not viral infections or ILI." They go on to say: "Meta-analysis suggested a protective, but nonstatistically

significant, effect against laboratory-confirmed viral infections" And: "Meta-analysis indicated statistically significant superiority of N95 respirators over medical masks against laboratory-confirmed upper respiratory tract bacterial colonization (BRI) ... but not laboratory-confirmed influenza or other viral infections" In other words, their findings agree with Rancourt's analysis.

Posted On 07/21/2020

---

## wjmantle

Dear DrJohnH: I see that you did not defend Dr Mercola's statement that "there is no evidence that masks are of any utility for preventing infection." I'll take that you agreed with me on that point. Rancourt's article is a little bit more carefully worded than Dr Mercola's article, therefore I will just you to this article which debunks Rancourt's arguments:

[www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..) . Have a nice day.

From W. Joseph Mantle

Posted On 07/25/2020

---

## ronald1947

I used to admire Dr.Mercola and still have some admiration, but this is too much " COVID-19 is not a killer disease, and this pandemic has not brought anything out of the ordinary in terms of death toll" I live in Florida and ICU units are getting filled up and the body count is accelerating. So I guess Dr.Mercola is as crazy as Donald that this is all a hoax?

Posted On 07/19/2020

---

## dgreen1064



This article is an absolute falsehood. I only had to do a quick Google search and find this article showing that masks decrease influenza infection. Dr. mercola has lost all credibility with me.

[www.ncbi.nlm.nih.gov/.../PMC5705692](http://www.ncbi.nlm.nih.gov/.../PMC5705692)

Posted On 07/19/2020

---

## NewlandsWanderer

dgreen1064 Mask wearing didn't stop five million Japanese getting influenza in 2019. Here's a good article that covers many aspects of Covid-19 including masks:

[swprs.org/a-swiss-doctor-on-covid-19](http://swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

## tara9631

This article is 100 percent rubbish. It denies Covid is a killer disease. How can Dr Mercola explain millions of people all over the world are DEAD? The most irrational allegation is mandatory mask wearing is civil rights violation & downfall of democracy Does Dr Mercola wear a seatbelt when driving a car? Does he talk on cell, text & check email when driving? This is mandatory law. Do these laws violates civil liberties? To all Mask Refusers Covid Deniers, do they wear a condom when having sex? Do they wash hands after going to bathroom? It is SO easy to wear a face mask! This minor adjustment is such a minuscule task. If you don't feel comfortable wearing a conventional fabric mask or single use, disposable "sneeze guard" wear super comfortable alternative, Face Shield! I wore "sneeze guard" & fabric mask for first 3 months of pandemic & found them difficult to easily breathe.

I quit those, switched to far superior Face Shield. Incredibly EASY to breathe comfortably plus added benefit of completely covering entire eyelids highly permeable mucous membranes. Eyelids are literal Covid Cooties Magnet! If face masks are useless, switch to Face Guards since completely covers 100 percent of entire front of face from top of forehead down to very lower part of neck. Looks a bit like

welders helmet, made from sturdy acrylic which blocks 100 percent of pathogens from coming in contact with ENTIRE forehead, eyes, face & neck! Face Shield costs \$10, properly used can last up to one year. Wash thoroughly in hot water, soap, disinfectant at the end of day.

This article is absolute piffle. Another Covid Denier, Mask Refusers who I lost ALL respect for is Green Medicine, Sayer Ji and his B.A. in Philosophy does not remotely qualify him to make medical, clinical health advice. His dithering wife Kelly Brogan is another irrational Mask Refusers Covid Denier. Both of them & Mercola have been listening too much to Trump, #1 Mask Refusers, Covid Denier!

Posted On 07/19/2020

---

## NewlandsWanderer

@tara9631 Here's a nice calm, in-depth, well researched article that will answer your concerns - including about masks:

[swprs.org/a-swiss-doctor-on-covid-19](https://swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

## njlady

great article Newlands...but I'm afraid if God himself wrote an article like that, there would still be people who would keep arguing, denying, criticizing, questioning, bashing, hating etc. But we can keep trying I guess. Bottom line tara9631 is, wear the damn mask if you want to because YOU believe what you want to believe.. That is your decision. But stop bashing me or anyone else if we don't want to, because of what WE believe...that is OUR decision! Respect that please!

Posted On 07/19/2020

---

## ianmac

Where does the article deny that Covid is a killer disease? The common cold and flu varieties are all killer diseases. This article only points out that it is killing fewer people than usual this year.

Posted On 07/19/2020

---

## dgreen1064

At last, some common sense. A quick Google search yielded [www.ncbi.nlm.nih.gov/.../PMC5705692](http://www.ncbi.nlm.nih.gov/.../PMC5705692)

"Rates of all outcomes were consistently lower in the continuous N95 and/or targeted N95 arms. In adjusted analysis, rates of laboratory-confirmed bacterial colonisation (RR 0.33, 95% CI 0.21-0.51), laboratory-confirmed viral infections (RR 0.46, 95% CI 0.23-0.91) and droplet-transmitted infections (RR 0.26, 95% CI 0.16-0.42) were significantly lower in the continuous N95 arm. " Clearly the statement that "Not a single randomized controlled trial with verified outcome has been able to detect a statistically significant advantage of wearing a mask " is untrue.

Posted On 07/19/2020

---

## TimM

Earlier you responded to my comment. This is my response to your response. You accused me of "bashing" Sprouts Farmers Market, which I did NOT do. Read my comment again. Not once did I say anything derogatory about Sprouts. I really like Sprouts Farmers Market because of their product selection and prices. They have things that no other grocery store in my area has, not even Whole Foods Market. It has been a pleasure to shop at Sprouts since the store opened 2 years ago. But I am quite disappointed about their rigid face mask policy that provides no exception for people like myself who have legitimate health conditions. Do you know what SVT is? Do you know how frightening an episode of SVT is? Furthermore, tara9631, the requirement to wear a mask is

**NOT a law. That is Sprouts' company policy. As a private business, it's their right to require patrons to cover their faces. But, as someone who has given Sprouts a lot of business over the past 2 years, I also have the right to express my opinion to them and ask that they consider revising their policy. And, yes, I do wear a seatbelt while driving my car because that IS the law! And of course I wash my hands after using the bathroom. Finally, though it's none of your business, I don't have sexual relations with women I'm not married to, so I don't have to worry about contracting venereal diseases.**

Posted On 07/19/2020

---

### **karenmcquade**

**How utterly irresponsible to post such nonsense during a time when cases are rising in 18 different hotspots, especially in FL. None with this site.**

Posted On 07/19/2020

---

### **njlady**

**It is never irresponsible to allow two sides to a story. Isn't that what they do in a courtroom, or in any civilized society? That is the only way I reach my personal decisions or opinions.**

Posted On 07/19/2020

---

### **headache2**

**Florida has 0.015 case to death ratio. New York has 0.075 case to death ratio.**

Posted On 07/19/2020

---

## Welshie

Facts are irresponsible when you want to run your life on "feelings"?

Posted On 07/19/2020

---

## ffquist

See [www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..](http://www.psychologytoday.com/us/blog/logical-take/202007/yes-masks-work-deb..)

Fred

Posted On 07/19/2020

---

## postcynic

Dr Mercola is now truly in tin hat land. Note that not one doctor, or even epidemiologist or scientist from any relevant field, is quoted in this piece. Just a retired physicist in Canada and some guy who posts videos on Youtube. Seriously?? What about the fact that countries like Japan, which has a population density 12 times that of the U.S., has seen COVID cases plummet while ours are rising dramatically. The difference? They wear masks! We don't. I've always found Dr Mercola's site useful if read carefully and sometimes skeptically. But now he's positively dangerous.

Posted On 07/19/2020

---

## spoonlife

Bizarre, are sales of health products that low that he need sensational articles like this? His biggest mistake, leaving facebook, oh and getting too extreme in his cutting edge health proclamations.

Posted On 07/19/2020

---

### **jla9175**

Agreed! I feel personally let down by this. He's spreading dangerous propaganda to those who are taking the stance of "I'm American so don't tell me what to do." I've taken his advice on many things over the years because he had proper evidence to back it, but this article is pretty wack-a-doo. The comments supporting him on this are just plain scary. I hope none of these people live near me.

Posted On 07/19/2020

---

### **NewlandsWanderer**

The Japanese were wearing masks when five million caught the influenza virus in 2019  
[swprs.org/a-swiss-doctor-on-covid-19](https://swprs.org/a-swiss-doctor-on-covid-19)

Posted On 07/19/2020

---

### **confessionny**

I agree, I've been very worried about Dr. Mercola's views lately - I've always found his articles very informative and helpful...until recently. I hope he hasn't fallen victim to the Q-anon cult....

Posted On 07/19/2020

---

## Krofter

Why do you not acknowledge the previous 3 months worth of articles here that have cumulatively cited dozens, possibly hundreds of other phds and mds? And Dr Mercola is just one of hundreds of docotors who are speaking out against the big pharma corporate tide.

Posted On 07/19/2020

---

## postcynic

What does wearing masks have to do with Big Pharma? There is no cabal of mask-makers conjuring up fake statistics on COVID so that they can make a bundle.

Dr. Mercola's articles can be helpful, especially regarding supplements, exercise, etc. But Dr Mercola is not a scientist, and lately he's becoming a conspiracy theorist. Even at his best, he has a tendency to cherry-pick studies, citing those that prove his point and ignoring those that don't. He treats in vitro and animal studies as if they were definitive in establishing benefits to human beings, which they are not. You need to be as critical in reading Dr Mercola's site as you would be in reading anything else. Have you ever noticed how in these articles, something is either completely bad, with no countervailing benefits, or completely good, with no possible drawbacks? How often in real life are things like that?

Yes, there is some reason to be skeptical of the medical and pharma establishments, even with regard to COVID. But that doesn't mean that everything Dr Mercola says is true. It's comforting to think you've found the one reliable source of information in the world. But things are more complicated than that. In the case of masks, there are numerous studies, including epidemiological ones, showing that they work.

Posted On 07/19/2020

---

**ellenf**

Dr. Mercola, you are promoting conspiracy theories and alternative science as the real deal. This is unprofessional, irresponsible and dangerous. I am a long time subscriber but no more. I can't stand to read any more of your nonsense and I can no longer support anything that you do.

Posted On 07/19/2020

---

## **CFSPAWN**

Is it alternative science because its not the popular narrative? How would you know the difference? I have been researching mask effectiveness from the beginning frustrated by the cherry picking, one sided, and complete lack of logic in recommending any face covering as a solution. Does it really make sense that a mask with a valve, a surgical mask, and a scarf all magically and equally effective. What about the size of a virus compared to filtering ability. What about people touching these non filters constantly. Finally someone addresses the lunacy in one article. You don't find that in the popular media. Doesn't it bother you that they can declare science without evidence and force you to comply and the contradictions and hypocrisy alone should be enough to make anyone question. One benefit to masks is that it helps people who are afraid continue to function. So emotionally caught up that they will welcome anything to make them feel better even if it hurts the general population. Logic and reason must prevail even thru the click bait and media system driven by emotionl interest and what sells. At least you are voting with your dollar, its a free society so at least you have that right. For those with different opinions than you, the opportunity is rare to speak up without risking your job or reputation. I admire Mercola for taking the risk and also trying to educate people on health that will really matter in this situation. The best the Gov can do is say wear any old rag on your face and wash your hands. How about some real health advice for the masses. Vitamin D? The Gov has no solution except from a pharmaceutical company. People need to question these things. Intentional or not institutions produce unintended outcomes from their hierarchies and it must be kept in check and questioned.

Posted On 07/19/2020

---



**Randyfast**

Then, it's time you left!

Posted On 07/19/2020

---

**bolke**

I also hate how political this site has become.

Posted On 07/19/2020

---

**dclarke0gmail**

Spoken like an MSM bot who cannot stand to hear any considered view that opposes the official narrative on the most highly politicized and planned event in modern history. By all means, bow down to medical tyranny, be grateful your mRNA vaccination, the misery that follows it and the series of "vital" injections that will follow.

Posted On 07/19/2020

---

**snappir**

With you on this one. I too have noticed some 8 months ago that Mercola is repeating what NatNews says. I run away from M.A. b...t. It is really scare to open his garbage site. Mercola is getting quite close.

Posted On 07/19/2020

---

## **njlady**

You can leave this site, but I can almost guarantee that if you are diagnosed with an ailment, this will be the first place you come to find alternative remedies. It's not only Mercola with vital info, also the commenters, from whom I have learned much.

Posted On 07/19/2020

---

## **lilacsanddoves**

What if mandating masks is a stepping stone to mandating unproven vaccines? Its training people to be obedient. Why put needles with virus and toxins and heavy metals in 100% of the population when only 1% is vulnerable? That is the next step...wake up.

Posted On 07/19/2020

---

## **sherylmcg**

I'm surprised to hear you a doctor saying negative things about masks when they have been proven in other countries to stabilize the virus! I know Germans & their country has a law to wear masks & look how good their doing! Way better than here! You should be ashamed of yourself putting this out! And why have doctors "always" worn masks in operating rooms, hospitals ect! I have "seen" how far cough fumes spread wearing a regular mask, and not wearing one! That alone should be enough! Even if the protection were low we need all the help we can get! You sound like a Republican! You should keep politics out of your health comments or i will stop buying your products! As it would appear you don't really care about our health?

Posted On 07/19/2020

---

## pjasm53

Dr. Mercola, I have been a reader and purchaser of your products for years (at least 12). I always appreciated your insight, researched, and shared information on nutrition, supplements, the way the body works, etc. I am a monthly purchaser of at least 15 products (I know - too many) and I have been happy with them. I even purchase for my pets. Now, however, I don't know if I can trust you. You have become a dangerous advocate against the science of wearing masks. There is plenty of evidence and research to back up mask wearing. You are hurting the population with articles like this. What is your agenda? I have lost a great deal of respect for you!

Posted On 07/19/2020

---

## cathy067

Hi pjasm53.

Dr Mercola is telling the truth. There is a lot of fake news out there. One has to be so careful. Dr Mercola is helping you to be well. He is helping you to understand the dangers of the mask. He cares about people. It takes a lot of time to do what Dr Mercola is doing for the world. Can you drive a car without Gas? Can you live without oxygen? No! With the masks, you are breathing back the Carbon Dioxide. The nose breathes in Oxygen. The body Breathes out carbon dioxide. Breathing in Carbon dioxide will get your body to be acid. All diseases love an acid body. It will be sad for Dr Mercola to lose you since you are a good person. Dr Mercola never told anyone personally not to wear a mask. You do what you want to do. He is telling you the facts of the masks. You can believe it or not believe it.

Dr Mercola gets new business every day. He has made an impact on the world. His products are very good. I use a lot of his products which I bought from other companies.

I do not know Dr Mercola in person. I do know that he has very good products which I use.

Take Care. Blessings

**GrannyD.**

Posted On 07/19/2020

---

**lynwilson**

I used to rely on Mercola for decent leading-edge medical insight. But now, COVID seems to have affected your ability to provide decent information. First, the virus is man-made (according to Mercola); then, it is bad; then, not so bad; then, we should wear masks, then not; herebs help; Hydroxychloroquine works, then it doesn't, or is bad for you. Stop with all the crap. In countries where mask use is high, they have "flattened the curve", and have much lower transmission and death rates. An N95 mask blocks ~95% of particulates down to 1 micron in size; the COVID19 virus is between 1.4 and 0.9 microns in size.

Posted On 07/20/2020

---

**mikeatbb**

In countries where mask use is high the population also religiously follow lockdown (and other) rules or else!.... so maybe flattening the curve...which is delaying inevitable infection...it isn't going to go away we are just delaying it...there are 3 end points, 1. get infected, get ill and die, 2. get infected get ill get well and survive hopefully with some immunity, 3. stay isolated delay the infection until they, Gates and Fauci, have an effective vaccine, get vaccinated, survive the side effects and hopefully gain long term immunity. If you believe Judy Mikovitz (and I do!) the vaccine is not a good idea...do know anyone with ME? .... no life at all!. The chinese were all wearing masks because of their horrendous air pollution...those masks don't stop carbon monoxide, nitrogen oxides, sulphur dioxide, many PM 2.5 and smaller particulates so why...control freakery by the CCP maybe?.....

generally most of us express what we have heard and seen/read from the (fake)media who do likewise, few of us add anything original, Mercola generally does, science is never settled,

consensus is not science, it's politics or even worse religious dogma. All my opinions are distilled from such broad input plus logic and reasoning and 38 years experience in industry and 30 years study before and since. Regarding my 3 options above..... there are two others...4. The virus will weaken and disappear, there are vague rumours of it doing so or mutating or shedding the WUHAN lab engineered groups in its RNA. 5. many will get ill, survive BUT with damage to several organs... a worse case scenario and typical of the effects of GM/engineering. Much of the seriously ill is due to the parlous state of our nations health...particularly in the USA

Posted On 07/20/2020

---

## DrJohnH

I appreciate that Dr. Mercola is willing to change his mind when he learns new information. This is a strength and not a weakness. When you talk about countries where mask use is high, there are also many other factors that are not known that could easily contribute to their lower numbers. It's really impossible to know if masks are what helped. Since masks are now popular, researchers can easily conclude it was the masks because that is what is expected.

The gold standard in scientific research is randomized controlled studies (RCT's), which is what Rancourt talks about. When all these many large RCT's all come to the same conclusion, the evidence is clear and we should take it seriously. If you believe he is wrong, see if you can find any high quality RCT's with verified outcomes that show a significant benefit of masks. That would add something to our understanding, and I would be very interested to see.

Posted On 07/20/2020

---

## Olderbutwiser

I've posted a comment, but I don't see it, and when I try to repost, I get the response that it has already been posted. Where is it?

Posted On 07/19/2020

---

**trizia**

As a long time supporter of Dr. Mercola health advice and a person who trusts his vitamin/herb supplements, this article disappoints. Why?

Let me state I have read both sides for months as information is changing with each day.

Let's ask ourselves a few questions...

What is my intention with my thoughts and actions?

Am I aiding to the problem? Am I choosing to be helpful?

What can I do? What is wise?

Let's start there... First, wearing a mask may not help me much, but it could help someone else. (assume I'm wearing the correct mask)

The medical community is under tremendous strain. I wear it for them.

The people who are older and have greater chance of not making it through. I wear it for them.

The young people who go home and could infect their families. I wear it for them.

The people who are essential to keep things moving, i.e. grocery store clerks, truck drivers, gas stations, Costco, Home Depot, Walgreens etc... I wear it for them.

**I WEAR A MASK TO PROTECT OTHERS!**

Let's stop and think ... If we all tried to stop the spread ... then we all could get back to our lives. The more we fight over this or that the longer it stays..... come on people... let's put down our ego's and help each other by taking responsibility one person at a time.

Wearing a mask says "I care " . Nothing else.

So ask yourselves ... is my stance helping or hurting? If we all just take precautions in our own backyards... we can make a difference in other people's lives. Be kind.

Posted On 07/19/2020

---

## pheard

So disappointing that you would choose to add to the divisiveness in your country. It's pretty clear that what is been done right now isn't working. So many examples around the world on how to beat this virus and yet you choose to ignore them. Even look at St Petersburg. The mayor decided to give masks a try two weeks ago and now the positivity rate is going down. So sorry you have picked this hill to battle on when there are so many things going on in the United States that require immediate attention ie Portland.

Posted On 07/19/2020

---

## dev5922

If you wearing a mask saves one single life..... oh ya.... I almost forgot. Your civil rights. It's all about you. p.s. Faucigate. Great new buzzword. 🤔👍

Posted On 07/19/2020

---

## biggeranita

I'm with ellenf. Enough with the unvetted comments and conspiracy theories. I'll get my information and products elsewhere from now on.

Posted On 07/19/2020

---

**njlady**

Good luck finding excellent information on the internet for FREE.

Posted On 07/19/2020

---

**alb5498**

This document is so full of errors and misstatements, and to be honest, dangerous. Do masks work? Is there evidence they works? Yes, there ARE studies, but let me offer simple evidence. There are essential workers in every hospital in the U.S. wearing masks while working to save lives. We have over 140,000 deaths, nationwide; sadly, over 1,000 healthcare workers have died but that number is staggeringly low compared to the general population and their workplace conditions. Yes, they do use multiple forms of Personal Protection Equipment (PPE), but if we accept SARS-CoV-2 as being an airborne nanoparticles, which PPE would you expect to have the greatest impact - masks.

Posted On 07/20/2020

---

**ref2529**

As a physician who has done a deep dive on this subject, I cannot object to this article strongly enough. Dr. Mercola has has some interesting and valuable insights over the years (mostly good), but this article is a travesty in the middle of a pandemic. Simply, masks, distancing, and hand washing worked for the Spanish Flu 100 years ago, and the combination will work again if everyone adopts those simple, effective, and free methods of controlling this nightmare.

Posted On 07/19/2020

---



## syrena

I think that Dr. Mercola, very sadly, is somehow detached from reality and presenting only facts and science research supporting his point of view. Congratulation on US the most coronavirus deaths in a single day with more than 1,800 fatalities recorded on Tuesday. I guess not wearing masks movement really works well for that country. Unless this is all fake news????

Posted On 07/20/2020

---

## stanley2

1,800 fatalities recorded Tuesday. Did those fatalities occur on Tuesday, or over who knows what time period, and then just all recorded on Tuesday? Don't tell me, I already have a good idea, I bet that "detail" wasn't specified, it NEVER is. Fatalities due to, or fatalities with? Don't tell me, it NEVER is clarified. I'll go into the dangerous zone of only presenting facts that support my hypothesis on this next thought: "the most fatalities in a single day", it seems to me that I have noticed a good number wearing masks recently, seems to me that more, and more are wearing masks, yet, yet, just recently, yes, after all that increased mask wearing, we get "the most fatalities in a single day". Anyone want to then conclude..... wearing masks increases spread!

Dr Mercola presented the results and discussion of Randomized controlled trial studies and Statistical significance.

Posted On 07/23/2020

---

## tulip09

As the majority of people in the US are wearing masks - and have been wearing masks - the fact that there is no change on mortality supports that masks have no effect on outcome. If masks worked - masks would have already shown an effect - and they have not

Posted On 07/24/2020

---

## nursehypnotist

People are in the predicament of having to make personal decisions about "to mask or Not to Mask" and community decisions also. In presenting information to help in this it is important that the source of information be as precise as possible...I find making statements such as "Studies have conclusively proven ..." to be irresponsible. If one is presenting materials as scientific, one should properly document with numbered footnotes of the sources; In order that those "Studies" can be looked up. The Sources and References listed are too general and Vague...Even my high School level teachers would not have accepted such a "Scientific" term paper and for sure my BSN level nursing instructors would have sent it back and red-lined such a paper. Please raise the level. Many more people are turning to Mercola presented information as reliable. Weather or Not if they would source the documentation is up to them but at least it would be available. Thanks much Dr. Mercola . KAT RN BSN in CENTRAL Illinois

Posted On 07/19/2020

---

## educatedmind

the references are there for you to look up yourself. This is not a school term paper. You have the names of the people consulted I 'm sure those people would be glad to help you with your research.

Posted On 07/20/2020

---

## jasonsantos

This article is a load of crap, full of unverified and factually incorrect information. There are dozens of

studies showing the efficacy of masks ([clinicaltrials.gov/.../NCT01249625](https://clinicaltrials.gov/.../NCT01249625) , just one as an example). There are also studies showing that a standard medical mask does not prevent you from getting enough oxygen (one would think a physicist would understand the molecular density of oxygen vs the permeability of mask fabric). If medical masks were so worrisome, how do doctors and nurses manage to perform complex surgeries while wearing them for hours and hours at a time, without break? Also, why are you listening to a physicist, in a volunteer position (ie, can't get work at an actual university), rather than an expert on infectious disease!?! That's like calling in a plumber to fly your plane. And finally, you all put on a seatbelt when you get in a car, or risk a ticket. You wear that seatbelt for hours at a time when you drive long distances. That is by law. Explain how this is different?

Posted On 07/19/2020

---

## chr4055

I've had a day to think about this. And what really makes me ANGRY is that because of articles like this and all those idiotic "health freedom fighters" I will probably be FORCED to take the vaccine.

A little bit of KINDNESS, people COOPERATING, CARING about OTHERS -- just look how well that works!

Yeah, wearing a mask SUCKS, especially in Arizona with 100+ F temps. But I MUCH rather be inconvenienced while I'm shopping than injected with a damn vaccine.

Posted On 07/20/2020

---

## educatedmind

How do you figure your decisions are not only someone else's fault but that not complying with your wishes will force you to have a vaccine? That vaccine was on the drawing board long ago despite the fact that other attempts at an RNA vaccine were all disasters.

Posted On 07/20/2020

---

## sage55

Everyone stay well, do what you have to do, take Dr. Mercola's excellent advise like we have over the years to live to our best ability, free from prescription meds and diseases of the aging. Yes, stay healthy, wear a mask or don't wear one, social distance and wash your hands. Keep exercising our bodies and exercise your right to vote the worst president in history out of office. The worst excuse for a human being too. He lies, he only cares about money. He doesnt care about polluting the earth or the airwaves. He admires dictators and is proud of that fact. So yes please, stay well to vote the grifter and his grifting family out of office! Cheers Mercoleans! For all you Trump suckers out there, go take comfort in your portfolios, because thats all you care about. This is not name calling. So long Dr. Mercola, my buck is leaving your site.

Posted On 07/19/2020

---

## MSeebeck

This isn't an airport. No need to announce your departure. Nobody cares.

Posted On 07/19/2020

---

## njlady

Hold on to your seat sweetie, another 4 yrs to come...:) Bye Bye

Posted On 07/19/2020

---

## sage55

You care MSeewhatever, you really care. New Jersey Thing, Ya know, no one is being disrespectful to the doctor. They did not agree with the article. Ya know. One last thing, be prepared for the blue wave. Just sayin, ya know.

Posted On 07/25/2020

---

## CHealth3

I think it's easy to understand the disrespect from so many when the information we are being fed is outrageous and harmful. We know from scientific research that Covid is airborne which makes wearing a mask beneficial to help stop the spread. It's real simple science. WE feel disrespected to be fed something that has been proven to be untrue.

Posted On 07/19/2020

---

## jrr409

Hmmmmm I posted a comment about this article yesterday. No where to be seen? Wondering why that is?

Posted On 07/20/2020

---

## Bluekitty86326

I found some credibility and ethical issues with Denis Rancourt, Ph.D. Dr. Mercola, I come to your site for alternate views but this article is irresponsible and beneath you.

Posted On 07/19/2020

---

### **silaramie**

This article is misguided, irresponsible, and disturbing. I'm a proponent and practitioner of alternative health, have followed Mercola for years and bought his products, but this is a deal breaker. He's drunk the Kool-aid, which is really unfortunate.

Posted On 07/19/2020

---

### **bwest96**

I can't believe you posted such irresponsible information, suggesting people not wear a mask in light of how fast this virus is spreading. I guess the hundreds of scientist and other doctors telling us that wearing a mask is the primary means by which we might help stop the spread of this virus are all wrong. I don't think so. I guess all of the first responders, nurses and doctors who wear a mask in hospitals are all idiots too. All I can say is your post is Shameful.

Posted On 07/19/2020

---

### **spoonlife**

Now I've seen everything... Dr Mercola shocks us all, again. You used to be a source of valued health information, now you sound like a far right propaganda machine. You're points from studies make sense if they are data proven and accurate, but you're basically telling the entire health care industry and health care workers that wearing a mask (and washing your hands) is a waste of time. Yet no health care worker I know is willing to comply with that theory. Are the studies faulty? Does it make intuitive sense that no amount of prevention matters?

"The most recent randomized controlled trial [published] this year basically concluded they could find no evidence that masks, hand-washing and distancing, in terms of reducing the risk of these types of

diseases, were of any use."

How do you explain how other countries such as Japan, who use masks extensively, have been able to reduce the infection rate of covid there?

Mercola, now I understand why google and other search engines are lowering your site's search ratings. This has been happening for some time as I've noticed a move more towards fantastic ideas rather than promote solid and basic health topics.

Perhaps it's time to unsubscribe to this. oh and don't let the door hit you on the way out. (prepping for the comments in advance, lol)

Posted On 07/19/2020

---

## Hippocrates460

In case you check back to see if there is an explanation for Japan... Apparently, the explanation is, in Japan and a few other nations, steroid inhalers were given early in the pandemic for mildly to moderately ill patients. In contrast, in the US and other countries, providers were told to simply give palliative care to patients and send them home to ride it out. You can find my comments elsewhere with a link to Dr. Richard Barlett's explanation of inhaler steroids used in Japan, Taiwan, etc.

Nearly 4 million views. But then perhaps you'll unfairly judge him as a "right winger" for not stirring up fear porn. You shouldn't be so quick to judge / assume. Perhaps you should go by Spoon Fed? ;-)

Posted On 07/20/2020

---

## willoughcraft

Wow, my first comment ever but I can't help but say something about this article. This article is classic sensationalism and, as you can see by the other comments, this one guy Rancourt, who is a physicist

and chemist not an infectious disease specialist, has been debunked. I don't even know where to start, Dr. Mercola has rendered me speechless. Please Dr. Mercola, I know you thought Bird Flu was a hoax (I remember your book) but this disease is very different and deserves your open mind each step of the way. It's been obvious from the beginning that you are already bent on your conclusion so now you've reduced yourself to being someone who is cherry picking quotes to get your desired result, even if these quotes are unsubstantiated and, as shown with Rancourt, even false.

Oh and btw, only looking at the deaths ignores all the people who have permanent organ damage or brain damage from this virus, another huge casualty of Covid-19 that doesn't happen with your "typical winter flu" And seeing the success that Asian countries have had controlling the virus with masks and physical distancing, I'm not sure how you can ignore that completely or, even worse, claim that masks and social distances have no positive effect at all on controlling the spread of the virus. I've been a huge fan of Dr. Mercola for years but this is not science based at all and I'm heartbroken and shocked that Dr. Mercola published this biased and fear mongering article. Is he headed down the Alex Jones path toward sensationalism and fear based salesmanship?? Seems so after reading this article. Sooooo disappointed in this one source article, Dr. Mercola, you are WAY better than this and you will lose your core audience if you turn your back on science and the scientific method.

Posted On 07/19/2020

---

### **jho2138**

Sooooo 100% agree with everything you said and feel about this article and Dr. Mercola. A sad day that I now have to reevaluate everything he has written.

Posted On 07/20/2020

---

### **BrendaGudiel**

I agree too and can't believe how he could be convinced that masks offer no protection whatsoever? That doesn't make sense. I too mentioned how Asian countries controlled pandemics



with masks and social distancing and Japan didn't even shut down, only masks and social distancing and only had about 1,000 COVID-19 deaths! If it is SO obvious that masks offer no protection at all and could have negative effects then why have surgeons worn masks for decades and decades and still do to this day for hours a day performing surgeries and have no known negative effects? It does not make sense to abandon masks. I also mentioned how my dad died from COVID-19 and he infected me and my mom with it, so I know that it is bad. We were very sick, and it lasted so long. It is not like the flu, it is much more aggressive and can be deadly and I wish people would stop acting like it's like the flu, it's not.

Posted On 07/20/2020

---

**djterry80**

How can I ever trust you again?

Posted On 07/20/2020

---

**VenlyB**

Only positive comments will remain up here, I am convinced.

Posted On 07/19/2020

---