



Is It Time for Full-Time Mask Mandates?

Analysis by [Dr. Joseph Mercola](#)

✓ Fact Checked

STORY AT-A-GLANCE

- › Despite claims of having a pandemic plan in place, and despite having conducted a global coronavirus pandemic response exercise a mere 10 weeks before the COVID-19 outbreak, planners appear to have overlooked the most important part of pandemic planning, namely researching and identifying the most effective response measures
- › Universal mask wearing, like the lockdowns, has no basis in science. On the contrary, the available scientific evidence near-conclusively shows that mask wearing does not reduce infection rates
- › Recent Centers for Disease Control and Prevention data reveal 85% of COVID-19 patients had “always” or “often” worn a cloth mask or face covering in the 14 days preceding their illness
- › Despite lack of scientific support for universal mask wearing, Dr. Anthony Fauci now supports a federal mask mandate, saying “the data on masks speaks for itself”
- › The World Health Organization encourages universal cloth mask use, not because they’ve been proven to work best but rather because they encourage “cultural expression” and “offer a source of income for those able to manufacture masks within their communities”

When you look at the timeline^{1,2} of statements about the pandemic made by government officials, public health spokespersons and media pundits who unquestioningly echo the talking points du jour, it's a panoply of mixed messages to say the least.

This, despite former White House Coronavirus Task Force lead Dr. Anthony Fauci's February 25, 2020, assurance that the U.S. was "reasonably well prepared" as it has had a pandemic plan in place "for years."³

As noted in a Fox News article⁴ published in mid-April 2020, many of the statements have not aged well and, now, months later, the situation has hardly gotten any better.

Pandemic Planning Clearly Lacking in Key Areas

Despite claims of having a pandemic plan in place, and despite having conducted a global coronavirus pandemic response exercise a mere 10 weeks before the actual outbreak, the planners appear to have overlooked the most important part of pandemic planning, namely researching and identifying the most effective response measures.

Instead, the October 2019 "Event 201"⁵ pandemic preparedness exercise largely focused around how to censor "misinformation" about the pandemic and how to ensure compliance with whatever measures were dictated.

Aside from the wholly unscientific strategy of isolating healthy, productive individuals for months on end and closing the doors to small businesses while allowing shopping to continue in large box stores like Walmart, one of the most controversial pandemic response measures has been the mandating of mask wearing.

This measure, like the lockdowns, actually has no basis in science. On the contrary,

the available scientific evidence near-conclusively shows that mask wearing does not prevent the spread of infectious disease.

Most studies have focused on influenza, and the results from such studies are more than sufficient since coronaviruses are about half the size of flu viruses. Hence, if a mask cannot prevent the spread of influenza, it's illogical to assume they can prevent the spread of a much smaller virus, especially if it's airborne.

Recent Centers for Disease Control and Prevention data^{6,7,8} seem to confirm this, as 71% of COVID-19 patients reported “always” wearing a cloth mask or face covering in the 14 days preceding their illness; 14% reported having worn a mask “often.”

Despite the dearth of scientific support — and despite the dramatic decline in deaths and improved treatments — many areas are now starting to insist on more stringent measures than were implemented during the height of the pandemic. Rather than moving forward, we seem to be moving backward. The obvious question is why?

Fauci's Mixed Messages

Fauci has been a prominent public leader for the coronavirus response in the U.S., but his flip-flopping on issues have done little to guide the nation toward a resolution of the pandemic. This is particularly true when it comes to mask wearing.

In a 60 Minute COVID-19 segment aired March 8, 2020,⁹ Fauci said masks are “important for someone who is infected to prevent them from infecting someone else,” but that “right now in the United States, people should not be walking around with masks; there's no reason to walk around with a mask.”

He also noted that “when you're in the middle of an outbreak, wearing a mask may make you feel a little bit better, and it might even block a droplet, but it's not providing

the perfect protection that people think that it is.” He also pointed out there are unintended consequences of mask wearing that can increase your infection risk, things like touching your mask and then touching your face.

Overall, his message in March was that masks should be reserved for health care professionals. A couple weeks later, in early April 2020, he suddenly did a radical about-face and changed his messaging, urging people to wear cloth masks in public unless they could maintain a 6-foot distance from others.¹⁰

Mid-June 2020, when pressed about his turnabout on masks, he stated¹¹ he’d initially downplayed the benefits of face masks due to concerns about personal protective equipment (PPE) shortages. The clear subtext was “I lied to you because I thought it was for the greater good.” If he is willing to lie about this, how can he possibly be trusted about other recommendations?

In March, he accurately confirmed that masks are ineffective and offer a false sense of security. Then, when he did recommend mask wearing, he recommended wearing the least effective mask alternative – cloth masks, for which there are no standards at all.

At the end of July 2020 – just days after getting caught at a baseball game with his mask pulled below his chin¹² – Fauci started recommending the addition of face shields to protect the mucous membranes of your eyes.¹³ Then, October 23, 2020, he suddenly announced his support for a federal mask mandate to ensure nationwide compliance.¹⁴

Why? Not only has the science not changed – it still shows masks do not decrease infection rates – but a federal mandate also fails to take into account the level of threat in individual states or cities. What’s more, in a September 15, 2020, press conference, he stated that “a national mandate probably would not work.”¹⁵

Some areas have and are doing quite well in terms of infection rates, hospitalizations and deaths. Why should people in those areas be forced to wear masks even in the absence of a significant threat? (And that's supposing masks worked in the first place.) As reported by CNN October 23, 2020:¹⁶

"If people are not wearing masks, then maybe we should be mandating it,' the leading infectious disease expert told CNN's Erin Burnett Friday ... Mask mandates may be tricky to enforce, but it might be time to call for them, Fauci said.

'There's going to be a difficulty enforcing it, but if everyone agrees that this is something that's important and they mandate it and everybody pulls together and says, you know, we're going to mandate it but let's just do it, I think that would be a great idea to have everybody do it uniformly,' he said.

As cooler weather comes, people need to 'double down' on measures that work, Fauci said. 'Universal mask wearing' is one, he said, as is keeping a distance from others and frequent hand washing."

Mask Wearing – A Measure That Works?

Ironically, Fauci has stated that "the data on face masks speaks for itself."¹⁷ Now, if we were all to agree that the data does speak for itself, then there would be no mask mandates because the data clearly do NOT support this measure for the public at large.

As noted by [Denis Rancourt](#), Ph.D., a former full professor of physics and researcher with the Ontario Civil Liberties Association in Canada, all of the well-designed studies that have been published so far have failed to find a statistically significant advantage to wearing a mask versus not wearing one.

Even research published in the CDC's own journal found no significant effect of **face masks on the transmission of influenza**, and research published in the New England Journal of Medicine in May 2020 noted that:¹⁸

"We know that wearing a mask outside health care facilities offers little, if any, protection from infection. Public health authorities define a significant exposure to COVID-19 as face-to-face contact within 6 feet with a patient with symptomatic COVID-19 that is sustained for at least a few minutes (and some say more than 10 minutes or even 30 minutes).

The chance of catching COVID-19 from a passing interaction in a public space is therefore minimal. In many cases, the desire for widespread masking is a reflexive reaction to anxiety over the pandemic ...

It is also clear that masks serve symbolic roles. Masks are not only tools, they are also talismans that may help increase health care workers' perceived sense of safety, well-being, and trust in their hospitals.

Although such reactions may not be strictly logical, we are all subject to fear and anxiety, especially during times of crisis. One might argue that fear and anxiety are better countered with data and education than with a marginally beneficial mask ..."

Type of Mask Matters

According to Fauci, a slow-motion video (above) of an individual talking and sneezing with and without a cloth mask graphically illustrates that masks work.¹⁹

However, the devil's in the details, and many are using cloth masks or N95-rated masks with breathing valves. As demonstrated in the video below by researchers at

the Florida Atlantic University's College of Engineering and Computer Science, masks with exhalation ports allow potentially infectious droplets to pass through unfiltered.

As such, these masks do nothing to protect others if you happen to be infected with the virus. As reported by Florida Atlantic University news desk:²⁰

*"For the study,²¹ just published in the journal *Physics of Fluids*, researchers employed flow visualization in a laboratory setting using a laser light sheet and a mixture of distilled water and glycerin to generate the synthetic fog that made up the content of a cough-jet.*

They visualized droplets expelled from a mannequin's mouth while simulating coughing and sneezing. By placing a plastic face shield and an N95-rated face mask with a valve, they were able to map out the paths of droplets and demonstrate how they performed ...

Visualizations for the face mask equipped with an exhalation port indicate that a large number of droplets pass through the exhale valve unfiltered, which significantly reduces its effectiveness as a means of source control."

Despite the fact there are clear differences between N95 respirators, valved N95 masks, surgical masks, homemade cloth masks, cotton bandanas and any number of other face coverings, health officials have been strangely mum about these specifics in their mask recommendations.

Even stranger, when the type of mask is mentioned in the recommendations, it's typically been cloth masks, which clearly provide the least reliable protection of all. The World Health Organization, for example, encourages universal cloth mask use — not because they've been proven to work best but rather because they encourage "cultural expression" and "offer a source of income for those able to manufacture

masks within their communities.”²²

“ If public health officials and politicians continue with mask mandates, then informed citizens might question if current policy is intended more to scare them than follow the science. ~ Stanley Young, Ph.D.”

If masks were in fact a key pandemic control measure, wouldn't infection control be at the top of the list? As it stands, infection control is nowhere on the list of [justifications for universal mask use given by the WHO](#).²³

Many Experts Have Noted Lack of Scientific Justification

Quite a few experts in various fields have now spoken out about the lack of evidence to support universal mask mandates. Among the latest is Stanley Young, Ph.D., an applied statistician who currently serves on the Environmental Protection Agency's scientific advisory board. In an October 14, 2020, article, he writes:²⁴

“Dr. Mandy Cohen has told us we must wear masks in many kinds of settings. She told us that wearing the masks will help ‘fight’... SARS-CoV-2. Gov. Cooper has told us they are relying on ‘data and science.’ I am a scientist. I disagree.

Not long ago, I considered the COVID data our health experts were giving us. If masks were so effective, why were we not seeing improvement in the numbers? I decided to dive into the literature ...

I studied the studies and found one for influenza. The peer-reviewed meta-analysis study looked at flu viral transmission, using 10 randomized clinical trials. When you combine all 10, the study showed that the results are consistent with pure chance.

Just how did the researcher characterize their results? 'The evidence from RCTs suggested that the use of face masks either by infected persons or by uninfected persons does not have a substantial effect on influenza transmission ...

In pooled analysis, we found no significant reduction in influenza transmission with the use of face masks.' Adding up those infected while wearing a mask, 156/3495, 4.46%, and those infected while not wearing a mask, 161/3052, 5.23%, the results are consistent with chance.

I presented my opinion to Dr. Cohen and her staff. After some prodding, I heard from Mr. Fleischman, a senior official on Mandy's staff. He provided me with another study that dealt specifically with the COVID-19 virus. Here is what I found.

The study he sent was a meta-analysis that looked at transmission of the virus. A total of 19 randomized studies were summarized. Here is what they had to say, 'Medical masks were not effective, and cloth masks even less effective.' They also noted that '... respirators, if worn continually during a shift, were effective but not if worn intermittently.'

Mechanistically, masks have always only been thought to stop large droplets. Transmission through very fine droplets cannot be stopped by ordinary masks. Most recently, the CDC has confirmed that the virus can be transmitted through fine droplets.

The meta-analysis that Mr. Fleischman had sent me supports this claim because, again, it showed no benefit to wearing masks. Incidentally, the Netherlands recently dropped the mask mandate saying the research did not support wearing them ...

These two studies provide no scientific basis for one size fit all; if public health officials and politicians continue with mask mandates, then informed citizens might question if current policy is intended more to scare them than follow the science.”

Journals Refuse to Publish Negative Mask Study

Perhaps most egregious of all, Danish researchers recently conducted a randomized trial in an effort to prove the usefulness of face masks against COVID-19 infection but ended up proving the opposite. They now are complaining they cannot find a publisher. Peer review journals are simply refusing to accept the paper. Why?

The controversy has been covered in a Twitter thread²⁵ by Alex Berenson, a former New York Times reporter. The study,²⁶ which is currently only available in German, concluded tens of millions of contaminations can occur each day as people use the masks inappropriately, touch their faces and neglect to wash their hands.

For this reason, universal mask wearing may actually do more harm than good. This is clearly important information that should be disseminated to the general public, yet medical journals are shunning the paper, probably because it doesn't align with their narrative that supports universal mask recommendations.

Undisclosed Mask Dangers

There's also evidence to suggest chronic mask wearing can have other unintended health effects. For example, another paper^{27,28} that has yet to undergo peer-review suggests mask fibers can pose a health risk. According to this paper:^{29,30}

“There is no biological history of mass masking until the current era. It is important to consider possible outcomes of this society-wide experiment ... Masked individuals have measurably higher inspiratory flow than non-masked individuals.

This study is of new masks removed from manufacturer packaging, as well as a laundered cloth mask, examined microscopically. Loose particulate was seen on each type of mask. Also, tight and loose fibers were seen on each type of mask.

If every foreign particle and every fiber in every facemask is always secure and not detachable by airflow, then there should be no risk of inhalation of such particles and fibers.

However, if even a small portion of mask fibers is detachable by inspiratory airflow, or if there is debris in mask manufacture or packaging or handling, then there is the possibility of not only entry of foreign material to the airways, but also entry to deep lung tissue, and potential pathological consequences of foreign bodies in the lungs ...

Further concerns of macrophage response and other immune and inflammatory and fibroblast response to such inhaled particles specifically from facemasks should be the subject of more research.

If widespread masking continues, then the potential for inhaling mask fibers and environmental and biological debris continues on a daily basis for

hundreds of millions of people. This should be alarming for physicians and epidemiologists knowledgeable in occupational hazards.”

Another potential concern is related to the plastics used. For example, surgical masks are made of polypropylene,³¹ a known asthma trigger.³² If you have asthma, wearing a surgical mask could potentially worsen your condition.

“Mask mouth” – tooth decay, gum line recession and potent bad breath – is another effect dentists around the world have raised alarm about. Dr. Rob Ramondi, a dentist and cofounder of One Manhattan Dental told the New York Post:³³

“We’re seeing inflammation in people’s gums that have been healthy forever, and cavities in people who have never had them before. About 50% of our patients are being impacted by this, [so] we decided to name it ‘mask mouth’ ...”

Other common complaints associated with extensive mask wearing include fatigue, headaches, shortness of breath and anxiety,³⁴ likely due to hypoxia (reduced blood oxygenation).³⁵

According to Dr. Russel Blaylock, face masks “pose serious risks to the healthy,” as the mask can lead to a concentration of viruses in the nasal passages where they can “enter the olfactory nerves and travel into the brain.”

The Mask Conundrum

So, to summarize, while face masks, overall, do not significantly reduce infection rates, N95 respirators (those without breathing valves) are the most effective in terms of blocking respiratory droplets.

However, they're also more likely to cause hypoxia when worn for hours on end. According to Blaylock,³⁶ "It is known that the N95 mask, if worn for hours, can reduce blood oxygenation as much as 20%, which can lead to a loss of consciousness." What's worse, hypoxia is also associated with impairment of immune function.

"Studies have shown that hypoxia can inhibit the type of main immune cells used to fight viral infections called the CD4+ T-lymphocyte. This occurs because the hypoxia increases the level of a compound called hypoxia inducible factor-1 (HIF-1), which inhibits T-lymphocytes and stimulates a powerful immune inhibitor cell called the Tregs.

This sets the stage for contracting any infection, including COVID-19 and making the consequences of that infection much graver. In essence, your mask may very well put you at an increased risk of infections and if so, having a much worse outcome," Blaylock writes.³⁷

On the other hand, cloth masks and other types of homemade cloth facial coverings, which are most often recommended for the general public, are also the most useless in terms of infection control. So, what gives?

Consider Peaceful Civil Disobedience

Clearly, most people are being bombarded with mainstream media propaganda that seeks to convince you that masks are necessary to prevent the spread of COVID-19. So, it is entirely understandable that you would want everyone to wear masks because you believe they will save lives.

However, if you carefully evaluate the evidence, independent of the mainstream narrative, it is likely you will conclude that this recommendation has nothing to do with decreasing the spread of the virus but more to indoctrinate you into submission.

Most objections to mask-wearing requirements are not to the masks themselves, but to the mandate, and well-documented consequences such as oxygen deprivation should give anybody pause when considering a legal requirement of wearing masks in public.

We already see that most people wear masks in public regardless of mandates.³⁸ But it is entirely irresponsible and unethical for governments to mandate such a practice on anybody.

In my [interview with Patrick Wood](#), he provides compelling evidence that this has been a carefully crafted technocratic strategy that has been in place for the last 50 years or so. By submitting to these orders, we are likely setting the stage for inevitable mandatory vaccinations.

With COVID-19 fatality rates^{39,40,41} as low as they are, mandatory mask wearing, social distancing, lockdowns and business shut-downs are not only ineffective and unnecessary, but these measures are also contributing to a global economic collapse. It appears the only justification for this strategy is to increase fear, tyranny and transfer of wealth to the upper 0.00001%.

Remember back in March 2020 when they said we just need to slow down the rate of infection to avoid overcrowding hospitals? How did we go from that to now having to wear masks everywhere until every trace of the virus has been eliminated, even though a vast majority remain asymptomatic and don't even know they have the virus unless they get tested?

I predict it is likely that, at some point in the future, a tradeoff will be offered: Mask mandates will be dropped provided everyone gets vaccinated. By then, many may be willing to take just about anything as long as they don't have to wear a mask anymore.

I would encourage you to read up on the many open questions relating to **fast-tracked COVID-19 vaccines** before making your decision. Overall, it seems the best way to avoid having to make such a devious trade is to engage in civil disobedience now, and go unmasked.

If civil disobedience feels disconcerting, keep in mind that in many areas, mask rules include the following exception: “You must wear a mask unless you can maintain a 6-foot distance.” In other words, if you’re without a mask and maintain 6-foot social distancing, you’re still in compliance with the rules as written.

Darzoum

The question about whether masks work is similar to the question about whether vaccines are “safe and effective”; both questions are irrelevant in the full context of the unbelievably extreme and unprecedented measures that have been instated around the world for a malady whose statistics do not justify those measures. Both questions are irrelevant for anyone who decides for themselves that questions of liberty supersede questions of safety. Both questions are irrelevant for anyone who decides to not confer that level of invasive authority to governments or a medical police state.

When we consider that prolonged wearing of a mask carries its own health risks, when we consider the CDC study showing a higher incidence of contracting COVID with those who religiously wear masks, when we consider that countries without such extreme measures fared no worse with COVID, when we consider that so much of mask wearing is not medical but virtue signaling, when we consider that anyone is still free to wear a mask even if they are not mandated, and when we consider the terrible social costs of wearing a mask, both in insulating people from each other and in the subservience to authority it signals, then maybe we should just approach this sickness in the ways we’ve always done... or better yet, let’s actually hear some constructive advice from these authorities on how we can boost our vitality and immunity with nutrition, sunshine, fasting and exercise, ways that don’t include their supposed right to bully and experiment on us. If a bunch of madmen want to “reset” the entire world, they’ll have to come up with a more legitimate excuse than this COVID farce, and they’ll have to come

up with a more believable measure than making everyone wear a damn mask.

Posted On 11/02/2020

Guillermou

Yes, David, masks and vaccines are part of an evil fear-promoting game that BigPharma and its vaccine-promoting allies want to spread. The defenses against viruses are in our body with a healthy diet and habits, avoiding comorbidities that aggravate COVID-19. In addition to the toxins we breathe, masks are promoting pollution that increases the risk of diseases and contamination of crops and waters. The masks and protective equipment shown by Gary Stokes, founder of Oceans Asia, include hospital and private use models but almost all of them share the condition of being made of non-degradable materials, plastics and the like, which increases concern about their environmental impact, the pollution of the land, the water we drink and the fish we eat.

Then we apply fear policies, put on masks to drown people, we isolate them at home in polluted atmospheres, lack of vital impulses, antiviral war, war of vaccines, war of power, war for money, economic crisis, crisis of ethical values and on the way the consequent loss of freedoms. Freedom of expression constitutes the true flag of the achievement of a western society. A freedom denied by a propaganda of the mass media prisoners of the great power of money.

In this report: COVID-19 MASKS ARE A CRIME AGAINST HUMANITY AND CHILD ABUSE: For children and adolescents, masks are an absolute no-no. Children and adolescents have an extremely active and adaptive immune system and they need a constant interaction with the microbiome of the Earth. Their brain is also incredibly active, as it is has so much to learn. The child's brain, or the youth's brain is thirsting for oxygen. The more metabolically active the organ is, the more oxygen it requires. In children and adolescents every organ is metabolically active. To deprive a child's or an adolescent's brain from oxygen, or to restrict it in any way, is not only dangerous to their health, it is absolutely criminal.

Posted On 11/02/2020

Guillermou

Oxygen deficiency inhibits the development of the brain, and the damage that has taken place as a result CANNOT be reversed. When in ten years, dementia is going to increase exponentially, and the younger generations couldn't reach their god-given potential, it won't help to say "we didn't need the masks". www.globalresearch.ca/covid-19-masks-crime-against-humanity-child-abus.. Clearly, if we really want to end this phony pandemic whose effects have been devastating to people, health, the economy, or future infectious diseases, we have to address the underlying conditions that make a syndemic possible. Independent, skilled, well-prepared leaders with a democratic spirit are needed. Our responsibility must be imposed against the lies and corporate interests that promote this crisis of fear, this crisis that is designed and organized for the benefit of the corrupt oligarchies, who show the way of the venom of the snake. A crime against humanity, a terrifying fight against life.

Posted On 11/02/2020

Guillermou

The Dominican nuns of the monastery of San Miguel de Trujillo (Spain) have joined the viral challenge of dancing 'Jerusalema', a choreography that has its origin in South Africa and that has become a SONG TO LIFE. THIS ISSUE IS ALREADY A CRY OF HOPE FROM THE FIVE CONTINENTS against COVID-19. Dancing without masks. https://youtu.be/d19x_eu1-ug .--- Also. Dominican nuns of Zimbabwe, Jerusalema .-- <https://youtu.be/JgIkDdUpKX4>

Posted On 11/02/2020

churchlanefarm

Indeed, adopting a narrowminded, antagonistic approach towards a perceived virus failing to consider the overall consequences on our physical, economic, psychological and societal wellbeing is far from constructive or "helpful". It is in fact absolute foolishness...

Posted On 11/02/2020

Almond

Guillermo...Yes, the mask inhibit oxygen and impair brain function. Even before covid, the educational system was not all that great. Now, during covid, with all the schools shut down, it is even worse... with the exception of home schoolers who have seen no change to their lives. One major change is students graduating from high school without labs in science classes (no hands-on practical experience). All they have is book learning and being expected to believe what they are told--consider the implications of that! Young people are also being denied normal cultural socializing experiences--no Friday night date night, dances, homecoming, prom or just hanging out. Their main form of socializing has become texting. They no longer live in the real world. They live in a world controlled by fear and govt mandates. The sum of all these factors results in the conclusion that we are raising an entire generation of stupid people.

Posted On 11/02/2020

juststeve

The mask also provides another important element, Divide & (Weaken,) Conquer. While what little public discourse is left people can add this to the list of moronic things to argue about to distract us from actually connecting to each other as we need to as we are social animals. It also shuts down and retards peoples ability to read faces. Already a problem as so many are phone screen addicted and a it seems many are oblivious to basic facial communication & body language ques. All of it keeps people from connections and the process of solutions. One poster commented that the Amish do not have a Covid-19 plan-demic because they do not have TV's. We can add smart phones, computers.

Posted On 11/02/2020

forbiddenhealing

Life now is truly a masquerade my friends, no smiles, laughter or even social recognition....Cattle masks for some, anonymous Guy Fawkes faces for others as we watch this retardate drama unfold.

Posted On 11/02/2020

rrealrose

Thanks Gui, Great 5 minute interlude with those nun's dancing, yes! We have a problem of non-independent media, seems intent on digging itself an ever larger hole of incredulity every day...of course, confirmed infections are expected to rise this time of year, the flu and other upper respiratory infections rise every year during fall and winter months. With lack of balanced reporting, major question is what kinda society is based on fear alone?

Posted On 11/02/2020

Randyfast

Darzoum; For anyone who's around our age; our parents/grandparents would be "rolling over in their graves", if they knew what is transpiring in today's society! The level of sheer INSANITY, is unbelievable; yet, you had better believe it! Gui; Excellent paragraph concerning those idiotic masks and young children! Apparently; for the majority of the masses, it's still "Rocket Science"!

Posted On 11/02/2020

Darzoum

Guillermo, the Dance of Life is more powerful than the cult of death. Sharing the joy of the dancing

nuns is more healing than anything fauci, gates and their fellow medicultist can contrive.

Posted On 11/02/2020

Darzoum

Churchlandfarm, yes, it's not a measured response.

Randy, my grandparents fled tyranny to come to the U.S. My grandfather, a wiry and friendly fellow, fought in the trenches of WWI; at 90 he had more strength, vitality, agility and endurance than the average 20-year-old today... he credited honesty, hard work and home cooking, among other things. He wouldn't recognize this country today, and he'd see right through the lies.

Posted On 11/02/2020

panotx

Other reasons to not wear a mask: I currently have a fractured ankle from a step trip when I was wearing a mask and my glasses were fogged and I couldn't see where I was walking.....fortunately, we live in a red county which is mostly a mask-free zone; however, the need to occasionally venture into the authoritarian blue zones has its risks....

Posted On 11/02/2020

Darzoum

panotx, you really have to "watch your step" when in the authoritarian zones. Apparently the other solution to that, as I see here in California, is to become a zombie, in which case you just float along in a trance, oblivious to any trip ups and oblivious to everything else.

Posted On 11/02/2020

Luvvy

Thanks to Darzoum, Gui, and all the wonderful posters here for always contributing such wisdom and interesting perspective to DrM's great articles. We reflect and become, what we behold - and this holds true for whatever we focus our attention upon. 'What absorbs our interest, what we give our attention to most, shapes our thinking and trains our affections.' Too much focus on the problem virus, and faithfully wearing the sick masks, and we will become part of the of that wave of hopelessness and fear.

Gui, I love this wonderfully spirited video of the nuns who are reflecting and their joy and positive outlook - without contradiction. Thanks for sharing this, connecting with the nuns shifted has me to a better place. God Bless.

Posted On 11/02/2020

Guillermou

Thank you very much, dear Luvvy, "'Jerusalema ikhaya lami' means 'Jerusalem is my home' and 'ngilondoloze' means 'please come with me, please protect me'. 'Uhambe nami' means 'please come with me and protect me and do not leave me behind because Jerusalem is my home' ", The Bible uses many parables and symbolic expressions and in the allegory, Sarah represents the heavenly Jerusalem, where her children are free. Thus it is written in Galatians 4:26: "But the Jerusalem that is above, which is the mother of us all, is free."

Other countries people could dance to my song, as happened in the United States, in Spain, in France, in Portugal, in Italy and so many other places. That is why I always thanked God because it is a beautiful job, which also has a dance taking this song to the next level. Now the song is all over the world. The Jerusalema dance is taking over the world".

South Africa has 11 official languages: Zulu, Xhosa, Afrikaans, Pedi, English, Tswana, Sotho,

Tsonga, Swati, Ndebele, and Venda. Producer Master KG chose the latter for the lyrics of his song "Jerusalema", not only for its musicality but also for its proximity to the region where that language is spoken, Limpopo, where he was born. Behind the catchy success that is danced around the world hides a spiritual message in which the idea of a heavenly Jerusalem is rescued

Venda means "pleasant place" and his people were one of the last African groups to migrate south of the Limpopo River, lands in which they chose to settle. The Venda people are not very numerous and stand out for their proximity to the spiritual plane, which they express by developing pottery and woodcuts, always with their religious stamp. Unlike other African populations, women occupy an important place within the Venda culture.

Posted On 11/02/2020

Darzoum

Luvvy, you articulate a very important principle. We can choose where we focus our Light of Attention. May we all gather our scattered lights—dispersed by life's diversions and media/government hucksters—and bring them into powerful, coherent Laser Lights of Truth. We have that Power if we make it our Purpose.

Posted On 11/02/2020

BillieBob

A question occurred to me that I haven't seen raised before: How many extra falls/injuries have occurred because the mask was blocking the view of the ground close in front of the victim's feet? How many foot and ankle injuries have occurred for the same reason?

Posted On 11/02/2020

NewlandsWanderer

Mask wearing certainly helps - to dehumanize, to destroy smiles, to make people look like bank-robbers, or worse, zombies. The psychological effect goes much deeper - it makes people treat other "faceless" individuals like bio-hazards, prolongs the fear-mongering and intimidates those who choose not to wear a mask. Mask-wearing prevents real communication and with "social distancing" added, it is blindingly obvious that this is a Stasi-like psychological operation to subdue the populace and sow seeds of suspicion and division.

Divide and conquer on a global scale - except for a few exceptions like Sweden where deaths are down to virtually zero. And they NEVER WORE MASKS. They also kept their hospitals open whereas here in the UK we have lost thousands of extra lives through people being unable to access urgent treatment. : And it has always struck me that mask-wearers breathe their own germs back in, and if they sneeze - surely any spray that gets through the filter of the mask would be aerosol and more likely to be carried in the air.

It truly is insane here - not surprising I suppose with psychopaths and Big Pharma Reps in charge. Kids at school wearing masks so they don't infect Granny. But Granny is locked away anyway in a Government sponsored zone of fear and emotional starvation. This is torture, treachery and betrayal dressed up as "keeping us safe" There are many people speaking out about this - But Big Brother still has the megaphone. For now. Here are a couple of links, pushing back against mask-wearing: Judy Mikovits: twitter.com/.../1320123541380079617 Global Doctors: www.lifesitenews.com/news/group-of-doctors-masks-are-completely-irrele.. And a brave athlete twitter.com/.../1323189690590265344

Posted On 11/02/2020

NewlandsWanderer

Belarus. No mask. No lock downs, No social distancing. Very few deaths. Vitamin D & boosting the immune system works wonders, just like Dr Mercola has said all along: twitter.com/.../1323220894513287170 The only opposition to lockdowns & face masks in the Italian Parliament is art historian @VittorioSgarbi MP & mayor of Sutri. A couple days ago he was

forcefully carried out of parliament for refusing to endorse the big lie of the mask. "Criminals!" He shouts back. twitter.com/.../1321860584384700416

Posted On 11/02/2020

Guillermou

Very well expressed and documented NW. Yes, people without faces, without communication of expressions and gestures of empathy, "dehumanize, destroy smiles, make people look like bank robbers or, worse still, zombies." The spread of fear is much greater than the spread of the virus and the masks point the way for the snake's venom. People feel overwhelmed by masks. Transmission of acute respiratory infections can occur through contamination of respiratory protective equipment provided during storage and reuse of masks and respirators during the workday.

As Dr. Mercola reports is that masks cause a drop in oxygen levels (hypoxia) is associated with a deterioration of immunity, setting the stage to contract any infection, including COVID-19, and cause the consequences of that infection are much more serious. People with cancer, especially if the cancer has spread, are at higher risk for prolonged hypoxia, as cancer grows best in a low-oxygen microenvironment. The low level of oxygen also promotes inflammation that can promote the growth, invasion, and spread of cancers. Repeated episodes of hypoxia have been proposed as a significant factor in atherosclerosis and thus increase all cardiovascular (heart attack) and cerebrovascular (stroke) diseases.

Masks increase hypoxia-inducible factor 1 (HIF-1) which is a master regulator of oxygen homeostasis HIF-1 controls oxygen supply, regulating angiogenesis and vascular remodeling, and oxygen utilization, regulating metabolism glucose and redox homeostasis. Analysis of animal models suggests that by activating these homeostatic mechanisms, HIF-1 plays a critical protective role in the pathophysiology of ischemic heart disease and heart failure with pressure overload. www.annualreviews.org/doi/abs/10.1146/annurev-physiol-021113-170322 (2018)

Posted On 11/02/2020

Guillermou

Stimulation of the cancer cell stalk by HIFs is well documented, with studies revealing that HIF-1 α and HIF-2 α are central to the stem of cancer stem cells CSC. The upregulation of HIF-1 α , which heralds the proliferation of CSC. Cells have a greater ability to repair altered DNA while in the presence of oxygen. In hypoxia, stable peroxides are created between the free ends of DNA, which are substantially more resistant to cell repair. www.frontiersin.org/.../full (2019)

If they wear a mask, especially an N95 mask or another tight-fitting mask, they will constantly re-inhale the viruses, increasing the concentration of the virus in the lungs and nostrils. We know that people who have the worst reactions to coronavirus have the highest concentrations of the virus early on. The latest evidence suggests that in some cases the virus can enter the brain. In most cases, it enters the brain through the olfactory nerves (nerves of smell), which connect directly to the area of the brain that deals with recent memory and memory consolidation. www.globalresearch.ca/face-masks-pose-serious-risks-healthy/5712649?ut.. (2020) The contraindications of masks during physical activity in the pulmonary, circulatory and immune systems, due to the reduction of oxygen and air retention that reduces the substantial exchange of carbon dioxide, can induce hypercapnia, cardiac and renal overload, with conditions of metabolic acidosis.

Posted On 11/02/2020

Guillermou

The environmental disaster is also very worrying. The coronavirus pandemic could lead to an increase in ocean pollution, adding to excess plastic debris that already threatens marine life, after finding disposable masks floating like jellyfish and soaked latex gloves on the seabed. The French non-profit organization Opération Mer Propre, have found what the organization's Joffrey Peltier described as "Covid waste": dozens of gloves, masks and bottles of hand sanitizer under the waves of the Mediterranean, mixed with the usual garbage. of disposable cups and aluminum cans. www.theguardian.com/environment/2020/jun/08/more-masks-than-jellyfish-..

Posted On 11/02/2020

Darzoum

Hi NewlandsWanderer, well said, well supported. Hadn't seen the one with the MMA fighter, but he makes more sense than Fauci--at least you know where he stands.

Posted On 11/02/2020

maxxon

Totally agree !! I will go a step further. With all of the secret negative information slowly leaking out every day from many different places and forms of electronically recorded data, when will we hear the truth about Covid-19? In my opinion Covid-19 was the last desperate attempt by an incredibly corrupt, and despicable political party to overturn the result of the 2016 election. This political party has failed in all 4 previous attempts. This political party has in recent days been exposed for being joined at the hip with a country in depths nobody could imagine. Will there be a "smoking gun"? I think there will be. The information already being outed existed for a long time. It took totally unexpected circumstances to occur for it to be exposed. Emails, phone calls, laptops etc. digitally recorded are really never deleted so I suspect with the help of right experts the information we need will eventually be uncovered. I know exactly who I would turn to in order to find the data. When a political party colludes with a despotic nation, fully capable of going completely rogue and employing biological warfare technology, it is past time to do more than sanction them financially. Socialism / communism is totally incompatible with a Constitutional Republic form of government.

Posted On 11/02/2020

NewlandsWanderer

Thank you Gui for brilliantly expanding on the unseen side-effects that mask wearing causes. It is tragic in every way, particularly for those with cancer, and those with breathing difficulties. The very last thing we need is any reduction in oxygen, and subsequent negative effects on our immune system. And of course as you say the pollution problem is going to be an absolute horror show. During the first lock down here I saw a beachcomber with a huge truck load of discarded masks from the beach. Since then the mask epidemic has multiplied a million-fold.

Here in England, if you didn't watch the news you would not know there was a "pandemic". The only people I have seen looking ill are those ripping off their masks and gasping for air when they come out of shops.

I spoke to three people today One who couldn't go to her father-in-law's funeral because of restrictions. This man should have been honoured for fighting for his country and being a wonderful grandparent and highly respected in the community. His wife was not even allowed to be comforted by her son because of social distancing inflicted on our society by sociopaths. Of the two other people, one was suicidal and the other deeply depressed and dreading Christmas. They are dividing and severing emotional ties, attacking our immune system through stress, fear, and absurdly false data - and closing down debate and censoring any views that do not fit into the Authorized Narrative. And most people have no idea that the Authors of the Authorized Narrative are psychopaths whose true place in society is a mental institution inside a criminal court. . Just today Tony Blair or Bliar as he is known by some - was pontificating about how we need vaccines quickly. A war criminal in league with other evil entities who want to control and steal away our world, our freedom, our health, and ultimately, our souls.

Posted On 11/02/2020

blessthebeasts

It's going to be a never-ending Halloween nightmare I guess.

Posted On 11/02/2020

epi-cure

Newlands, here again today as always, your Twitter mining talent is tops. Alas the feeds generally have a short life nonetheless the info is forever. Thank you! BTW, I've sent you a couple of messages these last 15 days but I suspect you might not be receiving them.

Posted On 11/02/2020

forbiddenhealing

Higher CO2 levels create acidic conditions in the body like in the oceans, DUH! This depletes bicarbonate, magnesium, Vitamin C and system voltage (oxidation-reduction potential ORP) at least, while encouraging pathogen proliferation and deterioration of oral health as noted by dentists....so oxygen delivery to cells is reduced along with metabolic efficiency....similar to preconditions for cancers. So the real monopoly message here is wear masks or go directly to jail..or "suffocate you bastards." Though elementary to Redox thinking, overeducated idiots will need a thousand studies to "not" understand the process.....Why ya think they shout, "Oxygen and bicarb drip; STAT!" in the ER?...Please "de-educate" your view of the modern medical miasma...and return to basic practical science....www.forbiddenhealingforum.com/forum-comments

Posted On 11/02/2020

Guillermou

Yes, Randall. Oxygen is the source of life. Mask-induced hypoxia promotes hypoxia-inducible factor 1. There is a direct relationship between the development of organ dysfunction syndrome and the high mortality associated with sepsis. The causative mechanisms are related to optimization of tissue oxygenation and in the modulation of the inflammatory cascade characteristic of sepsis. Several mechanisms contribute to the development of mitochondrial dysfunction during sepsis: blockage of pyruvate entry into the Krebs cycle, consumption of oxidative phosphorylation substrates by other enzyme complexes, enzyme inhibition, and

membrane damage secondary to stress oxidative, and the decrease in cellular mitochondrial content.

Inducible hypoxia factor (HIF) -1a is a transcription factor that acts as a key regulator in cellular oxygen homeostasis. Its induction under hypoxic conditions is associated with the expression of hundreds of genes that coordinate the optimization of cellular oxygen delivery and cellular energy metabolism. Activation of HIF.1a appears to be associated with a pro-inflammatory immune response pattern, lymphocyte dysfunction and decreased cellular oxygen consumption. HIF-1 increases the transcription of several protein genes that promote blood flow and inflammation, including vascular endothelial growth factor (VEGF), heme oxygenase-1, endothelial and inducible nitric oxide synthase (NOS), and cyclooxygenase-2 (COX-2).

www.liebertpub.com/.../jir.2005.25.297 (2005)

The main recent findings demonstrating the role of HIF-1 signaling in autoimmune disorders, including rheumatoid arthritis, inflammatory bowel disease, psoriasis, systemic sclerosis, and multiple sclerosis. Mounting evidence may prompt HIF-1 to be a new target for the treatment of autoimmune diseases. www.sciencedirect.com/science/article/abs/pii/S000887491630017X (2017)

Posted On 11/02/2020

Guillermou

The combined administration of Quercetin and Melatonin may be useful as a potential therapy against HIF-1 α -induced kidney injury. journals.sagepub.com/.../1559325820949797 (2020) In terms of pathological processes, the accent has been placed on the role of HIF in the evolution of cancer. HIF is activated in solid tumors. This behavior generally results from a combination of local hypoxia and an increased level of HIF activation of cancer cells for a given oxygen pressure. In some experimental studies, HIF inactivation has potent effects that generally lead to a reduction in angiogenesis and tumor growth.

The environments surrounding metastatic tumor masses are often hypoxic. HIF-1 is a crucial protein in such masses; allows tumor progression by inducing alternative metabolic pathways

within cancer cells :. An important function of HIF-1 is to promote angiogenesis; HIF-1 directs the migration of mature endothelial cells into a hypoxic environment. This is done by HIF-1 regulation of VEGF which is an important regulator of angiogenesis, promoting migration of endothelial cells into a hypoxic area Endothelial cells ultimately help form new blood vessels, supplying oxygenated blood to the area determined.

This signaling has pleiotropic functions in cancers, including promoting cell proliferation, changes in metabolism, and inducing angiogenesis. Angiogenesis is often induced by such cell masses to meet the needs for increased oxygen, energy, and blood supply. At the same time, HIF-1 contributes to the change in anaerobic metabolism. www.ncbi.nlm.nih.gov/.../PMC2140184 (2007) www.ingentaconnect.com/contentone/ben/cmm/2018/00000018/00000006/art00.. (2018) www.sciencedirect.com/science/article/abs/pii/S0304383520302664 (2020) www.sciencedirect.com/science/article/abs/pii/S0024320519310732 (2020)

Posted On 11/02/2020

forbiddenhealing

Gui, Dr. M. Vissers, NZ and her antioxidant study group go into HIF1 and implicate low Vit C levels and involvement in cancers....of course all disease where lack of oxygen not only cripples metabolic efficiency but generates acids and ROS that do damage to cell structures, DNA expression and enzyme production.....Lack of O2 means lack of system voltage.

Posted On 11/02/2020

rrealrose

Excuse me for butting in but if lack of oxygen for any length of time causes or leads one down the road to disease, the 8 hrs plus per day of masking is a recipe for low energy and eventually, possible disease. This is your miasma, where health care has been turned into promoting even more sickness, yes?

THIS may make everyone's day today - hot off the posting page, President Trump is threatening to fire Dr. Fauci here: www.marketwatch.com/story/coronavirus-update-trump-threatens-to-fire-t.. - As far as I can tell, this is not just another political stunt prior to election day. Or is it? The US wasted a bunch of time during the summer months keeping people indoors and masked up. Yet this was the best time to be outside for fresh air and exercise. The opposite occurred in quite a few states. These under-D'd Americans may have a dark time this fall and winter...full circle, back to the miasma.

Posted On 11/02/2020

jamNjim

Forbid, I got tested for covid-19 Thu of last week due to contact tracing at work and tested negative. They tested my oxygen. It was 95%!! This set off the alarms!! I told them I was fine and that the problem was MASK WEARING!! I wear an N95. I told them if they let me take my mask off for a few minutes my oxygen will climb up to 98-99%. They didn't believe me and forced me to quarantine even though I tested negative for the "Quick Test". They noticed I was having breathing issues. I told them I have mild asthma and wearing a mask aggravates it. Like this article points out, there are probably CONTAMINANTS in the mask and even mask fibers irritating my lungs. This is especially true since 99% of the mask now come from CHINA!! It's been documented many times that products from China are often contaminated with hazardous byproducts that are irritants and often times carcinogenic. Due to the clinics MANDATORY MASK POLICY I could not remove my mask to prove my point! They sent a PCR test off the same day to a lab and did not get my results back until SUNDAY Evening!! I'm so pissed!! I had to quarantine for no reason on my BIRTHDAY all because of these stupid mask!

Posted On 11/02/2020

jamNjim

Realrose, you got it!!!

Posted On 11/02/2020

Guillermou

As Dr. Mercola has reported, vitamin D, magnesium, and vitamin B12 may present a unique three-pronged approach to fighting COVID-19 by modulating the hyperinflammation often seen in the disease. articles.mercola.com/sites/articles/archive/2020/08/11/vitamin-d-magne.. (2020) Anemia also causes poor oxygenation of organs and tissues. Compared with controls, individuals with pernicious anemia (vitamin B12 deficiency) were found to have an increased risk of non-cardiac gastric adenocarcinoma (OR, 2.18) and gastric carcinoid tumors (OR, 11.43).

Additionally, people with pernicious anemia are at increased risk of developing tonsil cancer (OR, 2.00), hypopharyngeal cancer (OR, 1.92), squamous cell carcinoma of the esophagus (OR, 2.12), cancer small intestine (OR, 1.63), liver cancer (OR, 1.49), myeloma (OR, 1.55), acute myeloid leukemia (OR, 1.6) and myelodysplastic syndrome (OR, 2.87).

www.sciencedirect.com/science/article/abs/pii/S1542356515007909 (2015) Iron deficiency anemia patients have been found to have a longer hospital stay, along with a greater number of adverse events.

Iron deficiency anemia (IDA) is a universal health problem and a risk factor for the development of cancer. IDA changes the microenvironment of the human body by affecting both the biological and the immune systems. It increases DNA damage and genomic instability by different mechanisms. IDA is one of the main causes of the imbalance between the different antioxidant enzymes, as well as the enzymes involved in DNA damage and the body's DNA repair systems. May affect microRNA biogenesis / expression. IDA disrupts the oxidative phosphorylation energy metabolism and intestinal cytochrome P450 systems. www.tandfonline.com/.../01635581.2018.1460685 (2017) www.statpearls.com/.../23767 (2020)

Posted On 11/02/2020

ritburger

This reminds me of an old joke: A man on the London Underground is tearing up newspapers. When asked why, he says it keeps the elephants away. When it is pointed out that there are no elephants, he says 'yes it's effective, isn't it'.

Posted On 11/02/2020

katndognco

Masks are mandatory at my place of employment. I wear mine over my chin, never my mouth and nose. The only time I will cover my mouth is when I have to walk through the public area to exit the building. Coworkers use to tell me to cover up, but I've made my case against mask wearing, so they've reluctantly but respectfully stopped. It's my medical choice which they cannot dictate, as I cannot dictate their medical or food choices which brought on their diabetes (which over 50% have).

Posted On 11/02/2020

Randyfast

Good for you, Kat! Continue to think for yourself and I will do the same.

Posted On 11/02/2020

Guillermou

Bravo Katndognco !!. You give some good advice to your co-workers: take zinc. With regard to diabetes, a meta-analysis that included 52 studies on micronutrients in diabetes showed a significantly lower zinc level for patients with diabetes compared to controls. The results of this study are consistent with other studies that observed zinc depletion in up to 77% of patients with type 2 diabetes or found an inverse correlation between blood glucose and zinc levels. Additionally, research shows that obesity predisposes to zinc deficiency. Studies have revealed reduced serum

zinc levels in up to 28% of obese people before bariatric surgery and in 36% -51% of patients after.

Another study in Spain among 115 morbidly obese women found that 74% of them were zinc deficient. In conclusion, these studies suggest a strong correlation between age, diabetes,

overweight, and zinc status. www.ncbi.nlm.nih.gov/.../PMC6984028 (2020)

www.ncbi.nlm.nih.gov/.../PMC6540900 (2020)

lysulin.com/wp-content/uploads/2018/09/journal-of-trace-elements-in-me.. (2018)

www.dsfacts.com/pdf/overfed-but-undernourished-recognizing-nutritional.. (2019)

Posted On 11/02/2020

CourageousLion

Covid Anomalies... This "new" virus can only travel 6'. It is incapable of traveling 6'1" or greater. (Except in Netherlands where it can only travel 1.5 meters = 4.9212598 Feet) It can live on all surfaces except from anything that comes in the mail from Amazon, Ebay, Alibaba or anywhere else you buy online. It does not live in Target, Walmart, Home Depot, Lowes or any grocery store. It's completely harmless during protests, riots and looting. It is only deadly in bars, restaurants, gyms, small businesses and hair salons.

It is also deadly at the beach. AND it cannot live on your food as long as you get it to go. Oh, and if you're from Arkansas, it doesn't affect voters while voting, someone assisting voters, poll watchers or actively performing election administration duties. And in some states it only attacks groups of people of 10 or more, while in others it limits it's aggression against groups of 20, 25 or 50 or more according to which state you live in. If you use reason, logic and common sense...what conclusion do you come too? Is it that the whole so called pandemic is nothing but male bovine excrement?

Posted On 11/02/2020

Randyfast

Great satire! May I add that this "virus" is scared to death of me. It won't come anywhere near me!

Posted On 11/02/2020

jamNjim

You should send this in a certified letter to Nancy Pelosi and Joe Biden. They'll both say, "see, people agree with me". Nancy truly believes that the only thing scientific on this planet is the BS that spews from her mouth.

Posted On 11/02/2020

roseann.graham22protonma

Masks sales have been a tremendous "source of income" for the CCP in its own community. For them, it's like printing money.

Posted On 11/02/2020

rrealrose

Yes Roseann, I posted a link to a Highwire show over the weekend, a serious economic condition is occurring in developed nations, (along with environmental, societal and health crises) which most media is not really paying close attention to. Going further than your masks, China has been the only nation back up and running after the pandemic, cannot find any report on how they recovered so quickly and got a lot of their people back to work. Other nations are building serious deficit (negative) spending accounts for which there will be hell to pay to try to catch up later. Seems imperative we learn how to live with this virus, instead of masking up and hiding inside. (Am still dancing with the nuns - Gui's link somewhere above.) Here's the link "Who Wins" from Oct 29, the first 25 minutes: www.bitchute.com/.../aNfUJKuhvuQ5 -

if you are brave, continue watching where they report preppers are being required to wear masks while in labor and in hospital delivery rooms!! This gets more and more bizarre, to say the least.

Posted On 11/02/2020

Almond

I wear a face shield because I prefer not to asphyxiate myself. I am rarely in town, so, although inconvenient, it is no big deal. I guess one of my main concerns is for the small shop keepers (where I usually shop). I would hate to see them receive a heavy fine for noncompliance if their customers do not wear masks.

In one county where I spend a lot of time --I own land there--compliance with all covid regulations has been very lax. There have only been 4 deaths in the entire county. I consider this within the margin of error, esp. considering the possibility of claiming covid when death is caused by other factors. Life has pretty much gone on as usual there until recently. I also noticed feed stores in noncompliance until recently. (How can you be expected to unload 50# sacks for hours on end wearing a mask. That has got to be extremely unhealthy!) Recently govt snoops have been coming around and imposing heavy fines for working people who are already hard up. These people were working in extremely strenuous circumstances by themselves. In one case, no one else around until the inspector showed up.

Among all the people I know in constant contact with the public, I know of almost no one who has contracted covid. These are the few cases I know about. A relative in his 80s with a heart condition. Says he was a bit tired, but felt better in a few days. He had very little exposure to other people at the time. The other case was married doctors, one working in ER... so I suppose that is more understandable. Both recovered promptly.

This is just not a worry that is front and center on my radar. I figure, if I contract covid, I will deal with it and recover. My greatest fear is that, because I am elderly, I will be targeted and harassed to accept a vaccine. I worry that this could disrupt my life. My freedom may depend on constitutional sheriffs and the governor regardless of federal legislation.

Posted On 11/02/2020

Guillermou

Almond , In Spain more than a hundred abandoned villages are for sale, and at very affordable prices. Families and / or groups of retirees buy the villages that had been uninhabited for many years. Some have paid between 100,000 and 200,000 euros to take over the entire town, now they must rehabilitate the farms and make possible their dream of retiring all together in this beautiful place away from the big cities. Now they are going to live in places without pollution and with their own gardens to provide themselves with an important part of food.

The micro towns of Spain are positioned in times of coronavirus as one of the most important options for people. Well, due to this global confinement to which we have been subjected, and we will be again, the measures of social distancing, the gloves, the masks are overwhelming. To tell the truth, these places are incredible because few people live, and the risks of becoming infected are very low. In this sense, knowing and admiring the beauty of these areas is an issue that is gaining momentum today. The beautiful spaces that you are fortunate to appreciate, to be able to breathe clean air, away from stress and Covid-19.

Posted On 11/02/2020

Almond

We bought a large parcel of incredible land a decade ago just before prices jumped. We were fortunate with our timing and purchase strategy. Later, when prices jumped so high, we joked that it would be cheaper to buy an olive orchard and house in Spain. We are happy where we are, but I think this is a good option for many people. Esp., if in some warmer areas where less heat is needed. Many people erroneously believe all of Spain is warm year around and you never need heat!

There are advantages to being in a small incorporated area where people generally live in peace with each other and mind their own business, not needing many services (high taxes) compared to

living isolated on your own where taxes are low and you must be more self-reliant. Something to consider. Both have advantages. Restoring old towns is not just about purchase price, but also takes and having a fund for repairs.

As we approach Thanksgiving, we are esp. grateful for this particular parcel of land. Not only will it provide for long term income, but it meets our most basic survival needs even without a garden. Good water. Hunting, many different kinds of berries, lots of wild mushrooms. Some herbs and greens. We also fish. At the very least perennials such as apples, grapes and rhubarb will continue producing while other fruit and nut trees continue to mature.

The older I get, the more I realize the benefits of living on a traditional native diet no matter where you live in the world. The ancients had nutrition pretty well figured out. Of course, you also need to work hard and be outdoors a lot to benefit from this kind of diet. This was wisdom gained thru millenia of experience and necessity.

Posted On 11/02/2020

blessthebeasts

If I were to notice the "covid symptoms" the last thing I would do would be to get tested. I would double my vitamin C, D and Zinc and try to get some hydroxychloroquine. I already take Quercetin.

Posted On 11/02/2020

Sue12Cross

There was general mask wearing during the 'Spanish Flu Epidemic' interestingly enough in the following text there is a photo of a conductor turning away a tram passenger in Seattle for not wearing a mask. If you want to check this free-to-read or download book on the Internet Archive and also discover the way they tried to establish Koch's postulates - and didn't you might find that what we are experiencing now is a re-run. As in fact is all of our history. archive.org/.../2up Below is an extract with a comment from Eleanor McBean, whose diary of those years I read many years ago I've seen

comments often on here and elsewhere that the definition of stupidity is doing the same thing over again and expecting a different outcome, well that is an incredibly profound statement but in the sense of where we are now in our history, only if we let it be so. Using history, independent eye-witness texts can make all the difference between stupidity and rationality, we are doing the same thing over again but we can get a different outcome. According to this text all those who died, died because of medical dogma, those who lived were treated by naturopaths or they never allowed themselves to be put into a position to 'catch' it and that wasn't by wearing a mask.. or by using the products and paraphernalia of allopathy.

"When the flu was at its peak, all the stores were closed as well as the schools, businesses—even the hospital, as the doctors and nurses had been vaccinated too and were down with the flu. No one was on the streets. It was like a ghost town. We seemed to be the only family [that] didn't get the flu; so my parents went from house to house doing what they could to look after the sick, as it was impossible to get a doctor then. If it were possible for germs, bacteria, virus, or bacilli to cause disease, they had plenty of opportunity to attack my parents when they were spending many hours a day in the sick rooms. ...

Posted On 11/02/2020

Sue12Cross

...But they didn't get the flu and they didn't bring any germs home to attack us children and cause anything. None of our family had the flu—not even a sniffle—and it was in the winter with deep snow on the ground. When I see people cringe when someone near them sneezes or coughs, I wonder how long it will take them to find out that they can't catch it—whatever it is." When I look at people wearing masks - all I see is fear=stress, lowering of oxygen, a buildup of carbon dioxide, a problem of breathing in particulates from those cheap synthetic plastic fibres and a continuation of illness, including lung cancer and psychological problems, the latter particularly in young children, well into the future. Will we have a rerun then of this 2007 book with a comment from a latter day Dr. MacBean?

Posted On 11/02/2020

Guillermou

Indeed, SUE, the concentration of people in closed places, without sun, without oxygen, with pollutants from furniture, acrylic clothing, etc., weakens the immune system, increasing infections. This is what is happening in many nursing homes and large concentrations of people. We are in the growing idiotization of the informative coverage of scientific topics, the science of irrationality, the science of Bigpharma research that produces drugs and tests them with always favorable results. Time shows undeclared side effects. The same happens with masks, with the application of irrational policies that lead to fear and the false need for a vaccine. All this with the blessings of the wrongly called "health institutions."

Wearing the mask induces a false sense of security. People no longer pay attention and forget other gestures that are more essential than wearing a mask: washing their hands or even going for a walk in less crowded environments. "The researchers found that about a third of the workers developed headaches with the use of the mask, most had pre-existing headaches that were aggravated by wearing the mask, and 60% needed pain medication to relieve it.

With respect to the cause of the headaches, while the straps and pressure of the mask may be causative, most of the evidence points to hypoxia and / or hypercapnia as the cause. That is, a reduction in blood oxygenation (hypoxia) or an increase in blood CO₂ (hypercapnia).

fr.sott.net/article/35635-Le-danger-mortel-des-masques-par-le-Dr-Russe.. (2020) According to Dr. Russell Blaylock: When wearing a mask, "exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel to the brain." Protests in Ireland <https://youtu.be/7Aot06N5BuY> .---

Posted On 11/02/2020

Guillermou

The second wave has more to do with increased testing than higher infection rate. The first flatter curve could easily be labeled "1st wave without PCR testing". Like Drs. Karina Reiss, PhD and Sucharit Bakdi, MD confirm in Corona: False Alarm? : "The more tests are done, the more cases of

COVID-19 are found during the epidemic. This is the essence of a pandemic created in the laboratory. " www.globalresearch.ca/laboratory-created-pandemic-pcr-testing/5727294 (October 22, 2020) When it comes to health, our modern world has lost its mind, and the science of drugs has lost all touch with the reality of human nature. Diet, diet, sunlight, and exercise are true preventive and curative medicine, but these solutions do not generate any money, and they are due to marketing tactics to the public and bribery of doctors to write. The benefits are in promoting chronic diseases and not in prevention. Doctors do not know about preventive medicine, healthy eating and lifestyle habits, use of herbs, supplements, curative and preventive nutrition. This disaster is the true pandemic.

Posted On 11/02/2020

Sue12Cross

Hi Gui, Good to hear from you. There is one very positive element coming from all this though and that is with the withdrawal of medical care, BigPharma may actually have shot itself in the foot because people are turning to alternative health treatments, they are also thinking more about nutrition and exercise, growing their own food, raising their own too. I have had two neighbours ask me about health issues in the last few days and am so happy I can now refer them to Mercola.com in French! People are realising they have been apathetic for too long, allowing someone else to run your life is not a good idea because you end up where we are now.

Posted On 11/02/2020

danhow94535

Psychological conditioning/compliance to hive thinking(see Asch Conformity Experiment) Also psychological preparation for vaccine. Masks are a threat to your physical health.

Posted On 11/02/2020

Barbara Charis

Just saw info that in 2008 Fauci wrote something about the Spanish Flu Epidemic (1917 or 1918) . He said that wearing masks caused major deaths from a pneumonia bacteria.. The mask does not prevent one micron bacteria from exciting or entering right through the much larger micron sized holes in the mask. It is a far from healthy situation in many aspects; mentally, physically and psychologically. It sure shows how many people have no idea how ineffective masks are; and are going along with a very poor agenda....designed to control the population and take away our freedom.

Posted On 11/02/2020

Almond

www.reuters.com/article/uk-factcheck-fauci-mask-pneumonia-1918-idUSKBN..

Posted On 11/02/2020

danhow94535

Barbara that is very interesting. My dad's friend just recently died. He was rather healthy until he had to wear the masks 10 hours a day at work. I suppose it lowered his immune system and he got pneumonia, which in his 66 years he has never had before. The pneumonia did something to his heart and now he died not long after the pneumonia. Very sad indeed what the medical tyranny is doing to people and their mask mandates. There needs to be heavy lawsuits for this by all of us.

Posted On 11/02/2020

danhow94535

Almond are you really using a fact checker from Reuters? Do you know what those fact checkers really are? Well they sure aren't fact checkers. I suggest watching this video by the Corbett Report. Who Will Fact Check the Fact Checkers? Not to mention Bill Gates has some of his money into the fact checkers. altcensored.com/watch or www.bitchute.com/.../KcA7nadMXpiX

Posted On 11/02/2020

juststeve

Coming from a mining background the workers had to wear dust mask. Prolonged wearing turned out to be useless as the damaging particles would travel through the holes in the mask like a car travels through the Lincoln Tunnel. They gave a false sense of safety and security & gave the companies a shield for Comp cases. The mask also caused enlarged hearts.

Posted On 11/02/2020

Sue12Cross

I wrote this to another commentator who referenced the same: Here's the paper if you want to read through at :www.researchgate.net/publication/23177674_Predominant_Role_of_Bacteria.. Its authors are Morens, Taubenberger and Fauci. I've skim read it very quickly but I can't see face masks mentioned but then that isn't the point of the paper. What I think happened is that there is a perceived link between oxygen deprivation and bacterial pneumonia - thus anything that prevents an optimum level and free flow of oxygen to the lungs is a problem. However if I may, I would point you to this book which has multiple references to other papers on the Spanish flu and eye witness accounts: archive.org/.../2up

On a further note the correlation between the 'Spanish Flu' and this one is virtually a rerun from the deserted streets, to the medical dogma, to the mask wearing, to the general poor health and stress of the populace. Also something many people may not know is that on top of every other toxin soldiers and the general populace were subjected to was the fact that mercury paste was used to

clean weapons, so imagine how much contact 'Tommy' had with this toxic substance which is thought to be the actual cause of 'shell shock'. As Juststeve writes in this thread - there is no risk assessment for workers or soldiers. UK Column viewer have been writing to their MPs on a constant basis asking for such documentation for masks and they have met with a stone wall.

Posted On 11/02/2020

jamNjim

Barbara, that makes sense because people that have their cause of death when they had Covid-19 are actually dying from a secondary lung/pneumonia infection. That's where Hydroxychloroquine (HCQ) comes in. Taking HCQ with Zinc and Azithromycin (Z-Pak) for 5 days at the onset of symptoms is a KNOCK-OUT-PUNCH that kills the virus and halts/reverses the secondary pneumonia and/or bronchitis. What Fauci and the medical system have done by demonizing HCQ and mandating MASK equates to mass genocide!!

Posted On 11/02/2020

rrealrose

What? My little golem has been promoting sickness? What's his motivation?

Posted On 11/02/2020

amkrey

I definitely agree on the fibers--from the cheap store sold models to the handmade cotton masks. I'm washing my cotton masks a couple times a week and don't wear the same one two or even three days in a row. If I feel fibers, I'm trying to use tape to pull them off. If doctors and nurses wear masks in their regular work day, I'm going to wear a mask. Do surgeons get weird mouth infections and cavities from

wearing a mask all day? Do nurses? Everyone has to do what they need to do. Both my parents were born at the end of the Spanish flu time period and my mom is still alive and kicking. I'm going to do what she and all of my long-lived relatives have done all their life--eat chocolate, drink alcohol, get some exercise, eat my vegetables and enjoy my friends and families (some from afar :)) Wash your hands with regular soap; keep your hands off your face and stay safe

Posted On 11/02/2020

jamNjim

Prior to the pandemic, Doctors and nurses have never worn mask all day. They change out PPE between patient consultations. That might mean 5 minutes of mask time and 15 minutes of no mask time. If for any reason they have to take the mask off they have to dispose of it and get a new one. Most mask were worn during patient interaction. This is especially true in an operating room. The doctor and all assistants/nurses wear SURGICAL masks and shields to prevent bodily fluids (NOT VIRUSES) from the patient from splashing onto their faces. It also prevents water droplets (NOT VIRUSES) from those performing procedures from INFECTING the patient with bacteria. Bacteria from contaminated surfaces, hands, and water droplets from mouth are the #1 causes of infections (staph infections) in hospitals. If these people were ever dealing with highly infectious airborne diseases like measles or VIRUSES they wear RESPIRATORS not SURGICAL MASKS!! So you have drank the Kool-Aid.

Also, most states have mandatory mask laws in place that require you to wear a mask any time you are in a public place. A doctor's office, clinic, or hospital fall under that jurisdiction. So now when you walk through the front doors of an Urgent Clinic you will see all the receptionist wearing mask NOT because they love wearing mask or that they think mask work, but because IT IS THE LAW written by incompetent Mayors and Governors being misled by a CORRUPT MEDICAL SYSTEM that is 100% PROFIT DRIVEN, NOT HEALTH DRIVEN!

Posted On 11/02/2020

Alan845

Interesting question - if masks are effective in preventing the transmission of SARS-CoV2 virus particles, then it follows that they must trap the virus. The virus has been shown to be able to remain viable on surfaces for several hours (or days, depending on what you read). There has, to my knowledge, been absolutely no instruction on the disposal of used masks. Why then are used masks simply tossed into the garbage instead of being treated as hazardous waste in Hazmat facilities?

Doesn't this run the risk of spreading the virus? Or perhaps it is known that masks are ineffective, will not trap and transmit the virus and are simply part of a conspiracy to make people think they are safer and to be seen to be doing something.

Posted On 11/02/2020

Williewortel

Correct, everything that covers your mouth and nose collects among other particles also the virus. That's why wearing a mask means not touching it(!) and disposing of it in the bin by only touching the bands around your ear or head. In the bin it is after a couple of hours a lot less dangerous and (unless you are treating a Covid-19 person) not causing any harm. The virus does not jump out of something: trees or bins. Everything is always a matter of dosage! You can reuse any mask by putting it in an oven(!) at 90 degrees Celsius for 20 minutes. The virus will not survive even if it is among other particles shielding it for the heat. That's it. No conspiracy needed, just common sense. Oh, and wash your hands with plain soap for at least 20 seconds as the virus disintegrates like the fat on your hands. You'll notice that you will hardly catch the cold as often either :-)

Posted On 11/02/2020

jamNjim

Alan845, You speak/think with too much rationality! With that said, when there's illogical and contradicting reasoning coming from qualified scientific minds it means they are conspiring and

LYING!!! Just walk away from the medical system!

Posted On 11/02/2020

Randyfast

Is anyone else sick of this conversation? Who can not see the utter insanity - and Medical Tyranny, in all of this? "the planners appear to have overlooked the most important part of pandemic planning, namely researching and identifying the most effective response measures." No; they haven't "overlooked" anything. Their "plan" is working as it was designed to work...a means to an end! Judging by the following (and other) article(s), it looks as if another lockdown could be coming - very soon! theprovince.com/news/increasing-covid-case-numbers-what-does-it-all-me..

Posted On 11/02/2020

blarse1

Masks are just stupid

Posted On 11/02/2020

Randyfast

That's really all that needs to be said, concerning this farce!

Posted On 11/02/2020

lin3741

Lol, that pretty much sums it up! 4 little words sums up every comment on here! Lol! Bravo!

Posted On 11/03/2020

MLSelzer

Why does the US have the worse statistics for Covid? If you think this virus is a hoax, look for someone who has been very sick with it and ask them about it. Why did the President need to be hospitalized, and given drugs not available to most? What are countries doing that have managed the virus, that US is failing to do? We are the richest country in the world, yet we are failing?

Posted On 11/02/2020

cka8184

Should Fauci be locked up for being the lord of the crooks?

Posted On 11/02/2020

swonicky

He's been called the Bernie Madoff of medicine. A con man with a Neapolean complex sucking at the government tit for over thirty years. He needs to disappear down some dark hole. NK

Posted On 11/02/2020

MomentofClarity

I am currently in Eastern Europe, and a new mask mandate here has everyone wearing a mask **EVEN WHEN OUTDOORS** and not within 2 meters (6 feet) of others. In other words, you can be walking down the street all by yourself with no one else around and be breaking the law. Non-compliance is punishable by a 500€ fine.

Posted On 11/02/2020

Almond

Insanity. Obviously masks have prevented oxygen from getting to the brains of people who enforce these mandates.

So much emphasis on masks and so little on optimizing Vitamin D serum levels, the only known protection at this time.

Posted On 11/02/2020

Randyfast

I see it where I live and they're not even mandatory outside - yet! Such sheeple!

Posted On 11/02/2020

rrealrose

Yes, Looking at non-N-95 masks - ones using ear loops only - adjust and fit to your face by bending and fixing the nose only, leaving it folded at the sides - so substantial fresh air comes in around the elastic end seams...only you will know about gap. Be careful not to boast or advertise what you are doing.

Posted On 11/02/2020

seadipper

I tried one. It did not seal the space round my nose and steamed up my glasses. So useless for protecting me and useless for protecting anyone else if I was infected. To protect yourself against the virus you would have to use the same precautions as used for asbestos removal. To protect others you would need to filter air breathed out as well.

Posted On 11/02/2020

coco398198yahoo.com

Mask wearing does not reduce infection rates? Ponder this Japan has always been a mask wearing country. Their deaths from Covid-19 are the same as my state of Washington. Their population 217 million..State of Washington population 7 million

Posted On 11/02/2020

00

Probably due to the fact they don't have an agenda to increase the death rates to increase election votes.

Posted On 11/02/2020

krissalee85

I had to have a mask on during my yearly physical a few months ago. The blood oxygen monitor was showing a percentage in the upper 80's. The nurse said there must be something wrong with the monitor. I asked if I could take my mask off and try again. Surprise! My blood oxygen shot up to the upper 90's in just a minute. Oh, but masks don't limit oxygen flow because science says so.

Posted On 11/02/2020

DannyBoy62

Ignorance is a choice! This information has been out there since this scam began! I've tried warning people but they wanted to be conned by the mainstream media and gossip among the other Sheeple! It's too late now to wake up, it's all gone!

Posted On 11/02/2020

prosilver

"This is the legitimizing of chronic hypochondria." It is interesting that a UK mainstream newspaper would carry this. They've gone far off message.

www.telegraph.co.uk/news/2020/10/31/modern-democracy-has-givenrise-loc.. If you must wear a mask for extended periods of time, there is a simple and inexpensive way to keep it free from harboring microbial pathogens, all day long.

lifesilver.com/products.htm#!/Mask-Sanitizer-Kit/p/240815718/category=0

Posted On 11/02/2020

MPeary1947

Damn these demons to hell!!! May the CCP; Bill Gates and all those who've attempted to hijack life as

we know it meet their own demise in spades.

Posted On 11/02/2020

Jeff Lines

Great article. The biggest take away is the drive by government health agencies to grab power over the people ... and the failures of those same agencies as well as the motives of those agencies and their ties to the pharmaceutical industry. The biggest failure has been the focus on vaccines over treatments. Even they admit vaccines are at least a year down the road. Treatments affect the immediate need and if found effective could counter the need for a vaccine. But the biggest issue in a way is what is pointed out by Dr. Young ... the censoring of the debate. Scientific method is about ALWAYS challenging what we THINK we know. When you censor one side of that debate it is like taking us back to the middle ages where questioning the "settled science" of the day that the world was flat was heresy.

Posted On 11/02/2020

jamNjim

I'm not disagreeing with you so don't take me wrong. What if the problems causing our high COVID-19 infectious and death rates was much deeper and systemic than not having a vaccine or good treatments? In Engineering we have a problem-solving technique called the 7 Step Scientific Method. So let us analyze what we know so far and draw a conclusion that you can then try to prove: We know that in nearly ALL COVID-19 related deaths the patients had some underlying condition. Whether it was Type-2, Obesity, COPD, Congestive Heart Failure, Parkinson's, Alzheimer's, RA, High Blood Pressure, AFIB, Kidney Failure/Dialysis etc, etc, etc.... Now, most, if not all of them, died from secondary pneumonia infection and not COVID-19 itself. Here's the deal, most people with these diseases would have died from pneumonia anyway. So did Covid-19 really kill them? All my family and friends with these diseases died from pneumonia, not the disease.

Notice I left out cancer. Cancer is the only disease I've witnessed where the disease kills you before pneumonia does (not always). So Covid-19 simply made these people more susceptible to what was going to kill them 5/10/15 years from now anyway. What else do all these diseases have in common?? Most people with these underlying conditions that die from pneumonia are overweight. So you could do a separate correlation there and graph a trend line. Then if you conclude that being overweight has a direct affect on getting pneumonia or having an underlying condition that makes you more vulnerable to pneumonia you have to get to the root cause of that. Why would simply being overweight make you more vulnerable to pneumonia? That research has already been done! Your medical system lead by the elites like Fauci already know the answer to this. It is called **INSULIN RESISTANCE**.

Posted On 11/02/2020

jamNjim

So why would the medical system keep this VITAL information swept under the rug?? The history on this goes so far back it would blow your mind. Private interest groups got involved in the research to find the cause and treatment for diabetes. Leading research scientist were pointing to SUGAR and carbohydrates as the problem. Well, the sugar industry had very deep pockets and they gave bigger grants to the labs than government agencies like the NIH did. The SUGAR Industry (Diamond Sugar) wanted to prove that FAT was the root cause of all metabolic problems and obesity. None of the research proved this, but the scientist cooked the books in the favor of BIG AGRI/SUGAR to keep the grants from Diamond Sugar coming in!! For the next 50+ years we lived with this lie and the medical system promoted it even though NO ONE could back up this theory!

Even worse, there were HUNDREDS of scientists that debunked this theory with legitimate NIH backed research!! So why was this never clarified/verified??? MONEY! The FAT/PROTEIN is bad and CARBS/GRAINS are good for you propaganda is the biggest money making scam that has ever been in the existence of Humanity and it all started right here in the USA! That's literally the tip of the iceberg. I could write a 500 page documentary on this! That's why Fauci himself seems so flustered and is constantly contradicting himself. There are now WAY TOO MANY LIES to conceal and coverup! For them to tell you now how to protect yourself from this virus would actually prevent you from ever having most of the diseases I just named off. Then the odds of getting

pneumonia from ANYTHING much less Covid-19 fall to almost ZERO! They would have to come forth, be transparent, and admit the lies that have been the OWNER's MANUAL of our medical system for the past 70 years!!!

Posted On 11/02/2020

jamNjim

Here's the real scary part about this pneumonia that's killing people infected by coronavirus (especially the elderly).....most of the elderly people that have died from complications of Covid-19 (pneumonia) had the PNEUMONIA VACCINE!!! Dr. Mercola did a special report on this about 6 years ago. Most people that get pneumonia catch "strain-A". They get treated for it and they SURVIVE! Pneumonia "Strain-B" is much less common and is WAY more deadly. So, the pneumonia vaccine they developed only protects you against "Strain-A". Where Dr. Mercola got his information I don't know, but I'm witnessing it! For whatever reason, these people (mostly elderly) that get the pneumonia vaccine become 400 times more likely to catch Pneumonia Strain-B and it KILLS them almost immediately!!

Even worse, it is pretty much mandatory for any senior citizen being admitted to a nursing home to get the pneumonia vaccine! It is a DEATH SENTENCE! So here you have a corrupt medical system and FDA that is going to lead you down this dietary path your entire life that guarantees you to become overweight, obese, and/or Type-2 as a minimum. You are more likely a multitude of other diseases mentioned above. Knowing that these conditions make you vulnerable to catching and dying from pneumonia they then VACCINATE you with a FAUX vaccine that leaves you more vulnerable to the pneumonia train B that will actually kill you!! Total Systemic Corruption is the only quick way to sum up/describe our medical system. Just walk away. You will live longer and the years you are alive will be of higher quality.

Posted On 11/02/2020

wallguy

Please take notice that the not so coveted Dr. Fauci has continued to espouse his personal views to the "facts" that a COV19 repeat episode is certain to occur Re/ Globally. He doesn't come out of his gilded office to advise us that he probably is "Guessing", that the return of COV19 is as highly likely as the return of a coronavirus is to a cold flu season. (unhealthy ? watch out) How exactly, is he so certain beyond any reasonable doubt? Where is his "testimony" arrived from? Just a bunch more acclaimed billionaire gibberish you might think? I don't think that way anymore.

Posted On 11/02/2020

Hopeful_One

It is typical of many politicians and people in leadership to focus on the superficial, while being oblivious to the unseen things that are the real causes of problems. Even scientists are many times caught up with the superficial because, like anyone else, they are affected by their bosses, monetary influence, and lack of original thought. For these reasons and others, it is foolish for people to look to "science" for the answer to their problems. What is necessary is for an individual to have wisdom and wisdom comes from GOD the Creator. Wisdom is the ability to understand what factors and evidence are beneficial or true. Clearly there is a great lack of wisdom with Dr. Fauci, who is an admitted liar, double-minded, and political. Wisdom is also an essential part of the fear of God, as it is written, "The fear of the Lord is the beginning of wisdom."

The deeper causes behind things are hardly spoken about in public. Note that the importance of the individual immune system and how it works is not widely known or talked about, except by doctors or scientists who are quickly filtered from the conversation as potential disinformation. This points out how their are powerful people in high places wanting to direct the narrative and not wanting truth to be widely disseminated. Truth is, in fact, associated with wisdom and is the enemy of those who would push agendas to control people and political leaders and nations.

This leads to the other spiritual aspects of this situation: good vs evil, God vs satan, righteous loving, godly and honest people vs unrighteous, deceitful, ungodly people who are control freaks. To simplify even further, those that fear or respect God and the Bible vs those who do not. It is a fact that you will not get good advice coming from known liars or politicians who have played fast and loose with the truth all their lives. Having "scientist" or some other title of respect with your name will not make your

advice any better than a convict.

Posted On 11/02/2020

beachguy

There is one important factor left out of all these studies - severity. Does a mask, even a cloth mask, reduce the amount of virus particles a person is exposed to, resulting in a weaker case of Covid-19?

Posted On 11/02/2020

aeb1960

Now I see that in the article by the CDC, the removal of masks for eating in a restaurant or coffee shop is being blamed for the positive cases among those who always or often wear a mask. I don't want to be among those who "always" wear a mask and then succumb to the first virus that hits when it is removed in public! Leave off the mask, eat well, exercise, breathe in fresh air....be free!

Posted On 11/02/2020

nrn3722

So when will the cdc doc that states indirectly that sars-cov2 doesn't exist be discussed here. It's from July of this year. On their site. Please don't take my word for it. Look for it. Titled Cdc 2019 novel coronavirus real time rt pcr diagnostic panel. Page 39 under heading performance characteristics

Posted On 11/02/2020

Almond

How can they enforce a mandate if half the population refuses to comply? So many businesses are owned by the elderly. For example, many farmers are still working past retirement age. Can govt really afford to shut down so many farms? And other businesses? Of course, tyrants have always tried to control people by controlling the food supply. If economic collapse is the goal, this is a good way to achieve it. However, if no one is working, no one is paying income taxes, either. This would force govt to shrink. Or, it should!

Posted On 11/02/2020

Chessie0

This is a micrograph of a one day old surgical mask, Mag x8000 acquired from our scanning electron microscope. We don't wear a mask because we don't want to get a bacterial or fungal infection! How many admissions to hospital are caused by infections from masks

psmicrographs.com/wp-content/uploads/2020/10/Lgefademaskinfo-copy.jpeg

Posted On 11/03/2020

lin3741

Thats how they want us...sick, stupid, compliant, and difficult to communicate w one another, and at each other's throats..... then the real fun will begin...and they will really start having their way with us bc most people just nothing but sheep. And some people love it! Enjoying it! Love the masks too!! It's unbelievable. Looove the masks, crazy about the pretty little patterns!! Mind boggling truly. Our old beautiful, gratifying culture is nearly dead and covid now IS the culture.

Posted On 11/03/2020

lin3741

Where i live you will be publicly RIDICULED and POLICED and KICKED OUT of any building, store, etc. where i live, in the northeast, people LOVE wearing their masks they love it! ...and they WILL call you out if yr not wearing, even if outside. I was confronted by such mask lovers on a walk in a very quiet park on a weekday with barely another soul in sight. Going in opposite directions. They simply cd not just walk by they HAD to ridicule and scold me. Then they stopped in their tracks as if i were going to stand there and argue w them about it. So if they were willing to stand right next to me and argue....,it goes to show they were more concerned with compliance than actually contracting covid! I did not stop, i kept walking, but they continued to berate me until i was out of sight. I shouted out to them...."enjoy your walk!" But that's how t is near me...EVERYONE policing eachother.

Posted On 11/03/2020

00

Speaking of accidents while wearing a mask ~ I know a guy who tripped on a curb and his sunglasses were embedded into his face, he has a mighty scar around one eye now, and a lady who tore her knee open. I had bacterial endocarditis and I am way over the top fearful of wearing one, it certainly seems that a person could get that from wearing a mask, and it means open heart surgery and cow valves. It's a rare disease but the only way to get it is from a cut or pimple in the mouth and along comes bacteria. I had it a last Oct., just prior to this mess.

Posted On 11/02/2020

altierokgmail.com

DR M We need to get out info on these DNA altering nanotech vaccines. Nanotech could include internal nansized biosensors. Under Warp Speed they have said the vaxxed will be tracked and surveiled for "adverse effects" 24 months. They also used the word 'physiology" Internal biosensors provide data on physiology like breathing heart rate pills taken menstrual cycle.. Sites lke yours are

sharing important articles. But the last piece is the VACCINES. DR CARRIE MADEJ is in hiding in another country. She knows about the biotech-integration of body and technology..implantable chips, quantum dot tattoo vaccine lit up with an enzyme called LUCIFERASE..... PLEASE WRITE AN ARTICLE ON HER. They want TRANSHUMANISM Human 2.0

Posted On 11/02/2020

altierokgmail.com

Trump indicated he'd fire Fauci after the election. But he says the vax will allow the economy to open. They are leading him and us to doom. What is civil disobedience? A bunch of people should go in a store and tell people to take off their masks there is no scientific data they work. Each person can also print Dr M's articles and hand them out. Even go door to door. No one is organizing. Finally why doesn't Trump have any of the true info? I think what world economic forum is pushing shareholder capitalism. I know they are meeting{planning} in January.

Posted On 11/02/2020

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I don't think Trump can afford the controversy.... and he always says mask wearing should be decided by the wearer.

Posted On 11/02/2020

[hodsdon](#)

If masks are so important, why haven't the CDC or FDC or whoever defined specifications for masks that would actually work?

Posted On 11/02/2020

BillWa

Well there's no lynch mob chasing after these psychos. So no longer is it about taking our guns than it is about our freedom of religion. Anyone ask how muslims feel wearing masks before we botch their faith with unmerited expression? Anyone ask a muslim how they feel about infidels wearing masks? Do muslims "double up," to remain faithful? Masks are nothing but slapping everyone in the face. Why aren't the muslims defending their faith!? No one listens to hospital personnel either. Does anyone wonder if Fauci would make it through an arabian battlefield? Hehe, no one owns anything under Shari'a law. I would rather die free, because of a bug, than to stay alive and watch all the idiots die from lack of oxygen and be one of the only ones left to bury the bodies because I have an excavator.

Posted On 11/02/2020

blessthebeasts

Still NO mention of the importance of nutrition in fighting viruses by these criminals. Fauci seems to think he's a master at doublespeak when he's babbling nonsense, when in fact he makes himself look more foolish by the day to any thinking person. Unfortunately, there are too few.

Posted On 11/02/2020

Lemon1

Of course face masks don't work for the general public!---but could that be because the general public does not know and follow sterile technique, does not know how to wear a face mask without touching it, rearranging it continuously on the face, pulling it up and down, wearing it more than one time before washing it, and, of course touching their face after all this playing around with the mask?--Oh Yes, and without washing their hands. Perhaps the hospital staff should not bother with masks either. Just a

thought.

Posted On 11/02/2020

00

Hospital staff only wear a mask during surgery to prevent drips from noses or mouths from going into your open body.

Posted On 11/02/2020

lordbasil

The reason to wear masks is simple. You are wearing a placebo designed to make your ignorant politicians feel better that they are doing something. Joe Biden has publicly said that if elected masks will be mandated federally. Meanwhile, back in our homes, no one wears a mask and they should not do so. I have daughter by marriage as I inherited her with my wife of 25 years. She is thoroughly brainwashed as to the necessary in the work place and in any restaurant to wearing a mask at all times until we eat. She is extremely clean and washes her hands frequently. The hand washing might work if it was at home. Hand washing in a public restaurant with hundreds of people using the same restroom seems meaningless.

I think it is only a matter of time before everyone is exposed to some variety of any existing virus capable of surviving in the air for long periods of time. Our local Governor is all for masks. Perhaps they will all qualify for a Darwin's Award by removing themselves from the reproduction pool. The really experienced people that keep the virus at bay are the old folk with 40 or more years of experience dealing with every kind of bacteria and virus under the sun. Most use some form of bleach in their dishwater to sterilize all dishes and silverware in use. Most use daylight spectrum light in the house.

Most take Vitamin C on a regular basis either in a pill or in lemons or oranges. A lot do not use lemons that are exposed to the air for any length of time. The hormone vitamin D3 with K2 is a must for old people because of the danger of heart attacks. Zinc taken with an enhancer such as Selenium or one

of many proven enhancers does not cure viruses. It poisons the environment so that the viruses do not survive as long. Pasteur had a doctor in opposition to the ultra sanitary environment. His theory was that we need a balance of germs to keep our immune system capable of fighting off bacteria. Good bacteria might help.

Posted On 11/02/2020

maxxon

The link is included here to provide very detailed informational on the true lives and workings of viruses in reality dispelling the myths being provided by the media and some alleged "experts". I will warn you it is very long and scientifically detailed but watch it anyway and get real information not hype. <https://vimeo.com/440813782> Additionally, I have heard/read comments about how the people in China, Japan and neighboring countries and islands showing the citizens always wearing masks of some sort. This has been going on for many years. These masks are predominately aimed at the air pollution they all suffer from. Despite being told that China leads the globe in "green technology" they and India are still the largest polluters on the globe.

The exact reason why they were exempted by the phony Paris Accords. The decades of wearing masks may actually help since the products of pollution are much larger in size than viruses, so they are collected on the surface of the mask. This is similar to woodworkers wearing masks to prevent breathing in of fine saw dust which is 10,000 times larger than most viruses. Most particles in smoke like viruses are microscopic in size and flow through cloth and paper masks. That is why fire fighters use hard shield respirators that also supply oxygen, not cloth masks.

Posted On 11/02/2020

vmt6498

Common sense approach. Everyone should boost their immune system. Take Zn and an ionophore, quercetin. Return home and coat nasal mucosa with a dilute iodine solution and gargle with it. Avoid

crowded enclosed places and Wear a mask and shield in these places. Quarantine those at risk, co-morbidity, and age. open the economy.

Posted On 11/02/2020

cat6071

I agree except the face diapers. If you want to wear one then I assume you are protected and aren't worried.

Posted On 11/02/2020

brewinz17

Some doctors claim there's no such thing as contagion, while others do. What gives?

Posted On 11/02/2020

tmac13

"IF" masks work it, like all medical interventions, works best when done early and not at all when done late. Masks Early vs Late Adoption It could explain some of the anomalies like Mexico having a higher compliance of mask wearing than Japan but way worse results. It also would mean that it's a moot point for everyone now. www.researchgate.net/publication/342198360_Association_of_country-wide..

Do check out "Figure 1" on page 18/19. A recommendation (not an order) to wear masks by day 15 make a huge difference. Masks by day 16-30 have some effect. No masks or masks after day 60 (where we are) forget about it. Putting on masks now is like putting on a condom after you've had sex.

Posted On 11/02/2020

wallguy

Let us walk into the corridors of what if?.... For a moment just imagine a covert group of paid operatives with an access to (pick one) a transmission style super virus brewed up in a funded/ but highly classified laboratory. (Wuhan) The task of such operatives is to obtain/sprinkle a host viral agent in specific and targeted areas. Whereby a good source of dispersion is calculated on risk models. Think "Globally" please! Now you might think this is nonsense? I've watched too many 007 movies about vials of doom? But do you realize just how actually easy this would be in 2020? If a fateful plan is in fact occurring. In reality truth is often stranger than fiction. Bitter pills hard to swallow. A 1964 song reminds us. www.azlyrics.com/.../thesoundofsilence.html

Posted On 11/02/2020

Randyfast

I didn't click on the link yet. I already know, that is a great song. I will click on it later and listen; just to remind me of better days and when "music" was actually music. Update: I didn't realize that it was only the lyrics. Here's a performance from 2011; in case anyone is interested.

www.youtube.com/watch

Posted On 11/02/2020

docww

I agree that masks don't work and likely cause more harm than good. Unfortunately, the medical profession does not agree. I just started a new nursing home job. At my initial orientation visit they took my temperature and made me wash my hands before entering the facility. They also required a mask and provided protective eye shields. Before I left they performed a COVID test. I'm pretty sure that they wouldn't tolerate "civil disobedience". I do give them credit for some of their efforts. The facility was slammed when COVID first hit and they lost 27 residents and half their staff called in sick

due to mild COVID. I asked them about their current COVID rate and their response was "zero". I can live with that.

Posted On 11/02/2020

CourageousLion

Except according to the CDC Covid doesn't exist because they have never ISOLATED IT!

Posted On 11/02/2020

tmac13

And I don't mind wearing one when I visit a nursing home or hospital if they request it. That is where the vulnerable people are and while my wearing a mask won't prevent them from getting infected it may make them more relaxed. I'm okay with that, but to be forced to wear it outside? No. That is just stupid. Forced to wear it indoors in crowded areas like malls, shops and transit? Pointless. If they won't serve me I give my business to someone who will and if nobody will I'll get it delivered. We need to get businesses to push back against being the government's enforcers of stupid laws. They will if they don't get money. Vote with your dollars.

Posted On 11/02/2020

CourageousLion

WOW! Now that is a lengthy article that could have been about one paragraph in length. Here is my article. We were designed with an exhaust port on our face to get rid of CO2 and other microscopic waste particles while at the same time taking in the oxygen that our bodies need to function. Common sense, which is not so common dictates that if you throttle the exhaust port back by blocking it you will be breathing back in the waste you are supposed to be breathing out and that your oxygen uptake will

be also limited by the type of blockage you place over that port. LIKE DUH???? You can put one on my cold dead body after I box up any one trying to enforce this insanity on me.

Posted On 11/02/2020

gig62776

Yesterday I went to BJ's not wearing a mask and a customer asked me where was my mask. As I started to walk by him and ignore him he asked again a bit louder. I said to him Who are you ? my boss?. He said no I just don't want to be killed. That's when I said ...me too. I have a medical exemption. Then he shut his trap.i am so sick and tired of these scared lemmings of state sponsored propaganda.

Posted On 11/02/2020

Randyfast

I have already ran into too many of those idiots!

Posted On 11/02/2020

cedricpermaculture

Wearing masks could resamble altitude sickness-it shifts tissue zinc , gasometry, lowers glutathione. Glutathione and glutamine are helpful in altitude sickness.
zcalife.com/blogs/blog/36870021-how-two-natural-ingredients-can-preve.. " Glutathione appears to be quickly depleted at altitude" Zinc is transported by metallothioneins. Cysteine is rate limiting factor in glutathione synthesis.

Posted On 11/02/2020

rrealrose

Little tidbit in the news today, White House is not happy with Dr Fauci's latest on masks and fall and winter positioning: www.bbc.com/.../election-us-2020-54774137

Whooo hooo! Trump is threatening to fire Dr Fauci here, today, in this article:

www.marketwatch.com/story/coronavirus-update-trump-threatens-to-fire-t.. - (I cannot read it cause I overstayed my welcome on this website..)

Posted On 11/02/2020

jam9139

There are also lots of great videos on The Healthy American/ Peggy Hall website. If I have to wear a mask, I write on the outside, This mask is as useless as our mayor, it helps me mentally, anyway!

Posted On 11/02/2020

tmac13

I like to write "PLACEBO" on mine if I have to.

Posted On 11/02/2020

cam7371

On this subject of masks, my person observation, from experience. I worked in a dusty environment off

and on in the last 20 years of my employment. It required me to wear a respirator (mask) while in this area. It didn't keep me from getting sick from the flu or cold. I got something on average once every 4 months. It wasn't until I refused to get my annual flu shot and took vitamin d that I saw this change for the better. I have been retired for 4 years. I have not had anything remotely resembling a cold or flu in over a year! Science is suppose to be evidence based! Science is not manipulating the data to get a desired result.

Posted On 11/02/2020

cam7371

Shutting down mostly small businesses is Orwellian in the worst way! The outcome is not going to be good! I am tired of the worn out rhetoric, saying if you don't follow Fauci then you are a flat Earther and climate denier. It's the inaction on his part that bothers me. We are not seeing or hearing sane direction from these people of leadership. Watching people blindly obeying is also troubling!

Posted On 11/02/2020

chr5555

I was aware of the corona virus situation back in Jan. I have done as much research on the virus as a layman can do. I purchased N 95 masks back in Feb before the pandemic took off. I am at high risk. I have used what I believe to be common sense in terms of dealing with the virus. I use a multi layered approach. I take 8000 mg of Vit D 3 a day, lots of Vit C, Zinc and other vitamins. I have a mister and I spray some Colloidal Silver into my mouth after going out in public. I have Elderberry Syrup at the ready. I use hand sanitizer, practice hand washing and stay at least 6 feet (usually 10 feet or more) from strangers at the grocery store. I wipe my packages down with bleach wipes. I minimize my contact with others. No restaurants, no gatherings, no planes, no buses, no high risk friends with cavalier attitudes.

I rotate my N 95 masks and spray them with hydrogen peroxide after using them. Clearly a tight fitting

N 95 is far far superior to a cheap surgical mask. If I was in a high risk situation, I would wear a surgical mask over an N 95 mask. There's a reason why Doctors dealing with Covid patients use them. They work. I am retired so I only have the mask on for maximum 1 hour at a time and usually much less.

The first reason I wear a mask is to protect myself. An N 95 mask with a valve may not protect others but they make breathing much easier on occasion where one needs to wear a mask for an extended period of time.

My view is that everybody that is in a situation that they come in contact with others should wear the N 95 mask. Persons who must wear them for long periods of time should wear the N 95 with a valve. The gov't should mandate a mask policy and mask manufactures should gear up to pump out millions of the best mask at a low price.

The coming vaccines will have their own set of problems. Vit D may be as effective. There are dirt cheap safe prophylactics available for use Iverm/ Doxyc / D and Zinc that big pharma doesn't want you to know about.

Posted On 11/02/2020

realrose

Not sure where you live, but "at the ready"??? Please read a bit on the elderberry or the original Sambucol. This herbal formula works over a period of time. I take it in the fall each year as a prep. for minimizing winter respiratory issues, but I take the entire bottle, sometimes a second large bottle shooting for least a month's worth...once you feel ill or off-balance, its too late to be highly effective. These instructions used to be inside the original Sambucol box. Not sure anymore who knows what.

Posted On 11/02/2020

jca652041

I like the "civil disobedience" comment. I haven't worn a mask since the start of this whole thing. The latest fun and games was shopping unmasked at Natural Grocers in Warrenton, OR. They let me roam the store unmasked for a significant amount of time. When I got up to the register, I unloaded all my groceries and then they refused to check me out because I wasn't wearing a mask. The checker called the manager and the manager was a big time bully obviously taking great pleasure in denying my purchase. I said a few words to them and walked out. Then I went to Fred Meyer in the same town and as usual they were awesome though they don't have all the organic products I prefer. I've been going to Natural Grocers because in Eugene, OR and Coos Bay, OR, they're kind and accommodating. I'm not being verbally harassed by the public anymore like I once was, but I'm often denied services.

Also, I've been traveling for over a month (being as I'm not allowed to work without wearing a mask) and so many of the communities I've visited in the past are like ghost towns. Everything closed, boarded up and for sale signs on the buildings. Normally I would take in and enjoy what all these communities offer in entertainment or a meal, but this trip I've only purchased groceries and gas and don't even bother to try and do anything further. With one exception, I stopped in a book store in Stevenson, WA and the owner let me browse for quite a while without a mask on. I would have easily spent \$100, but suddenly she freaked out and demanded I put a mask on. I told her I'd just purchase the one book I'd selected and then walked out. Her loss.

Honestly I'm done trying to support small businesses until they start standing up for their rights like Basilico's Restaurant. www.bitchute.com/.../NVvM8TNJyoGj I'll go through drive throughs or will go up to taco trucks (they're the best anyways), but I'm done trying to enjoy myself in a business full of paranoid, mask wearing customers.

Posted On 11/02/2020

Freedomofchoice1

IF, as has been mentioned several times here that the world is not in a Pandemic, WHY have several countries in Europe, Spain, France, Belgium UK all decided to again lock down for I think 4 weeks due to the many Infections?... !! With the months that were open one would have thought that the people would have become immune to this year's virus... Why are some cities Hospitals again filling up... and authorities are worried that that they can't cope? And people are angry and protesting....

I would very much prefer to agree that we can keep ourselves healthy with prevention, healthy immune system etc... Dr Mercola's recommendations like Vit D3, Selenium, Vit C...and the like...BUT even a business owner in the Australian area outside of Melbourne that was badly hit due to its bad handling of returning travelers and quarantine hotels with 800 deaths. She went to court, and today the Judge declared Masks and the lockdown are mandatory!!! She has a business that is going broke, and where she lives were NO corona virus cases... she LOST and in true justice she will have to pay costs of the other side too!!????And the many cases in the USA.... Especially now with your present election ...and the news reports of the tens of thousand of Infections?? So what is the truth... OR are the numbers intentionally false?

Posted On 11/02/2020

danhow94535

"For generations the public has been controlled through fear. The progression of perceived enemies has evolved over time. We were once told our enemies were nation states and we had to duck and cover because the enemy could strike with great devastation at a moments notice. While this outside threat, used to instill fear and bolster the military industrial complex was very effective, this enemy could only last so long and was merely a stepping stone. The fear of an outside threat later evolved into terrorists who had no borders, this justified military expansionism globally.

We were told They hate us because were free, gradually we became less free as the government has erected a police state and a surveillance state to protect us from the very terror threat they created. Now we are told our enemy is invisible yet everywhere, we are told our way of life will never be the same much like we heard in the aftermath of 9/11, and boy were they right! The public has been conditioned to live in a constant state of fear, we have been conditioned to rely on the government as our only solution for safety. This is a solution we have been warned about for hundreds of years. Those who would give up essential Liberty, to purchase a little temporary Safety, deserve neither Liberty nor Safety." Spiro Skouras

Posted On 11/02/2020

toolapblack

Quarantine camps? www.youtube.com/watch

Posted On 11/02/2020

allrelations

Something I've been thinking about is how much mask wearing promotes mouth breathing, and how detrimental mouth breathing is to one's health. There is a good youtube video of Patrick McKeown interviewing James Nestor, the author of new book 'Breath', that communicates the injury caused by Nestor's experiment with exclusively mouth breathing for 10 days. Since Dr Mercola has interviewed McKeown and written about Buteyko breathwork, I'd like to hear his take on this. I notice my tendency to mouth breath when mask wearing, and I also notice that breathing one way promotes more of the same ie. if I do mouth taping at night, it promotes nasal breathing during the day and mouth breathing for a time, makes that seem normal.

Posted On 11/02/2020

johnmcfadden

I heard that Fauci wrote a paper in 2008 on the Spanish flu and in it stated that the main cause of death was bacterial pneumonia caused by face mask. Dose anybody know if this is true

Posted On 11/02/2020

Sue12Cross

Here's the paper if you want to read through

it:www.researchgate.net/publication/23177674_Predominant_Role_of_Bacteria.. Its authors are Morens, Taubenberger and Fauci. I've skim read it very quickly but I can't see face masks mentioned but then that isn't the point of the paper. What I think happened is that there is a perceived link between oxygen deprivation and bacterial pneumonia - thus anything that prevents an optimum level and free flow of oxygen to the lungs is a problem. However if I may, I would point you to this book which has multiple references to other papers on the Spanish flu and eye witness accounts: archive.org/.../2up

Posted On 11/02/2020

can7588

Masks are dumb and my poor kids have to wear them all day in middle school 🙄

Posted On 11/02/2020

Hopeful_One

Pandemics or plagues are one of God's judgments that he uses on nations. As are famines and wars. Are America and other nations under the judgment of God?

Posted On 11/02/2020

BillieBob

For murdering millions of unborn babies, perhaps?

Posted On 11/02/2020

baileyron9gmail.com

The data I'm seeing each day show that areas with mask wearing and social distancing mandates have far fewer rates of covid19 infection rates and deaths than those without such mandates. One prominent example was the Rose garden ceremony for Supreme Court nominee Barrett. Lots of attendees there with few face masks and virtually no social distancing were infected by the virus.

Other such situations across the nation demonstrate same results. I love Dr. Mercola, most of his advice and his supplements, but wish that he and his followers would stop pushing false information about proven virus prevention information. Sure, Fauci's advice about face masks have evolved over time, but his current advice is sound. It's tragic what the president is saying publicly about him being a disaster and he and his family needing body guards because of life threat. Get real my friends!

Posted On 11/02/2020

Randyfast

I can only assume that you will continue to believe the LIES!

Posted On 11/02/2020

snappir

1918 Spanish Flu lasted TWO years. There were NO discussions about FACE MASKS. It was clear to EVERYONE that face masks are NECESSARY. Period. But then the only face masks were made from GAUZE. Wearing them was easy, and was easy to breath, and no carbon dioxide. TODAY everyone can make his/her own face mask from a TEE SHIRT, old or new. From cotton only. Or even better - use GAUZE. If the gauze masks did the job well in 1918-1920, then it should protect YOU today. Period. No need for dangerous surgical masks.

Posted On 11/02/2020

CourageousLion

How well did the gauze masks work if as many people died as they claimed back then from the so called spanish flu which was more likely tuberculosis according to one recent study? I'm about as worried of CONvid as I am of a 747 wheel falling from the sky on my car while driving down the road.

Posted On 11/02/2020

edheim

To Julieanne: Thought I had a fairly comprehensive list but yes hand washing and hand sanitizing. On the Covid front also forgot curfews

Posted On 11/03/2020

Raythe4th

Here in the USA, They've poisoned our food supply with GMO's, our air with Chem-trails, and our water with Fluoride/Chlorine/pharmaceuticals. They've used digital media on TV's, PC's, smart phones, to poison our minds. Now they're trying to finish us off by dividing the people against one another.

Mathew 12:25 And Jesus knew their thoughts, and said unto them, Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand: Election night is almost upon us, and half of this nation is going to be disappointed in the results. Regardless of who wins, remember that God is ALWAYS in control, and just because things don't turn out they way we wanted, doesn't mean that we should give up and pout like little babies. Our Hope should be in God alone, not in who our Next President will be.

Posted On 11/02/2020

00

"chem-trails" are condensation.

Posted On 11/02/2020

kyrismom

i am reading all the reasons that one should not wear a mask, but i am not reading anything about what one should do/ought to do/CAN DO to protect oneself from the virus. i am 82 and immunocompromised. my husband is 89. what advice can you give me about keeping us safe from the virus?...if masks don't work....what does??? thank you in advance.

Posted On 11/02/2020

00

gargle with Listerine twice a day. (really) take vitamin D and zinc. Hic-cups for a long time are the first sign of covid. keep smiling! (now I am, it's contagious!)

Posted On 11/02/2020

mrrobb

YES.....Keep your eyes, mind and ears on the Bouncing Ball.....Keep the PANIC and Fearmongering spiced up...YES...keep the world Populations FrEaKeD out... Now lets all watch the "Mask-Ball" Bouncing around to keep you 'Entertained'...Oh...and than the next is the "Vaccine-Ball" bouncing

around in your mind and eyes and ears...Yes.keep the people PANICKED...Yo..maybe toss in a few More Bouncing Balls...like who is gonna win "Da 'Lecture" Ball.. is the Good Guys or them Other Guys?? YES.lets Toss in a few more..cuz the Covid Ball is not bouncing as well as hoped.....YES..panic more with the ' Mandated-Mask-Ball" ..Da TV" , Google and Yahoo SAID SO!!!! so IT MUST be true...screw the proven scientific facts..what the f*** do them scientist know???

Posted On 11/02/2020

mrrobb

OH BY ALL Means.....lets all listen to the Great USA Dr who KNOWS all about EVERYTHING...Dr Fauci...Yes.....this week wear a mask mmmm maybe next week wear don't ware a mask ,.....maybe only wear a mask on days starting with a 'T'..yeah like Tuesday and Thursday...well maybe Today and Tomorrow...I know masks work...my wife knitted me two of them" And this is the Doctor who is leading the CoVid-Ball...and tell Trump what to do?...this is what you pay this government to do for YOU>the TAX Payers???? Yeah...I really don't want get on this 'Ride'

Posted On 11/02/2020

averilbaveril

Dr. Mercola, have you read Tom Cowan's and Sally Fallon's book, "The Contagion Myth" yet? It really explains a lot about this. I'm reminded of the saying, "It's not what you don't know that gets you--it's what you absolutely know for sure and certain that just ain't so." The assumption that almost no one challenges is the idea that the "particles" that come from our mouths and nose are "infectious" and should be avoided. It wasn't until I learned that Strep A lives in our throats all the time and when we get ill with "strep throat", it is not because we "caught it" from someone, but because something caused it to multiply and "make us sick". The idea that we are a population of microbes, bacterial, viral, and other, has emerged and the notion that they are not "out to get us" but serving a useful purpose is what Fallon and Cowan assert in their book. I think we fall into a trap when we argue about whether or not masks work due to how effective they are or not. Maybe they don't work because COVID19 is not

infectious! That would go a long way to explain the science of why masks don't prevent us from getting ill. If we get ill from being "starved and poisoned", then the microbes show up to help us detoxify. The more we argue about whether or not masks prevent transmission due to their efficacy, the more we reinforce the notion that microbes cause disease and need to be avoided if possible. I think we need to abandon this argument and introduce a new paradigm of what causes health and disease. Please consider this.

Posted On 11/02/2020

Williewortel

The authors of the "research published in the New England Journal of Medicine in May 2020 noted that:18" did add a correction:

www.nejm.org/doi/full/10.1056/NEJMc2020836?query=recirc_curatedRelated.. in which they clearly state: "In truth, the intent of our article was to push for more masking, not less. It is apparent that many people with SARS-CoV-2 infection are asymptomatic or presymptomatic yet highly contagious and that these people account for a substantial fraction of all transmissions.^{2,3} Universal masking helps to prevent such people from spreading virus-laden secretions, whether they recognize that they are infected or not." and conclude with: "We therefore strongly support the calls of public health agencies for all people to wear masks when circumstances compel them to be within 6 ft of others for sustained periods."

Posted On 11/01/2020

boo3249

People please be advised that there are studies that prove mask wearing can be effective - read and study this one piece of data from a scientist at university in Kansas - this is just one such study of the effectiveness of mask wearing.

www.wibw.com/2020/10/30/ku-study-finds-masks-help-prevent-spread-of-co..

Posted On 11/02/2020

cyberNet

Just ask the people of Tiawan if they think mask work. NO lockdowns.

Posted On 11/01/2020

Cabochoh

How do you know that the two are connected or that natural herd immunity occurred anyway whether or not masks were being worn?

Posted On 11/02/2020

00

Maybe they know how to wear one.... and have the patience to not touch it, etc.

Posted On 11/02/2020

pos5420

Discussion focus on soultionS! The best mask, to save against cov-19 n it's new developmental potential forms emerging. Next to add is oxygen our #1 source of energy to survive, this energy "oxygen" has many threats, to be too simple in comforts n tolerance won't provide the "seek" to improve that #1 energy for human existence. To simple to say a mask deprives oxygen and it's mask should not be a considerable defense. A mask deprivation to kids, how little do you know of mankind, a blind person or a person who never learned to read, humans demands to survival. 3 videos and more,

where is the development team, your here or your in comfort of gossip. You let people control you when u give up knowing what you really need, it's called a con, where is "the" mask and we will never be GODs, humans must evolve when choice comes back to haunt, its science too, its real too, " nuclear power" "AI power", as if any medical problems had soultionS that individually lists all its harm. It is what it is for now, I will never let anyone design for me without me! Buyer beware and build what you need, enough of the problems, evolve to get/build what you need and evolve far above when a choice haunts other humans, the fine lines of niches in many stories for humans to survive, comforts to deny any human soultionS. Uncover a cop how to protect the areas a virus can enter n breed, a hospital, a school, a plane, ur home. Who will state all the compromises, who will design one tactical effort of a mask to save one and many other TYPES of humans, your feeding fear, FEED you CAN! Build a mask for whom, to simple to imply all will end up with loss of brain when all our oxygen is threatened. For each pro mask and con mask tells whom will survive and not, build the mask for you or have you forgotten how to build for you. You've forgotten when gossip/complaining/blaming is comfort, evolve to solve!

Posted On 11/02/2020

edheim

To altierokgmail.com: Ignoring what I read in the mainstream media, I can then only report what I see directly in my country: Now that life is getting back to normal, I don't see Government control as any different to what it was before. That is, as soon as we defeated the virus spread, most restrictions were removed. The rest will go based on ongoing test results. Big corporations and other power groups will always seek control. That is the "Golden Rule": If you have the gold you make the rules. In reality, the life for the working man hasn't changed much in thousand of years. The difference between then and now is that the fringe benefits are better and we are better cared for and protected. Most of us live in democracies. Case in point: A few years ago we voted out a Government that (amongst other things) was trying to dismantle our Medicare system to put more power in the hands of private insurance companies. Freedom comes with responsibilities and restrictions. The benefits of society only come when we act collectively and adhere to rules. The alternative is anarchy. Not all technology is evil. We have a lot of surveillance including traffic cams and CCTV in our cities. The overall outcome is positive. Road trauma is low and many serious crimes have been solved due to surveillance footage.

Posted On 11/02/2020

lin3741

But it is a slippery slope.

Posted On 11/03/2020

1to3964

ALL THIS IS ABOUT ' OVER ' POPULATION CONTROL. 7.8 BILLION & GROWING. DO YOUR RESEARCH & YOU'LL FIND GOVERNMENTS HAVE BEEN CONCERNED ABOUT THIS FOR DECADES.

Posted On 11/02/2020

Julianne

7.8 billion what?

Posted On 11/02/2020

raspo67

How can a mask allow droplets through but filter O2 gas out?

Posted On 11/02/2020

Perfessor

Size matters: Droplets are sub millimeter in size, the Covid-19 virus is below 1 micron size (1 micron = 1/1000 of a millimeter), an oxygen molecule has a diameter of about 0.3 nanometer (1 nanometer is 1/1,000,000 of a millimeter).

Posted On 11/02/2020

raspo67

So, you're saying Covid is smaller than 1000 nanometers, and an o2 molecule is .3 nanometers. This would mean that an oxygen gas molecule is 3000 times smaller than a Covid particle (approximately 3000 oxygen molecules lined up edge to edge would be the size of a Covid particle). So that doesn't quite answer my question as to how Covid gets thru masks but oxygen gas has doesn't, when Covid is ~ 3000 times larger.

Posted On 11/02/2020

SilverFox333

Please discuss the University of Kansas study of counties in Kansas where masks were mandated vs. counties where masks were not mandated. Here are two links:

www.kansascity.com/.../article246797157.html

apnews.com/article/health-kansas-virus-outbreak-f218e1a38cce6b2af63c1c.. A brief headline summary of this study would be 'Kansas counties with mask mandate show steep COVID-19 drop.'

Posted On 11/02/2020

danhow94535

There was a video on all of this, and in some states and counties there was a steep rise. The fact is masks are not good for your health.

Posted On 11/02/2020

soundwords1

Dr. Mercola. How do you account for the videos showing that masks appear to contain more particles that we speak, cough and sneeze then if masks aren't worn?

Posted On 11/02/2020

Jackaroni

Different particles are different sizes. Flu particles are smaller than what face masks are able to filter out. Other viruses such as tuberculosis and small pox are large enough the wearing masks would be beneficial. The corona virus is a type of flu, therefore the masks are an ineffective preventative.

Posted On 11/02/2020

wcs7043

I have no data to back up my observation that,generally speaking, people who wear masks are also fairly diligent about maintaining a 6 foot plus distance from one another whereas people who avoid masks will stand face to face in small groups spraying one another with mouth spit.If masks do nothing other than prompt people to avoid crowding then right on. Whats with pushing colloidal silver now? Did anyone notice the complete lack of evidence of effectiveness in the ad? Seems to be the preferred tincture of alt-right websites.

Posted On 11/03/2020

Perfessor

Dr. Mercola: What is missing in your report is that droplets from an infected person wearing a mask and captured inside the mask will in a short time evaporate, then exposing the virus which then can escape the N95 filter material. The only way to prevent that is to disable the virus in the mask before it can escape. There are two possibilities: 1) Using UV LEDs inside the mask, but they have to be shielded so that the UV wouldn't cause skin damage. There is a company offering this kind of UV light masks: www.yankodesign.com/2020/07/12/uv-mask-is-the-worlds-first-antiviral-f.. 2) Instead of using fiber material that is hydrophobic, treating the mask material with a salt solution that makes the fiber material hydrophilic, absorbing the droplet and then the salt will destroy the virus. Here is a link to an article of the Magazine Business Insider (from February this year): www.businessinsider.com/mask-coated-in-salt-neutralizes-viruses-like-c.. The above article cites a published medical journal article about saline solution treated filter material (from 2017):

www.nature.com/.../srep39956 However, I tried this out in March. I prepared a saline solution with a little surfactant (dish soap) as given in the above article and soaked a surgical mask in it. After drying, it was very hard to breath through the mask. Inhaling was very difficult and when exhaling, most of the air would pass through the sides. Perhaps a better way to apply the salt solution can eliminate these shortcomings. Eventually, the virus will take its course, with or without effective masks. The only way to get through this is with a strong immune system. So vitamins C & D3, magnesium, zinc, etc. Then if one gets infected, chlorine dioxide solutions may help. See mmstestimonials.co/coronavirus

Posted On 11/02/2020

Perfessor

Actually, my comment on 'evaporation' is probably incorrect, since a cough droplet would not be from pure water but would contain some form of mucus, which would bind the virus. Then the fiber material may hold onto the small particles via electrostatic attraction. I think the article that I cited

regarding the treatment of filter material with a saline solution probably used pure water in the water-virus mist that they used, where the untreated filter material did not hold back the virus.
www.usatoday.com/story/news/factcheck/2020/06/11/fact-check-n-95-filte..

Posted On 11/02/2020

1to3964

SOME STATEMENTS TALK ABOUT 'GOD'. THERE IS NO SUCH THING AS GOD. 'GOD' IS JUST ANOTHER FORM OF POPULATION CONTROL USED BY RELIGIOUS ORGANIZATIONS & RELIGIOUS ORGANIZATIONS CONSIST OF A BUNCH OF FREE-LOADING, CROSS-DRESSING, CHILD-MOLESTING HOMOS, IE. CATHOLICISM. ISLAM'S EVEN WORSE.

Posted On 11/02/2020

abc123123

Very disappointed that I think you missed ... the proverbial Indian Elephant in the room. I read early (if not here) that masks likely reduced the AMOUNT of infection passed on to others. And that the virus is like a poison -- the larger the amounts in our bodies, the easier it is for us to detox it out. This explains why Medical first responders (especially before masks and equipment was available) would often have a severe case of Covid. So I wear a mask -- not for myself -- and not under any fantasy it stops the spread. I wear a mask so that others at risk -- would get a small dosage of Covid if I were to have this virus. So masks still are important, Dr. Mercola. Usually love your articles. I think you missed the ball on this one.

Posted On 11/02/2020

Winnie1953

Enough already. I cannot share links to your articles because of these types of articles. Your lack of support for our healthcare professionals on the front lines who are putting their lives at risk every day for us is so disappointing. Yes, I disagree with you. Hope I'm allowed to do that here without being attacked.

Posted On 11/02/2020

Lakoves

So, the mask will not impede or block the virus, but it will the oxygen molecules?

Posted On 11/02/2020

edheim

The major of posts on this site blow my mind - with disbelief. If you look hard enough you can always find data to back your own beliefs. Here is are some FACTS to ponder: Australia and New Zealand have pretty much eliminated the virus. Australia has had a total of about 907 deaths in a population of about 25.5M people. We have an extensive testing regime and only recorded 8 new cases in the last 24 hours. Most of these cases are returned travelers from overseas who are in quarantine. How was this achieved: Lock downs, social distancing, mandatory masks, remote working, quarantine and contact tracing. A few months of pain and now life is getting back to normal. Many states no longer have a mask mandate. Our biggest risk for the future is complacency where we become victims of our own success.

On the issue of deaths of in hospital through Mal-practice: This can only happen to you if Covid puts you in hospital in the first place. I suffer from Asthma and heart issues and over several months have had absolutely no issues wearing a mask even while walking. Belief is a powerful thing: If you strongly believe that masks cause harm then wearing a mask will certainly bring on symptoms. Anxiety and panic attacks have put me in hospital a number of times. On the flu: I had almost yearly bouts of the flu in my younger years including a bout of pneumonia. For the last 20 years, I have had a yearly flu shot

and guess what: haven't had the flu since! By all means eat good food, take the appropriate supplements and be as healthy as you can but don't delude yourself that the virus isn't real and dangerous.

Posted On 11/02/2020

[altierokgmail.com](#)

Read dr's article THE GLOBAL TAKEOVER HAS BEGUN. Some of us have been trying to find the truth for months and what he says in the article is true. humansarefree.com activistpost.com don't believe corporate media, research for yourself. corbetreport on yt. vids on Bill Gates.

Posted On 11/02/2020

[Julianne](#)

You missed hand washing. Social distancing and washing hands when getting home have reduced 'flu cases by 98% in Australia.

Posted On 11/02/2020

[rossagee](#)

And now you folks in Aussieland and NZ are facing an indefinite future of "...Lock downs, social distancing, mandatory masks, remote working, quarantine and contact tracing..." because the virus isn't going away after awhile, and maskoff today will be maskon tomorrow. Oh, the mandatory vaccine will resolve that, (and replace it with more problems). Here's the reality folks: we are now in the age of biotech, and covid-19 is round one of the warfare and terror aspect of it, not to mention manipulation by powerful forces with an agenda. It could be economic, or something like population control (such as eugenics, see Bill Gates).

The irony is this pipsqueek covid-19 is easy to control, just ask the Frontline Doctors who found that hydroxychloroquine worked great, until the hospital admin+FDA took it away. Of course there's always the VitD+zinc+selenium preventative route which takes care of >99% all ages and I would sure rather do that than suffer the archaic practices being forced on everyone. Oh, and nebulized hydrogen peroxide at first sign of any sniffles. Obviously these preventative and simple cures don't make the big \$\$ so they are suppressed in favor of ridiculous masking.

Posted On 11/03/2020

dgreen1064

A "meta-analysis of randomized controlled trials (RCTs) indicated a protective effect of masks and respirators against clinical respiratory illness (CRI) (risk ratio [RR] = 0.59; 95% confidence interval [CI]:0.46–0.77) and influenza-like illness (ILI) (RR = 0.34; 95% CI:0.14–0.82)." See academic.oup.com/.../4068747 This is a meta-analysis of randomized controlled trials which is among the best evidence you can have. What was that misinformation about masks not working again? Here are more studies that contradict Dr. Mercola. You be the judge.

How Well Do Masks Work? (Schlieren Imaging In Slow Motion! www.youtube.com/watch www.thelancet.com/.../PIIS0140-6736 (20)31142-9/fulltext Science Daily: www.sciencedaily.com/.../200612172200.htm www.preprints.org/.../v1 Efficacy of face mask in preventing respiratory virus transmission: a systematic review and meta-analysis: www.medrxiv.org/content/10.1101/2020.04.03.20051649v3.ncbi.nlm.nih.gov.. Stanford Medicine: med.stanford.edu/news/all-news/2020/06/stanford-scientists-contribute-.. Mayo clinic: www.mayoclinic.org/.../art-20485449 Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 www.thelancet.com/.../PIIS0140-6736 (20)31142-9/fulltext

Posted On 11/02/2020

Jeff Lines

So are you against Scientific Method? Scientific Method is about questioning what we think we know. You categorizing any study or information that doesn't support your view as "misinformation" is simply the same as when people were labeled heretics if they said the world is round.

The only way to resolve this is to have the open public debate. There are professionals on both sides of this debate and BOTH sides need to feel free to express their views. Keep in mind at one time the world being flat was settled science. I maintain there is no such thing as settled science and the term itself is counter to what scientific method is.

Posted On 11/02/2020

dgreen1064

No. I'm not against the scientific method. The misinformation I'm referring to is the statement that "Universal mask wearing, like the lockdowns, has no basis in science. On the contrary, the available scientific evidence near-conclusively shows that mask wearing does not reduce infection rates." This statement is clearly false as evidenced by many studies that show mask wearing has benefit. I agree the science on this is certainly not settled. My position is that some studies show benefit and some do not. That is what is true.

Regards.

Posted On 11/02/2020

Jackaroni

The problem with scientific studies is that most of them are biased. Scientists are going into their research trying to prove their point rather than trying to see if their theory is correct and accepting the results if their theory is proven wrong. Unfortunately many studies are either poorly designed

in order to achieve the desired outcome, or the data is cherry picked to achieve the desired outcome. This is due to the studies being funded by biased sources who want "proof" to support their own agenda.

Posted On 11/02/2020

dgreen1064

I agree. There is definitely bias in many studies. For masks, this would happen in studies for and against use. Usually Meta-analyses make an attempt to judge the amount of bias in studies which is another reason they are one of the highest quality types of research. On the other side of the coin, I have seen a meta-analysis of masks that showed no statistically significant benefit. However, if we don't use scientific studies, we have no basis at all to make any claims. My point is that mask benefit is far from settled, so Dr. Mercola should not report like it is. We need more high quality testing to make a definitive determination. I don't like masks any more than the next person, but we can't unequivocally dismiss their use based on current research.

Regards.

Posted On 11/02/2020

danhow94535

Del Bigtree Tests Face Masks CO2 Levels

www.bitcute.com/.../xp4FkhD6z5JE

MASK WHISTLEBLOWERS TELL ALL

www.bitcute.com/.../nKU8JO1YPL6m

They are actually changing data to make it look like masks are effective. Even OSHA changed the data. If missed that one, you really need to do deeper researcher. Most of those sites you linked are

heavily funded by Bill Gates. If you trust Bill Gates there is absolutely something wrong with you. The man couldn't even fix a virus on a computer. This is all a scam to force their tyranny on you. WTF up.

COVID-1984: Face Mask Doublethink

altcensored.com/watch

Ben Swann Interview - Decades Of Mask Science Came To One Conclusion, So Why Can't We Talk About It?

altcensored.com/watch

Posted On 11/02/2020

danhow94535

5 NIH studies from 2004-2020 all finding verifiable health effects from wearing a face mask, including scientifically verified reduction in blood oxygen level: 5 NIH studies from 2004-2020 all finding verifiable health effects from wearing a face mask, including scientifically verified reduction in blood oxygen level: pubmed.ncbi.nlm.nih.gov/29395560
pubmed.ncbi.nlm.nih.gov/32590322 pubmed.ncbi.nlm.nih.gov/15340662
pubmed.ncbi.nlm.nih.gov/26579222 pubmed.ncbi.nlm.nih.gov/31159777

Posted On 11/02/2020

lin9562

This information you present is dangerous and inaccurate. Clearly you are ignoring the most widely researched studies. It is also apparent that you are attempting to promote Trump's anti science lies. I no longer believe your opinion on anything.

Posted On 11/02/2020

katndognco

Please post your research.

Posted On 11/02/2020

jamNjim

I've watched all of Trump's press conferences. I don't recall him ever scientifically discrediting wearing masks. There's no real proof as to whether they protect you at all, and there's proof that they may even be more harmful than helpful. He says "we as Americans have a CHOICE to wear mask or not". He chooses where and when to wear a mask just like everyone else who chooses where and when to wear a mask. This is a free country. He doesn't put on a false front by coming out on the stage with 2 mask on when the nearest person to him is 200 feet away or everyone around him is inside their car. Joe Biden does that as a political stunt, not because he really believes in it. If JOE does really believe in masks, why didn't he MANDATE MASKS during the last flu pandemic that happened? BECAUSE HE IS A LIAR AND A HYPOCRITE!

Posted On 11/02/2020

dgreen1064

Please post this research and proof that these are THE accepted studies on the topic. The way I see it, there are studies that support and oppose, so the matter is not settled one way or another.

Posted On 11/03/2020

lialisa4

This article is ALL over the place. I don't believe in mandates but I do believe in protecting each other as best we can. It is just the human/compassionate thing to do.

Posted On 11/02/2020

seadipper

Yes but masks are about as effective as trying to catch shrimps in a fishing net designed to catch cod.

Posted On 11/02/2020

PenPen13

It has nothing to do with compassion when in fact they do not work. Masks are not barriers as Roger Koops PH D, explain; they are filters and actually enable the bacteria and viruses to sit on the face covering while you breathe them all back into your lungs. Dirty dirty things they are.

Posted On 11/02/2020

mar4health

Thank you.

Posted On 11/02/2020

dgreen1064

I agree. What ever happened to compassion for our fellow man?

Posted On 11/03/2020

Wilkinson

If a mask reduces the virus particles being breathed on to other people in closed areas, shops etc then the wearing protects others to some extent. You do not necessarily know when you are infected before symptoms. With a cold I understand the maximum infection is in the three days before. Also, they are a visible reminder of the virus. Wearing them inside with others about make sense. Wearing them outside does not unless the area is very crowded. I do not understand the "phony" pandemic. It is real enough with people dying or getting very ill - my daughter has damaged lungs 7 months later.

Posted On 11/02/2020

jca652041

I had damaged lungs from pneumonia when I was a small child. I went on to successfully race road bikes for years amid other serious athletic endeavors. Damaged lungs isn't a life ender and there are lots of lifestyle choices that can make damaged lungs better or can worsen a situation. I get tired of the argument that "someone I know got really sick". Did they die? No. Most of us will get really sick from something in our lifetime. So do we wrap everyone up in hazmat suits to avoid taking that chance? It's called LIFE!!!

Posted On 11/02/2020

cceaster

Why are you ignoring actual mask studies that do show effectiveness? For example one just came out from the University of Kansas examining impact of mask wearing in Kansas - infection levels were cut dramatically in actual real world experience - see mediahub.ku.edu/.../1_49bb9aid

Posted On 11/02/2020

kenrobar

here's a current real world study that shows that masks provide a benefit:
www.vumc.org/health-policy/sites/default/files/public_files/Vanderbilt..

Posted On 11/02/2020

MsSusan39aol.com

Dr. Mercola: I like you very much, but I do not need to know who you support in the election. How about this, who ever does not want to wear a mask don't wear one. If you get sick, do not go to the hospital either. I live in New York and we are doing OK, all the doctors and nurses wear masks for a reason. It keeps transmission down. Is it perfect, no. It is just one more tool in the arsenal We all can't live on the beach and go for walks in the sun everyday Try not to be political, we like you as a doctor. We follow you because, you are the best. Masks save lives.

Posted On 11/02/2020

Dolores_Kaufman234

Thank you MsSusan for being so brave when almost everyone here (although pretty much a small number of the same posters) are convinced that masks don't save lives. I wonder how they can explain, then, how Trump and a large number of his staff members contracted the virus because they rarely wear masks? And how about the people in the campaign events he has been holding

where hardly anyone is wearing a mask. How can they explain that? Here is a link they may want to ponder: www.cnn.com/2020/10/31/coronavirus-trump-campaign-rallies-led-to-3000..

Posted On 11/02/2020

jamNjim

I wear masks because it is the LAW where I live and work, not because I believe they are effective. In fact, 6 out of 8 people in my office/department just got infected last week. I didn't get infected because I wasn't here. I was on vacation in Pigeon Forge, TN. So 6 out of the 7 that were here got infected. The office cubicals here are 8 feet apart, with 6 foot tall surrounding walls, and EVERYONE wears masks!! Masks are mandatory and anyone caught without a mask on gets written up. Third write up and you are FIRED!! So if masks are so effective explain how 6 out of 7 people in this office got Covid-19? So another Engineer and myself are having to manage the entire department and we have to try and keep a manufacturing facility running. To make this more perplexing, we have a modern fresh-air makeup system for our air conditioning along with HEPA grade filters that are being changed out weekly. Then we have an outside/professional sanitizing crew that comes in every 12 hours and disinfects the entire building with high powered disinfectants being sprayed by BACK-PACK-BLOWERS!! The answer is MASKS DO NOT WORK!!

Posted On 11/02/2020

taylorlaw510gmail.com

My surgeon wears a mask to protect himself. Why shouldn't I to protect myself?

Posted On 11/02/2020

danhov94535

Taylor your surgeon wears it so he don't get juices on his face or get juices on the patients face. If the whole germ theory on viruses is even real, the virus would go right through the mask because the virus is smaller then the holes. In a lab where viruses are kept are they just wearing masks? NO. You need to put on a whole suit and a special bio lab designed gas mask type mask to keep a virus out. Try learning something for once instead of being ignorant. Gosh. It is getting tiring listening to ignorant people like you talk that don't know anything about this.

Posted On 11/02/2020

lin3741

Danhow, Shhhhh! Dont give "them" any ideas! Or "they" will have us all n that garb, wishing for the good ol days of just a mask! Of course im just kidding. Sort of. But at this point nothing wd surprise me really.

Posted On 11/03/2020

ellaryk

That is totally false. Recent studies show that the infection rate in counties that have mask mandates are much lower than rates in counties that don't. I am really disappointed in the number of conspiracy theories that this site embraces. I used to respect Mercola's health advice. Now I doubt much of it.

Posted On 11/02/2020

craigco46

Yep, me too.

Posted On 11/02/2020

danhow94535

ellaryk Well for one, the studies probably aren't accurate and I looked at the studies my self all across the US and some go up and some go down. The whole problem to start with is that the PCR tests are not accurate and as Kary Mullis the maker of the mask said they are not to be used to tell if you are sick or not.

altcensored.com/watch

From my own experience with the masks. My girlfriend has developed asthma due to wearing the mask all day at work. Now she coughs constantly which she didn't before this whole diaper face thing kicked off. My dad's best friend just recently died. He had to wear the masks all day at work and it lowered is immune system and he developed Pneumonia. It then did something to his heart and he died at the young age of 66. He has never had pneumonia in his life before.

This is not a conspiracy theory when said this mask is not good for you at all. It is a conspiracy theory to say Dr. Fauci and Bill Gates planned this. It can even be all seen in Event 201 where they went over the plans. I to believe through all my research this has all been planned just like they said at Davos for the Great Reset.

Posted On 11/02/2020
