

# Unmasking the Truth: Studies Show Dehumanizing Masks Weaken You and Don't Protect You

By [Makia Freeman](#)

Theme: [Intelligence](#), [Science and Medicine](#)

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*Dehumanizing masks have sadly become a part of the new normal in many states and nations around the world. Many local and state governments are forcing people to wear them, and many businesses are dutifully toeing the official line and refusing entry to customers who don't wear them. Apart from the obvious truth that widespread mask usage has a deliberately dehumanizing effect (in line with the [transhumanist synthetic agenda](#)), many scientific studies show that masks serve no useful medical purpose for healthy people. Masks weaken you by causing hypercapnia (increased carbon dioxide) and hypoxia (decreased oxygen). They are designed for surgeons (so they don't accidentally transmit bodily fluids like saliva into a patient they are operating upon) or for sick people (so they don't infect others via large respiratory droplets). Scientifically speaking, they don't stop healthy people from getting infected! Below is the evidence showing this. This will leave you with the inescapable conclusion that these masks are not about protecting health - but rather about control, dehumanization and the destruction of health.*

## **Masks Lead to Under-Oxygenation, a Forerunner to Fatigue, Weakness and Serious Diseases Like Cancer**

It is a commonsense scientific fact that wearing a mask blocks your airways and therefore leads to both **hypercapnia** (an increase in and accumulation of carbon dioxide in the body from breathing in exhaled air) and **hypoxia** (a lack of oxygen in the tissues). Symptoms of hypercapnia include dizziness, drowsiness, excessive fatigue, headaches, feeling disoriented, flushing of the skin and shortness of breath. Symptoms of hypoxia include anxiety, restlessness, confusion, changes in the color of skin, cough, rapid breathing, shortness of breath and sweating. Not surprisingly, both conditions are similar, since they are both characterized by a lack of oxygen. In addition, hypoxia has been shown to lead to impaired immunity in general, and to be a forerunner to serious diseases such as atherosclerosis, stroke and heart attack. It is also the **necessary precondition** for the development of cancer (as I covered in my [series on natural cancer cures](#)). [Dr. Russell Blaylock highlights](#) how wearing a mask is actually putting you at more risk of infection, because you are lowering your overall health, strength and immunity by under-oxygenation:

“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, as happened to the hapless fellow driving around alone in his car wearing an N95 mask, causing him to pass out, and to crash his car and sustain injuries ... A more recent study involving 159 healthcare workers aged 21 to 35 years of age found that 81% developed headaches from wearing a face mask. Some had pre-existing headaches that were precipitated by the masks. All felt like the headaches affected their work performance.”

...

“The importance of these findings is that a drop in oxygen levels (hypoxia) is associated with an impairment in immunity. 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 also emphasizes how wearing masks is dangerous from a health perspective - it encourages the recycling (rather than the expulsion) of viruses and bacteria, some of which can enter the brain with potentially lethal consequences:

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

## **Public Health Agency of Canada Admits “Little Evidence” Masks Protect Healthy People**

This document from the Public Health Agency of Canada (PHAC) openly admits there is little evidence that, if you are well or healthy, wearing a mask will somehow protect you. This flies in the face of the propaganda going around that *“my mask protects you, your mask protects me”* since the only point (if you are not someone like a surgeon) is for already sick people to wear them to block the escape of large respiratory droplets. It is standard medical practice that masks are worn **by the infected not the uninfected** (as in the case when someone has TB), just as it is standard medical practice that quarantine is for the sick or immuno-compromised not the whole infected community. The definition of quarantine is *“a state, period, or place of isolation in which people or animals that have arrived from elsewhere or been exposed to infectious or contagious disease are placed”* so, ipso facto, the lockdown of an entire society is not quarantine but outright tyranny. Remember, [Operation Coronavirus](#) is not about medical common sense or logic; it's about control. The PHAC document [states](#):

“Little evidence exists as to how effectively the wearing of a mask by well individuals will prevent them from becoming infected ... For masks to be effective, individuals must wear them consistently and correctly; these actions can be challenging. Masks must be worn only once, never shared and always changed when soiled or wet. If not used properly, masks may lead to a greater risk of pandemic influenza transmission because of contamination, or they may make the user overconfident and hence neglectful of other personal protective measures, such as hand hygiene, respiratory etiquette and self-isolation when ill - measures that have been deemed important complementary actions to the use of masks for the reduction of disease transmission. Finally, given that masks cannot be used when eating and drinking and may make communication difficult, wearing them for prolonged periods may be

impractical and ineffective.”

## Harboring Bacteria and Viruses

The masks many people are wearing – homemade from cloth, bandannas, etc. – are a joke if you think they will stop a virus which is measured in nanometers (nanometer =  $10^{-9}$  meters, or 0.000000001 meters). They won't stop a virus but they will assuredly become a hotbed for microbes to develop due to the warm and humid conditions. This [article](#) quotes some Indian doctors:

“He pointed out that masks are a potential source of bacteria and viruses. “The moisture from exhalation inside the mask, when in constant contact with the 37 degrees Celsius warm human body, becomes ideal place for virus and bacteria to thrive,” he said. “This could result in the growth of microbes on masks and aid the spread of airborne diseases like influenza.”

“The N95 or N99 mask varieties have been traditionally used in hospitals to prevent tuberculosis and other infections during flu season,” said Dr KK Aggarwal, president of the Indian Medical Association. “They can block particulate matter only if you completely prevent air-leaks, and that is not possible.” ... Aggarwal said such comfort from wearing a mask “is only psychological” and warned against using masks without doctor's recommendations.”

Only psychological indeed. That's what **Operation Coronavirus** is: a psychological game of perception management.

## Masks Make People “Feel” Safer

We are in the middle of a perception war. In perception, often it is emotion not reason which plays a driving role. At the level of the psychopath setting the agenda, the NWO (New World Order) manipulators cleverly exploit this by demanding governments enforce stupid and ineffectual rules like mandatory mask-wearing. At the level of the idiot carrying out the agenda, local and state governmental officials proclaim everyone must wear a mask, so these low-level officials CYA (cover their asses), pacify the population and make it look they are being decisive by taking action. But it's all a sham, because the masks offer nonprotection as this study [The surgical mask is a bad fit for risk reduction](#) states:

I propose that the surgical mask is a symbol that protects from the perception of risk by offering nonprotection to the public while causing behaviours that project risk into the future ... In an annex to the Canadian pandemic influenza preparedness plan covering public health measures, the Public Health Agency of Canada (PHAC) does not recommend the use of masks by well individuals in pandemic situations, acknowledging that the mask has not been shown to be effective in such circumstances ... The same annex on public health measures refers to the “false sense of security” that a mask can psychologically provide, but the converse is the real risk posed to a government unable to mollify its population.”

## Final Thoughts

Mandatory mask-wearing orders are just another way in which NWO conspirators are testing

how far they can push people and seeing how much they can get away with. Just like the unscientific social distancing rules (1 meter, 1.5 meters, 2 meters, 6 feet or something else depending upon where you live), masks are symbolic of this entire fake pandemic operation. It's not about reason or logic; it's about fear and conditioning. They are training you to obey, training you to question whether you are following all the rules for every minute of your existence, training people to snitch on each other, training people to accept isolation and training people to fear each other (just as with the [manmade climate change hoax](#)).

Now we can't even see people's face when we interact with them! People of the Earth - WAKE UP!

This is **mass conditioning**. The degree to which healthy people willingly endorse and obey mask-wearing orders is directly proportional to their level of ignorance and fear. No interventions such as masks or vaccines can come close to the importance of living healthfully and developing your [inner terrain](#) (and hence your immune system) so that you are less susceptible to disease. It's time to 'unmask' the truth and use this crisis to educate ourselves and others about the [true nature of viruses](#), the immune system, health and disease.

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[Deep Down the Virus Rabbit Hole - Question Everything](#)

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