

Twenty Reasons Mandatory Face Masks are Unsafe, Ineffective and Immoral

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Nine Potential and Proven Dangers to Muzzling Yourself

1. Cavities: New York dentists are reporting that half their patients are suffering decaying teeth, receding gum lines and seriously sour breath from wearing masks. "We're seeing inflammation in people's gums that have been healthy forever, and cavities in people who have never had them before," Dr. Rob Ramondi told [FOX News](#).
2. Facial Deformities: Masking children triggers mouth breathing which as been shown to cause "long, narrow faces, narrow mouths, high palatal vaults, dental malocclusion, gummy smiles, and many other unattractive facial features," according to the [Journal of General Dentistry](#).
3. Acne Vulgaris: Moisture and germs collecting in the mask cause "facial skin lesions, irritant dermatitis... or worsening acne" (according to [Public Health Ontario](#)) which stresses the immune system, can lead to permanent scarring and has been linked to depression and suicidal thoughts (according to the [Journal of Dermatologic Clinics](#)). Children also develop impetigo, a bacterial infection that produces red sores and can lead to kidney damage (according to the [Mayo Clinic](#)).

"The masks may look like they are not much ... What's the big deal? The big deal is, they may be soft, and they may look okay, but this is George Orwell's boot on a human face forever if we don't get this off."

—Dr. Lee Merritt, MD, spinal surgeon



4. Increased Risk of COVID-19: "Mask use by the general public could be associated with a theoretical elevated risk of COVID-19 through... self-contamination," states Public Health Ontario in [Wearing Masks in Public and COVID-19](#). "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,” theorizes nationally recognized board-certified neurosurgeon, Dr. Russell Blaylock, MD (in an article at [The Centre for Research on Globalization](#)).

5. Bacterial Pneumonia: At an [Oklahoma Press Conference](#), Dr. James Meehan, MD testified: “Reports coming from my colleagues all over the world are suggesting that the bacterial pneumonias are on the rise” as a result of moisture collecting in face masks.

6. Immune Suppressing: Masks are often worn by criminals trying to hide their identity while perpetuating an offence (theft, violence, rape, murder, etc.). They produce subconscious anxiety and fear. Fear and anxiety activate the fight-or-flight nervous system which down-regulates the immune system, as shown in a study by the [American Psychological Association](#).

7. Germophobia: Masks create an irrational fear of germs and a false sense of protection from disease, leading to antisocial (or even hostile) behaviour towards those not wearing a mask. (See the paper in the [Journal of Obsessive-Compulsive and Related Disorders](#) titled “COVID-19, obsessive-compulsive disorder and invisible life forms that threaten the self”).

8. Toxic: Many (if not most) masks and face coverings (including cloth) are made with toxic and carcinogenic chemicals including fire retardant, fibreglass, lead, NFE, phthalates, polyfluorinated chemicals and formaldehyde that will outgas and be inhaled by the wearer. (See “5 main hazardous chemicals in clothing from China named” by [Fashion United](#)).

9. Psychologically Harmful: “I believe the real threat right now is what we’re doing to sabotage the mental, emotional and physical health of... our children, whose development is dependent on social interactions, physical contact and facial expressions,” writes Dr. Joseph Mercola of [Mercola.com](#). “Between mask wearing and social distancing, I fear the impact on children in particular may be long-term, if not permanent.”

Six Proofs Masks Do Not Reduce Infections

1. Insubstantial: A [CDC-funded review](#) on masking in May 2020 came to the conclusion: “Although mechanistic studies support the potential effect of hand hygiene or face masks, evidence from 14 randomized controlled trials of these measures did not support a substantial effect on transmission of laboratory-confirmed influenza... None of the household studies reported a significant reduction in secondary laboratory-confirmed influenza virus infections in the face mask group.” If masks can’t stop the regular flu, how can they stop SAR-CoV-2?

2. Unreasonable: “Evidence that masking as a source [of] control results in any material reduction in transmission was scant, anecdotal, and, in the overall, lacking... [and mandatory masking] is the exact opposite of being reasonable,” [ruled a hospital arbitrator](#) in a dispute between The Ontario Nurses’ Association and the Toronto Academic Health Science Network.

3. Ineffective: “Oral masks in healthy individuals are ineffective against the spread of viral infections,” write Belgian medical doctors in an open letter published in [The American Institute of Stress](#), September 24, 2020.

4. Unsanitary: “It has never been shown that wearing surgical face masks decreases postoperative wound infections,” writes Göran Tunevall, M.D. in the [World Journal of Surgery](#). “On the contrary, a 50% decrease [in bacterial infection] has been reported after omitting face masks.”

5. No Protection: “There were 17 eligible studies.... None of the studies established a conclusive relationship between mask / respirator use and protection against influenza infection,” concludes a research review in the journal [Influenza and Other Respiratory Viruses](#).

6. Unproven: Dutch Minister for Medical Care, Tamara van Ark, asserted that “from a medical perspective there is no proven effectiveness of masks” after a review by the National Institute for Health on July 29, 2020 (according to [Reuters](#)).

Five Ways Forced Masking is Immoral

1. Reckless: “By making mask-wearing recommendations and policies for the general public, or by expressly condoning the practice, governments have both ignored the scientific evidence and done the opposite of following the precautionary principle,” writes Denis Rancourt, PhD in his 2020 paper [Masks Don't Work](#).

2. Manipulative: Dr. Andreas Voss, member of the World Health Organization expert team and head of microbiology at a Dutch hospital in Nijmegen, on July 24, 2020, told [I Am Expat](#) that masks were made mandatory “not because of scientific evidence, but because of political pressure and public opinion.”

3. Fear-Mongering: “In fact, there is no study to even suggest that it makes any sense for healthy individuals to wear masks in public,” write Drs. Karina Reiss, PhD and Dr. Sucharit Bakdi, MD in [Corona, False Alarm?](#) “One might suspect that the only political reason for enforcing the measure is to foster fear in the population.”

4. Totalitarian: “If you look at the history of totalitarian regimes... they all do the same thing, which is they try to crush culture, and crush any evidence of self-expression...” explains Robert F. Kennedy, Jr. in [an interview](#) regarding face masks. “And what is the ultimate vector for self-expression? It’s your facial expressions.... [Yet] we’ve all been told to put on the burqa and be obedient.”

5. Virtue-Signalling: “Masks are utterly useless,” testified Dr. Roger Hodgkinson, a pathologist, certified with the Royal College of Physicians and Surgeons of Canada, [at a city council meeting](#). “...masks are simply virtue-signalling... It’s utterly ridiculous seeing these unfortunate, uneducated people — I’m not saying that in a pejorative sense — walking around like lemmings, obeying without any knowledge base, to put the mask on their face.”

You can download, print and distribute a two-page printable handout of this article here.

Special thanks to artist [Allen Forest](#) for use of his Masked Mona Lisa cartoon.

John C. A. Manley has spent over a decade ghostwriting for medical doctors, naturopaths and chiropractors. Since March 2020, he has been writing articles that question and expose the contradictions in the COVID-19 narrative and control measures. He is also completing a novel, Much Ado About Corona: A Dystopian Love Story. You can visit his website at [MuchAdoAboutCorona.ca](#).

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