

Short version

More than 10 reasons why wearing face masks is dangerous.

Masks are not effective or safe for the healthy: A Summary of the Sciences:

อย่างน้อย 10 เหตุผลว่าการสวมหน้ากากเป็น“อันตราย” by Dr Chokchuang Chuinaton MD

“Face Masks Pose Serious Risks To The Healthy”---Dr Russell Blaylock²¹

“There is only very limited evidence of benefit of wearing the face mask by the general public. No evidence that wearing them in crowded place helps at all. No evidence at all yet related to Covid-19.” Dr Simon Clarke, (associate professor), Cellular microbiologist, University of Reading

1) **Wearing mask decreases our immunity**, increasing the risk of infection.

2) **Mask wearing decreases oxygen** (hypoxia) which causes headaches²⁺³, dizziness, drowsiness, decreased consciousness and decreased alertness, and thus decreased work performance (work slower) and less efficiency due to making more mistakes leading to less productivity. Students will not learn well and thus have less school performance. (If a person has no oxygen for 5 minutes he will die.) Dr Blaylock²¹

3) **Mask wearing causes an increase of carbon dioxide** (hypercapnia) causing dizziness, drowsiness, fatigue, headaches, feel disoriented, and shortness of breath. Students will not learn well and thus have less school performance. Dr Blaylock²¹

4) “Drop of oxygen levels (hypoxia) is associated with an impairment in immunity... Thus your mask may very well put you at an **increased risk of infections** and if so, having a much worse outcome.” (Dr Blaylock)⁷⁺⁸⁺⁹⁺²¹

5) Hypoxia (low oxygen micro-environment) promotes cancer spread, and inflammation which can further promote the growth and **spread of cancer**. (Blaylock)²¹

6) Repeated episodes of hypoxia (low oxygen) has been proposed as a significant factor in atherosclerosis¹⁰ and hence **increases heart attacks¹⁰ and strokes**. (Blaylock)²¹

7) “When a person is infected with a respiratory virus, they will expel some of the virus with each breath. If they are wearing a mask, especially a tight-fitting N95 mask, they will be constantly **rebreathing the viruses, raising the concentration of the virus in the lungs** and the nasal passages.

8) **Frightening new evidence:** “By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves (smell nerves) and travel into the brain.”

9) **Coronavirus (very tiny) can pass through all types of masks** and the virus can also penetrate through the sides or gaps of the mask or face shield and invade or enter the mucosa surface of the mouth, nose, eyes and ears. Surgical mask can have “pore sizes of up to 250 microns”. Coronavirus size (0.125 micron=um) can have “a size 25,000 times smaller. Virus is 1000 times smaller than bacteria. Sneezing can produce droplets down to 15 microns so they can still penetrate the mask.”

Pore size of N95 mask=0.3um; Size of Flu virus similar to Coronavirus; (Dr Graham Rideal, senior scientist of Whitehouse Scientific; Blaylock)

10) **Prolonged wearing of masks (esp.tight fitting) cause red inflamed, sore marks,** irritation dermatitis and allergic dermatitis.

11) Masks over the mouth for prolonged periods can cause **gum inflammation** and oral infections, bad odors or bad breath, tooth decay , fungus infections,

12) With the mask covering the mouth, **speech or voice may be hindered or distorted** and become softer or muffled or made indistinct.

13) With the mask covering the face, full facial expressions are not seen and thus it is like talking to a non-human robot has **no facial expressions** which are essential to all human interactions

14) We may not recognize a masked face(esp. with a hat or hood on); one's identity may instantly be covered-up and hidden and thus **a masked face may become an instant, unrecognizable masked robber** or hooded masked terrorist. (happened in USA already— Youtube: Masked men rob customers at 7-Eleven¹¹)

15) **Moisture and wetness immediately collect on the mask** from the very moment we put it on from our expired and inspired air and the mask (especially cloth) may become wet with unseen moisture or saliva which is **an excellent media for bacteria and fungus growth**

16A) **The greatest proof that wearing mask is dangerous** is: Remember the first time (or even now if you had not unawaresly forced your-self to adapt to it) when you wear a mask, you feel unnatural and uncomfortable and have difficult breathing for you notice you have to breath harder or faster. Evidently, natural instinct is **warning** you that you have an unwanted enemy on your face blocking the free passage of air (oxygen) to your lungs and you must thus get rid of it at once or suffer the consequences of lack of oxygen.

16B) **Exceptions:** Masks are necessary for surgeons, dentists, sick Covid patients, persons visiting or taking care of sick Covid patients, dusty polluted areas, and other exceptions.)

17) Wearing masks can **cause a false sense of security** causing us to be careless and forgetting to practice the usual precautions in an epidemic. (e.g. avoid large crowds, avoid close contact with sick people--coughing and sneezing , avoid poorly-ventilated, sunless places or dark windowless bars or clubs without good ventilation or good air conditioning. We often forget the most important and best preventive measure—maintaining **a healthy life-style**³¹ to improve immunity-- like doing daily exercise and get enough rest and no drinking and smoking.

18) Just quickly putting a hat or hood on a masked face, one's identity may instantly be hidden and thus **become an instant, unrecognizable robber or terrorist.** (happened in California already— masked men robbed 7/11 store--see Google)

19) Mandatory mask wearing, social distancing, home stay,and lockdown are against basic human rights because it is dictatorial and draconian and **thus unconstitutional**²³ and dangerous to freedom.²³⁺²² Mandatory mask wearing is not based on science but based on

pseudo-science. You can see a warning on the box of masks saying that the masks you buy do not protect against Covid-19²⁸ <https://www.thenewamerican.com/print-magazine/item/35788-should-i-wear-a-face-mask> Link disabled ?

20) [Want to know the real true story of the origin of the Wuhan virus? Read Coronavirus Deception \(Covid-19 The Rest of the Story\) by Pastor Bill Hughes See Youtube+Google](#) https://9aa6ecfc-2718-4a90adde59013179ebb.filesusr.com/ugd/9ad1ed_df9d253213ab4b2eaf83db48a15fc733.pdf; https://www.youtube.com/watch?v=Wd-9_Jrfijo COVID-19: Wuhan-Catholic Connection-Pastor Bill Hughes

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