



DR. KAMALPREET SINGH

# DO FACE MASKS REALLY WORK?

AN INTRODUCTION TO THE NEW WORLD ORDER

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My Sincere Gratitude to The Almighty for blessing me with Strength, Courage, and  
Perseverance to walk the path of Truth, Freedom, and Health.

## ABOUT THE AUTHOR

Dr. Kamalpreet Singh is a Health Educator from Ontario, Canada. He shares knowledge to cure chronic diseases by adopting natural lifestyle and a healthy diet. He discovered the healing powers of natural food and herbs when he reversed his major health problems. His pursuit to heal people fostered him to obtain knowledge from prestigious institutes of health and nutrition. His credentials are as follows:

- Consultant ILI Paramedic with Hospital and Institute of Integrated Medical Sciences, India
- Certified Fitness Nutrition Specialist from American Council on Exercise and Lincoln University College, Malaysia
- Certified Diabetes Educator from Research Institute of Complimentary Health Sciences, Vietnam
- Certified in Treatment of Influenza from Shridhar University, Rajasthan
- Certified in Prevention of Type-2 Diabetes from International Diabetes Federation
- Honored with the title ‘Corona Warrior’ by Indo-Vietnam Medical Board for service to heal patients with COVID-19 in 2020-21
- Author of Best-Selling Books like Advanced Nutrition Therapy, The Shocking Truth of Paracetamol and The Vaccine Crime Report
- Member of Network of Influenza Care Experts and Inflammatory Syndrome Experts
- Contributing Writer to Digital Monthly Health Magazine ‘BISWAS’ from Indo-Vietnam Medical Board
- Recognized by India Book of Records for healing people from chronic diseases through Whole Food Plant-Based Diet
- Recipient of Honorary Doctorate Degree in Health and Wellness

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## **OPINION OF LEADING MEDICAL EXPERTS ON MASKS**

“The existing scientific evidence challenges the safety and efficacy of wearing facemask as preventive intervention for COVID-19. The data suggest that both medical and non-medical facemasks are ineffective to block human-to-human transmission of viral and infectious disease such SARS-CoV-2 and COVID-19, supporting against the usage of facemasks.”

- Baruch Vainshelboim, PhD

“Furthermore, the relevant known physics and biology, which I review, are such that masks and respirators should not work. It would be a paradox if masks and respirators worked, given what we know about viral respiratory diseases: The main transmission path is long-residence-time aerosol particles ( $< 2.5 \mu\text{m}$ ), which are too fine to be blocked, and the minimum-infective-dose is smaller than one aerosol particle.”

- Denis G. Rancourt, PhD

“As for the scientific support for the use of face masks, a recent careful examination of the literature, in which 17 of the best studies were analyzed, concluded that, ‘none of the studies established a conclusive relationship between mask/respirator use and protection against influenza infection. The fact is, there is no conclusive evidence of their efficiency in controlling flu virus transmission’.”

- Russell Blaylock, MD

“Given the fact that there is no peer reviewed research published in a reputable medical journal that scientifically and conclusively shows that healthy people wearing face masks slows the spread of disease, it is illogical and potentially detrimental for a healthy person to be wearing a mask.”

- Gabriel Cousens, MD

“The pore size of cloth face coverings ranges from  $\sim 20\text{-}100$  microns. The Covid virus is  $200\text{-}1000\times$  smaller than that, at  $0.1$  microns. Putting up a chain link fence will not keep out mosquitoes.”

- Simone Gold, MD

“The premise of mandating the wearing of masks is that it prevents transmission of disease. Neither this study, nor any other study we’ve seen, proves transmission of any disease through exhaled breath. Amazingly, these authors acknowledge they didn’t even attempt to prove transmission. What’s more amazing is that this study is being used as evidence that wearing masks is an effective method of preventing or lowering the incidence of disease transmission. If

transmission through breath can't be proven, then all other findings in this study are rendered irrelevant."

- Tom Cowan, MD

"People are wearing double masks, however, why don't they wear ten masks? I can guarantee you as a pathologist that you won't get Covid-19 if you wear ten masks since you would die of Hypoxia by wearing all these masks. The facemask and face shield are useless and ridiculous. This practice of virtue signaling is utterly mad and gives politicians the power to control and manipulate people."

- Roger Hodgkinson, MA MB FRCPC FCAP



## CONTENTS

1. [Introduction](#)
2. [Scientific Evidence: Face Masks are Ineffective](#)
3. [Scientific Evidence: N95 Masks are Ineffective](#)
4. [Does Face Mask Reduce Infection during Surgeries?](#)
5. [Face Masks may Increase the Risk of Covid-19](#)
6. [Physiological Harms Caused by Face Masks](#)
7. [Psychological Harms Caused by Face Masks](#)
8. [Constant Use of Face Masks May Lead to Death](#)
9. [Face Masks Cause Plastic Contamination](#)
10. [From “Just a Mask” to the “New World Order”](#)
11. [Sneak Peek into the “New World Order”](#)
12. [Huge Damage Caused by Covid-19 Vaccine](#)
13. [The Great Vaccination Myth](#)
14. [Germ Theory vs Terrain Theory](#)
15. [Existing Problems with the Medical System](#)
16. [Steps to take against the “New World Order”](#)

# COVID-19 ROADMAP

The 12 Step Plan to Create a Totalitarian 'New Normal'

THIS IS  
IMPORTANT

1. Create a Problem		Take a flu-like illness with <b>very common symptoms</b> , that can be <b>easily treated</b> and has a <b>99+% recovery rate</b> . Essentially a <b>bad dose of seasonal flu</b> , but like any flu can be dangerous to people with weak immune systems.	
2. Provoke a Terrified Reaction		Use the mainstream media to <b>provoke massive fear</b> . Ensure constant daily reporting of any death "with" COVID as being a death "from" COVID. Report lots of "cases" even though <b>most people have NO or very mild symptoms</b> . <b>Ignore all other illnesses</b> and causes of death. Censor everyone asking questions. Make people so afraid that they are willing to surrender their freedoms.	
3. Impose Lockdowns		Crash the economy by imposing lockdowns as part of the global elite's planned 'Great Reset': (1) <b>Destroy small businesses</b> ; (2) <b>Transfer wealth and power to global corporations</b> ; (3) Cause a massive rise in State <b>debt</b> to international financiers; (4) Push <b>cashless payments</b> .	LOSS OF SOCIAL & ECONOMIC FREEDOMS
4. Exaggerate 'Cases'		Make the virus seem worse by using totally unreliable PCR tests to <b>hugely exaggerate the number of so-called "cases" among healthy people</b> who have no symptoms. Bribe scientists with grants and doctors with bonus payments for supporting testing and vaccinations.	
5. Impose Face Masks		Mandate masks to <b>promote fear</b> and to signal public compliance. In reality, cloth masks are totally ineffective against any virus. <b>Prolonged use of masks actually increases health risks</b> due to lack of oxygen, breathing in waste air and promoting fungal infections, bronchial pneumonia, gum disease and other illnesses.	
6. Impose Contact Tracing		<b>Normalise surveillance</b> . Get people to accept having all of their personal movements and social contact with people tracked, recorded and analysed 'for health reasons'.	LOSS OF SOCIAL PRIVACY
7. Impose 'Health' Passports		Introduce 'health passport' apps for smartphones. These will monitor and <b>restrict people's freedom of movement</b> and ability to access education, employment and all types of services. These will become the basis for a global digital identity and tracking system (ID2020).	LOSS OF FREEDOM OF MOVEMENT
8. Impose 5G Microwave Networks		5G networks allow constant gathering of huge amounts of personal data from smartphones and all internet connected devices. 5G also increases high-frequency <b>microwave radiation</b> that can reduce blood oxygen levels and <b>trigger respiratory symptoms</b> . These 5G-induced illnesses can be blamed on COVID.	
9. Impose Mandatory Vaccinations		Mandatory vaccination will generate <b>massive profits for "Big Pharma"</b> who have <b>100% legal immunity</b> for all injuries and deaths. New DNA altering vaccines will create <b>genetically modified humans</b> that can be bioengineered for obedience and sterility. Mass vaccination will support plans for global <b>depopulation</b> from 9 billion to just 500 million.	LOSS OF BODILY FREEDOM
10. Impose a Cashless Economy		Cash allows people to shop in privacy. But a fully cashless economy means a <b>total loss of financial privacy</b> . Access to digital finance can be easily withdrawn from anyone who dissents from officially approved views or behaviour.	LOSS OF FINANCIAL FREEDOM
11. Impose Human Nanochip Implants		Rollout remote-controlled Radio Frequency Identity (RFID) nano-chip implants to allow <b>constant 24-7 monitoring of your movements, contacts, health status and digital payments</b> . These implants will remove all <b>human privacy</b> . Once normalised, they become compulsory and humans will be forced to begin merging with A.I. machines.	LOSS OF ALL HUMAN PRIVACY
12. The New Normal: A Totalitarian Tyranny by 2030		A "New Normal" run for the benefit of a tiny global elite. Their plan is a <b>depopulated, dehumanised, high-tech totalitarian world</b> with genetically modified, obedient humans, nano-chipped and <b>permanently connected to the internet</b> , living socially distant, virtual lives, monitored and controlled 24-7 by artificial intelligence. If allowed, this will be <b>21st Century Fascist/Communist tyranny</b> . COVID is being used as the smokescreen. <b>WAKE UP!</b>	LOSS OF FREE WILL & HUMAN SPIRIT

## INTRODUCTION

*"By knowledge or common-sense observation, most Americans already know that masking everyone is superstition."*

*- Simone Gold, MD*

*Facemasks are part of non-pharmaceutical interventions providing some breathing barrier to the mouth and nose with the belief to reduce the transmission of respiratory pathogens, and ultimately disease. Many countries around the world have utilized medical and non-medical face masks as an attempt to reduce the spread of diseases like Swine Flu, Covid-19, etc. However, in reality, scientific evidence supporting the efficacy of facemasks is deficient, if not absent. At the same time, it has been scientifically established that face masks can lead to adverse health effects at physiological as well as psychological level. Facemasks are neither effective nor safe and thus there is no rational reason for their continuous use. This book summarizes the scientific evidence with respect to wearing facemasks.*

*Before we go ahead, let me tell you that in my entire life, I have never worn a facemask to protect myself from any invisible virus. I did not wear it even on planes, buses, taxis, grocery shopping, government offices, etc. I had to fight, argue, and debate for it. Interestingly, I never "caught" the Covid-19 disease. Maybe because I never did an RT-PCR test. Simply because it is not a diagnostic tool. It's a completely irrelevant test and there's no benefit of getting this test done unless you wish to get uncomfortable in the nose and risk injury.*

*Also, I did not take the experimental gene manipulating toxic therapy (called Covid-19 vaccine) which was one of the most aggressively marketed products in the history of the medical industry. I disobeyed all the irrational "rules" of social distancing, isolation, and quarantine. At the same time, I went to hug my friends who were supposed to be "infected" by the deadliest "virus" in history, called SARS CoV-2, which has never been isolated, purified or proven to cause a disease (which means that no one till now has proven its existence as a disease-causing agent).*

*The entire Covid-19 story has now been exposed to be an orchestrated scam. All the measures adopted (masks, lockdowns, etc.) were deliberately put in place to make the people fearful, inflict sickness, impact mental health, destroy small businesses, reduce purchasing power, explode debt, create dependency on government, snatch away freedoms and rights, decrease the world population, and unleash a regime of total world control popularly known as the Great Reset or the New World Order.*

*In this book I will provide you with an abundance of scientific evidence that concludes facemasks to be useless and also harmful at the same time. This is important because*

*wearing a facemask is a symbol of slavery and ignorance. Some people believe it will save them from the “virus” and some people wear it to save themselves from the “fines” imposed by the government. We neither need to fear the virus nor the fines but arm ourselves with knowledge to win this battle for truth, freedom, and health.*

## **WHAT IS THE SCIENCE ON EFFICACY OF FACEMASKS?**

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*There have been extensive randomized controlled trials (RCTs), systematic reviews and meta-analysis of RCT studies, which all conclude that masks and respirators do not work to prevent respiratory influenza like illnesses, or respiratory illnesses that are “believed” to be transmitted by droplets and aerosol particles. Before going towards the actual evidence, let us understand the importance of hierarchy of the evidence in medical literature.*



*We must remember that all trials, studies, and research are not equal. The conflict of interest, funding and parties involved must be considered. We must read between the lines to spot the important points which otherwise might not appear in the conclusion.*

### **1. What is Meta-analysis of Randomized Controlled Trial?**

*Meta-analysis is a statistical technique for combining the findings from independent studies. Meta-analysis is most often used to assess the clinical effectiveness of healthcare interventions; it does this by combining data from two or more randomized control trials.*

### **2. What is a Randomized Controlled Trial?**

*A Randomized Controlled Trial (RCT) is a type of scientific (often medical) experiment, where the people being studied are randomly allocated one or other of the different treatments under study. RCT is often considered the gold standard for a clinical trial.*

### **3. What is a Non-Randomized Controlled Trial?**

*A study where participants have been assigned to the treatment, procedure, or*

*intervention alternatives by a method that is not random. The investigator defines and manages the alternatives.*

#### *4. What is a Cohort Study?*

*Cohort Studies are a type of medical research used to investigate the causes of disease, establishing links between risk factors and health outcomes. Cohort studies are usually forward looking - that is, they are “prospective” studies, or planned in advance and carried out over a period of time.*

#### *5. What is a Case Report?*

*A Case Report is a detailed report of the symptoms, signs, diagnosis, treatment, and follow-up of an individual patient. Case reports may contain a demographic profile of the patient, but usually describe an unusual or novel occurrence.*

#### *6. What is an Expert Opinion?*

*Expert opinions are beliefs, views, or comments by an individual or a designated group which is considered an expert in the field. There are two major problems with the opinions of “experts”. Is the individual or group called the “expert”, really an expert? Or are they agents of an organization with a conflict of interest? Secondly, are they acting in good faith and with the right intentions?*

*Therefore, the meta-analysis of RCTs is the highest quality evidence to understand the efficiency and effectiveness of a particular treatment protocol. However, a meta-analysis can be performed only when there are few RCTs already available. Till that time Medical Care has to rely on Cohort Studies, or Case Reports, or Expert Opinion which might be misleading.*

*In the upcoming chapter, we will see the highest quality evidence, i.e., Systematic reviews and meta-analysis of randomized controlled trials that conclude that facemasks are not effective in prevention of a respiratory illness. These studies cannot be neglected by any organization or institution because these are the “top” grade research. These are based on data and research.*

*Opinions of an individual or an organization are insignificant in comparison to the results from these studies. If an organization or individual denies the evidence in this book, it would imply that the objective of that organization or individual is not to make decisions/policies based on real science and good faith but promote an agenda which is extremely disturbing and criminal in nature.*

*“It’s not science that seems to be leading what’s going on with COVID, it’s public opinion and politics.”*

*- Annie Janvier, PhD*

## SCIENTIFIC EVIDENCE: FACE MASKS ARE INEFFECTIVE

*"Face masks should not be seen as a magic bullet that halts the spread."*

*- Christian Hoebe Professor of Infectious Diseases*

*Long before the Covid-19 propaganda was launched, the science was well settled that face masks do not prevent the transmission of "viruses" the size of Covid-19. Face Masks do not reduce the chances of getting sick, simply because the phenomenon of getting sick is completely different from what has been falsely propagated in society. Face Masks (including N95 masks) simply do not work. However, they do play a definite role in reducing your overall health and immunity. They can be used as a psychological operation tool to manipulate your behavior and keep the virus phobia alive. We will discuss everything related to masks in this book based on strong evidence-based research.*

### SYSTEMATIC REVIEWS AND META-ANALYSIS

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- *Meta-Analysis: Jingyi Xiao "Nonpharmaceutical Measures for Pandemic Influenza in Nonhealthcare Settings—Personal Protective and Environmental Measures" Centers for Disease Control and Prevention (2020) <sup>[1]</sup>*

*The Centers for Disease Control (CDC) itself published an analysis of RCTs to evaluate the effectiveness of facemasks in reducing the transmission of Influenza. It demonstrated no benefit of masks in controlling the spread of influenza. They included studies from 1946 to 2018, and every study failed to showcase the significance of facemasks in reducing respiratory illness.*

*From the Analysis: We identified 10 RCTs that reported estimates of the effectiveness of face masks in reducing laboratory-confirmed influenza virus infections in the community from literature published during 1946 – July 27, 2018.*

*We did not find evidence to support a protective effect of personal protective measures or environmental measures in reducing influenza transmission. We did not find evidence that surgical-type face masks are effective in reducing laboratory-confirmed influenza transmission, either when worn by infected persons (source control) or by persons in the general community to reduce their susceptibility.*

- *Meta-Analysis: Marina Vincent "Disposable surgical face masks for preventing surgical wound infection in clean surgery" Cochrane Database of Systematic Reviews (2016) <sup>[2]</sup>*

Cochrane Collaboration also performed a meta-analysis on the effectiveness of facemasks and the study showed no difference of infections in masked and unmasked groups.

*Background of the Analysis: Surgeons and nurses performing clean surgery wear disposable face masks. The purpose of face masks is thought to be two-fold: to prevent the passage of germs from the surgeon's nose and mouth into the patient's wound and to protect the surgeon's face from sprays and splashes from the patient. Face masks are thought to make wound infections after surgery less likely. This review aimed to find out if wearing disposable face masks increases or decreases the number of cases of wound infection after clean surgery.*

*Results of the Analysis: We included three trials, involving a total of 2106 participants. There was no statistically significant difference in infection rates between the masked and unmasked group in any of the trials. All three studies showed that wearing a face mask during surgery neither increases nor decreases the number of wound infections occurring after surgery. We conclude that there is no clear evidence that wearing disposable face masks affects the likelihood of wound infections developing after surgery.*

- Systematic Review: T. Jefferson "Physical interventions to interrupt or reduce the spread of respiratory viruses. Part 1 -Face masks, eye protection and person distancing: systematic review and meta-analysis" MedRxiv Archive (2020) <sup>[3]</sup>

*From the Review: We included 15 randomized trials investigating the effect of masks in healthcare workers and the general population and of quarantine. Compared to no masks there was no reduction of influenza-like illness (ILI) cases for masks in the general population, nor in healthcare workers. There was no difference between surgical masks and N95 respirators. We found insufficient evidence for a difference between surgical masks and N95 respirators and limited evidence to support effectiveness of quarantine.*

- Systematic Review: B. J. Cowling "Face masks to prevent transmission of influenza virus: a systematic review" *Epidemiology and Infection* (2010) <sup>[4]</sup>

*From the Review: While there is some experimental evidence that masks should be able to reduce infectiousness under controlled conditions, there is less evidence on whether this translates to effectiveness in natural settings. There is little evidence to support the effectiveness of face masks to reduce the risk of infection.*

- Systematic Review: Nicolas Dugré "Masks for prevention of viral respiratory

*infections among health care workers and the public” The College of Family Physicians of Canada (2020) [5]*

*From the Review: From these 11 systematic reviews, 18 unique RCTs were identified, including a total of 26,444 participants. The use of masks in community settings in general did not reduce the risk of confirmed influenza or confirmed viral respiratory infection. Results were not statistically significant in any subgroup analysis (masks worn by all, just the sick person, or just the healthy family members at home). The use of masks in community settings did not result in a significant risk reduction of influenza like illness.*

- *Systematic Review: Faisal bin-Reza “The use of masks and respirators to prevent transmission of influenza: a systematic review of the scientific evidence” Influenza and Other Respiratory Viruses (2012) [6]*

*From the Review: None of the studies we reviewed established a conclusive relationship between mask/respirator use and protection against influenza infection. (There were 17 number of studies reviewed)*

#### RANDOMIZED CONTROLLED TRIALS

*There are dozens of randomized control trials that have shown that the masks do not prevent any illness. Most of these trials have already been reviewed in the above Systematic Reviews and Meta-Analysis. However, here are some of the RCTs for your reference.*

- *Randomized Control Trial: C. R. MacIntyre “A cluster randomised trial of cloth masks compared with medical masks in healthcare workers” BMJ Open (2015) [7]*

*Results from the Trial: The rates of all infection outcomes were highest in the cloth mask arm, with the rate of ILI statistically significantly higher in the cloth mask arm compared with the medical mask arm. Cloth masks also had significantly higher rates of ILI compared with the control arm. An analysis by mask use showed ILI and laboratory-confirmed virus were significantly higher in the cloth masks group compared with the medical masks group.*

*Conclusions from the Trial: This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection (by wearing of cloth masks).*

*Comments: This trial found Influenza like illness rates were 13 times higher in Vietnamese hospital workers allocated to cloth masks compared to medical/surgical*



masks, and over three times higher when compared to no masks. That means wearing cloth masks can make you much sicker than not wearing it at all.

- *Randomized Control Trial: Henning Bundgaard “Effectiveness of Adding a Mask Recommendation to Other Public Health Measures to Prevent SARS-CoV-2 Infection in Danish Mask Wearers” Annals of Internal Medicine (2020) [8]*

From the Study: The recommendation to wear a surgical mask when outside the home among others did not reduce, at conventional levels of statistical significance, the incidence of SARS-CoV-2 infection in mask wearers.

- *Randomized Control Trial: Mohammad Alfelali “Facemask against viral respiratory infections among Hajj pilgrims: A challenging cluster-randomized trial” PLoS One (2020) [9]*

Results of the Trial: A total of 7687 adult participants from 318 tents were randomized: 3864 from 149 tents to the intervention group, and 3823 from 169 tents to the control group. By intention-to-treat analysis, facemask use did not seem to be effective against laboratory-confirmed viral respiratory infections nor against clinical respiratory infection. Similarly, in a per-protocol analysis, facemask use did not seem to be effective against laboratory-confirmed viral respiratory infections nor against clinical respiratory infection. The trial was unable to provide conclusive evidence on facemask efficacy against viral respiratory infections.

- *Randomized Control Trial: Joshua L. Jacobs “Use of surgical face masks to reduce the incidence of the common cold among health care workers in Japan” American Journal of Infection Control (2009) [10]*

Methods of the Trial: Health care workers in a tertiary care hospital in Japan were randomized into 2 groups: 1 that wore face masks and 1 that did not. They provided information about demographics, health habits, and quality of life. Participants recorded symptoms daily for 77 consecutive days, starting in January 2008. The number of colds between groups was compared, as were risk factors for experiencing cold symptoms.

Results of the Trial: “Thirty-two health care workers completed the study, resulting in 2464 subject days. There were 2 colds during this time period, 1 in each group. Of the 8 symptoms recorded daily, subjects in the mask group were significantly more likely to experience headache during the study period.” “Face mask use in health care workers has not been demonstrated to provide benefit in terms of cold symptoms or getting colds.”

- Study: Seongman Bae “Effectiveness of Surgical and Cotton Masks in Blocking SARS–CoV-2: A Controlled Comparison in 4 Patients” *Annals of Internal Medicine* (2020) <sup>[11]</sup>

*Objective of the Study: To evaluate the effectiveness of surgical and cotton masks in filtering SARS–CoV-2.*

*Methods of the Study: The institutional review boards of 2 hospitals in Seoul, South Korea, approved the protocol, and we invited patients with COVID-19 to participate. A petri dish (90 mm × 15 mm) containing 1 mL of viral transport media (sterile phosphate-buffered saline with bovine serum albumin, 0.1%; penicillin, 10 000 U/mL; streptomycin, 10 mg; and amphotericin B, 25 µg) was placed approximately 20 cm from the patients’ mouths. Patients were instructed to cough 5 times each onto a petri dish while wearing the following sequence of masks: no mask, surgical mask, cotton mask, and again with no mask. A separate petri dish was used for each of the 5 coughing episodes.*

*Findings of the Study: The median viral loads of nasopharyngeal and saliva samples from the 4 participants were 5.66 log copies/mL and 4.00 log copies/mL, respectively. The median viral loads after coughs without a mask, with a surgical mask, and with a cotton mask were 2.56 log copies/mL, 2.42 log copies/mL, and 1.85 log copies/mL, respectively. All swabs from the outer mask surfaces of the masks were positive for SARS–CoV-2.*

*Conclusion from the Study: Neither surgical nor cotton masks effectively filtered SARS–CoV-2 during coughs by infected patients. In conclusion, both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS–CoV-2 from the coughs of patients with COVID-19 to the environment and external mask surface.*

#### QUESTION:

*“I agree that the science about surgical face masks is settled, i.e., there is no evidence of effectiveness of facemask in prevention of illness. But, what about the N95 mask? It must work, right?”*

*Answer: No! It does not work. Let’s see the evidence!*

## SCIENTIFIC EVIDENCE: N95 MASKS ARE INEFFECTIVE

- *Meta-Analysis: Jeffrey D. Smith “Effectiveness of N95 respirators versus surgical masks in protecting health care workers from acute respiratory infection: a systematic review and meta-analysis” Canadian Medical Association Journal (2016) [12]*

*From the Analysis: Results of our systematic review and meta-analysis show that there was no significant difference between N95 respirators and surgical masks when used by health care workers to prevent transmission of acute respiratory infections from patients. There was a total of 6 studies analyzed in this meta-analysis.*

- *Meta-Analysis: Youlin Long “Effectiveness of N95 respirators vs surgical masks against influenza: A systematic review and meta-analysis” Journal of Evidence-Based Medicine (2020) [13]*

*From the Analysis: A total of six RCTs involving 9171 participants were included. There were no statistically significant differences in preventing influenza, respiratory viral infections, respiratory infection, and influenza like illness using N95 respirators and surgical masks.*

*Conclusion of the Analysis: The use of N95 respirators compared with surgical masks is not associated with a lower risk of influenza. It suggests that N95 respirators should not be recommended for the general public and non-high-risk medical staff those are not in close contact with influenza patients or suspected patients.*

- *Randomized Control Trial: Mark Loeb “Surgical mask vs N95 respirator for preventing influenza among health care workers” Journal of American Medical Association (2009) [14]*

*Objective of the Trial: To compare the surgical mask with the N95 respirator in protecting health care workers against influenza.*

*Results of the Trial: Between September 23, 2008, and December 8, 2008, 478 nurses were assessed for eligibility and 446 nurses were enrolled and randomly assigned to the intervention; 225 were allocated to receive surgical masks and 221 to N95 respirators. Influenza infection occurred in 50 nurses (23.6%) in the surgical mask group and in 48 (22.9%) in the N95 respirator group.*

*Conclusion of the Trial: Among nurses in Ontario tertiary care hospitals, use of a surgical mask compared with an N95 respirator resulted in noninferior rates of*

laboratory-confirmed influenza.

- *Randomized Control Trial: Lewis J. Radonovich “N95 Respirators vs Medical Masks for Preventing Influenza Among Health Care Personnel” Journal of American Medical Association (2019) <sup>[15]</sup>*

*Findings from the Trial: Findings in this pragmatic, cluster randomized clinical trial involving 2862 health care personnel, there was no significant difference in the incidence of laboratory-confirmed influenza among health care personnel with the use of N95 respirators (8.2%) vs medical masks (7.2%).*

*Comments: According to the highest quality evidence in medical literature (Systematic Reviews and Meta-Analysis) there is no evidence of the effectiveness of surgical masks to prevent respiratory illness. There is no evidence that N95 is more effective compared to a surgical mask. It implies that all kinds of facemasks are ineffective in reducing illness. Face Masks simply do not work!*

*Furthermore, if there were any benefit to wearing a mask because of the blocking power of masks against droplets and aerosol particles, then there should be more benefit from wearing a respirator (N95) compared to a surgical mask, yet several large meta-analyses, and all the RCTs, prove that there is no such relative benefit. It simply helps us reach the conclusion that:*

*“Masks and Respirators do not work!”*

## DOES FACE MASK REDUCE INFECTION IN SURGURIES?

*It is a medical culture to wear a face mask while performing surgeries and it is firmly followed by the surgeons, but its benefits have not been confirmed. A meta-analysis was done by Cochrane Collaboration to evaluate the efficacy of facemasks during surgeries. This organization is one of the unbiased organizations and brings out top-grade research. The Cochrane Collaboration researched to find out whether it is beneficial for the surgeons to perform surgeries wearing the mask or not. They gathered all the randomized control trials and concluded that wearing a face mask during surgeries does not reduce the incidence of infections.*

- *Meta-Analysis: Marina Vincent “Disposable surgical face masks for preventing surgical wound infection in clean surgery” Cochrane Database of Systematic Reviews (2016) <sup>[2]</sup>*

*Background of the Analysis: Surgeons and nurses performing clean surgery wear disposable face masks. The purpose of face masks is thought to be two-fold: to prevent the passage of germs from the surgeon’s nose and mouth into the patient’s wound and to protect the surgeon’s face from sprays and splashes from the patient. Face masks are thought to make wound infections after surgery less likely. This review aimed to find out if wearing disposable face masks increases or decreases the number of cases of wound infection after clean surgery.*

*Results of the Analysis: We included three trials, involving a total of 2106 participants. There was no statistically significant difference in infection rates between the masked and unmasked group in any of the trials. All three studies showed that wearing a face mask during surgery neither increases nor decreases the number of wound infections occurring after surgery. We conclude that there is no clear evidence that wearing disposable face masks affects the likelihood of wound infections developing after surgery.*

- *Systematic Review: Charlie Da Zhou “Unmasking the surgeons: the evidence base behind the use of facemasks in surgery” Journal of the Royal Society of Medicine (2015) <sup>[16]</sup>*

*From the Review: There is a lack of substantial evidence to support claims that facemasks protect either patient or surgeon from infectious contamination.*

- *Systematic Review: Zahid M. Bahli “Does evidence-based medicine support the effectiveness of surgical facemasks in preventing postoperative wound infections in*

*elective surgery?” Journal of Ayub Medical College (2009) [17]*

*From the Review: No significant difference in the incidence of postoperative wound infection was observed between masks group and groups operated with no masks. There was no increase in infection rate in 1980 when masks were discarded. In fact, there was significant decrease in infection rate*

- *Randomized Control Trial: Joan Webster “Use of face masks by non-scrubbed operating room staff: a randomized controlled trial” ANZ Journal of Surgery (2010) [18]*

*From the Abstract: The purpose of this study was to assess the impact on surgical site infections (SSIs) when non-scrubbed operating room staff did not wear surgical face masks. Eight hundred twenty-seven participants undergoing elective or emergency obstetric, gynecological, general, orthopedic, breast or urological surgery in an Australian tertiary hospital were enrolled. Operating room lists were randomly allocated to a ‘Mask group’ (all non-scrubbed staff wore a mask) or ‘No Mask group’ (none of the non-scrubbed staff wore masks).*

*Results of the Study: Overall, 83 (10.2%) surgical site infections were recorded; 46/401 (11.5%) in the Masked group and 37/410 (9.0%) in the No Mask group. Surgical site infection rates did not increase when non-scrubbed operating room personnel did not wear a face mask.*

*Comments: You can see the rate of infection was higher in masked group (11.5% in mask group compared to 9% in non-mask group). Therefore, the chances of infection will not be lessened, rather they can be increased.*

#### *How can the Infection Rate Increase by Wearing Face Masks?*

*When we wear a mask, speaking and breathing at the same time, the concerned area covering our nose and face becomes a little warm and humid. Humidity and warmth create a very conducive atmosphere for germs, bacteria, and other infections to flourish. If you wear a mask for one hour continuously then the atmosphere created at this juncture becomes very conducive for the growth of infections of all kinds.*

- *Liu Zhiqing “Surgical masks as source of bacterial contamination during operative procedures” Journal of Orthopaedic Translation (2018) [19]*

*Background of the Study: Surgical masks (SMs) are used to reduce bacterial shedding from the mouth, nose, and face. This study aimed to investigate whether SMs may be a potential source of bacterial shedding leading to an increased risk of surgical site*

*infection.*

*Methods of the Study: Bacterial contamination of the SMs was tested by making an impression of the external surface of the mask on sterile culture media immediately. We investigated the difference in bacterial counts between the SMs worn by surgeons and those placed unused in the operating room (OR), and the bacterial count variation with indicated wearing time.*

*Results of the Study: The bacterial count on the surface of SMs increased with extended operating times; significant difference was found between the 4- to 6-hour and 0-hour groups. When we analyzed the bacterial counts from the same surgeon, a significant increase was noted in the 2-hours group. Moreover, the bacterial counts were significantly higher among the surgeons than the OR. Additionally, the bacterial count of the external surface of the second mask was significantly higher than that of the first one.*

*Conclusion from the Study: “The source of bacterial contamination in SMs was the body surface of the surgeons rather than the OR environment.” “Surgical Masks could bear more bacteria with extended wearing time and could become the source of shed-induced infection during operation.”*

#### QUESTION:

*“According to the available top-grade evidence it is clear that face masks or respirators do not help in prevention of respiratory illness. But even after reading the data, if a medical officer or healthcare worker is adamant to wear a facemask or flaunt the benefits of facemask?”*

*Answer: If a medical officer or healthcare worker is adamant to wear a facemask or flaunt the benefits of facemask by ignoring the science, it implies that they are following a deliberately enforced superstitious ritual that has no logic and rationality. It is a senseless practice. Such healthcare practitioners are a threat to evidence-based medicine, a threat to real science, and their superstitious practice is harmful for public health. A similar perspective article was published in the New England Journal of Medicine which indicates that many healthcare practitioners are actually superstitious and fail to apply science and research.*

- *Michael Klompas “Universal Masking in Hospitals in the Covid-19 Era” New England Journal of Medicine (2020) [20]*

*From the Perspective Article: 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, particularly in light of the worldwide mask shortage, but it is difficult to get clinicians to hear this message in the heat of the current crisis.*



## FACEMASKS MAY INCREASE THE RISK OF “COVID-19”

- Kiva A. Fisher “Community and Close Contact Exposures Associated with COVID-19 Among Symptomatic Adults ≥18 Years in 11 Outpatient Health Care Facilities” Centers for Disease Control (2020) [21]

### Community and Close Contact Exposures Associated with COVID-19 Among Symptomatic Adults ≥18 Years in 11 Outpatient Health Care Facilities — United States, July 2020

Kiva A. Fisher, PhD<sup>1</sup>; Mark W. Tenforde, MD, PhD<sup>1,2</sup>; Leora R. Feldstein, PhD<sup>1</sup>; Christopher J. Lindsell, PhD<sup>3,4</sup>; Nathan I. Shapiro, MD<sup>5,6</sup>; D. Clark Fries, MD<sup>3,6</sup>; Kevin W. Gibbs, MD<sup>3,6</sup>; Heidi L. Erickson, MD<sup>3,7</sup>; Matthew E. Prekker, MD<sup>3,7</sup>; Jay S. Steingrub, MD<sup>3,8</sup>; Matthew C. Exline, MD<sup>3,9</sup>; Daniel J. Henning, MD<sup>3,10</sup>; Jennifer G. Wilson, MD<sup>3,11</sup>; Samuel M. Brown, MD<sup>3,12</sup>; Ihan D. Peltan, MD<sup>3,12</sup>; Todd W. Rice, MD<sup>3,4</sup>; David N. Hager, MD, PhD<sup>3,13</sup>; Adir A. Glode, MD<sup>3,14</sup>; H. Keipp Talbot, MD<sup>3,4</sup>; Jonathan D. Casey, MD<sup>3,4</sup>; Carlos G. Grijalva, MD<sup>3,4</sup>; Brendan Flannery, PhD<sup>1</sup>; Manish M. Patel, MD<sup>1</sup>; Wesley H. Self, MD<sup>3,4</sup>; IVY Network Investigators; CDC COVID-19 Response Team

TABLE. (Continued) Characteristics of symptomatic adults ≥18 years who were outpatients in 11 academic health care facilities and who received positive and negative SARS-CoV-2 test results (N = 314)<sup>a</sup> — United States, July 1–29, 2020

Characteristic	No. (%)		P-value
	Case-patients (n = 154)	Control participants (n = 160)	
Previous close contact with a person with known COVID-19 (missing = 1)			
No	89 (57.8)	136 (85.5)	<0.01
Yes	65 (42.2)	23 (14.5)	
Relationship to close contact with known COVID-19 (n = 88)			
Family	33 (50.8)	5 (21.7)	<0.01
Friend	9 (13.8)	4 (17.4)	
Work colleague	11 (16.9)	6 (26.1)	
Other**	6 (9.2)	8 (34.8)	
Multiple	6 (9.2)	0 (0.0)	
Reported use of cloth face covering or mask 14 days before illness onset (missing = 2)			
Never	6 (3.9)	5 (3.1)	0.86
Rarely	6 (3.9)	6 (3.8)	
Sometimes	11 (7.2)	7 (4.4)	
Often	22 (14.4)	23 (14.5)	
Always	108 (70.6)	118 (74.2)	

A survey conducted by over a dozen medical institutions for The US Centre for Disease Control showed that 85% of those who contracted COVID-19 during July among the study group either “always” or “often” wore face coverings within the 14 days before they were infected.

More than 70% of those outpatient individuals who tested positive reported always wearing masks. Just 3.9 percent of the participants never wore a mask.

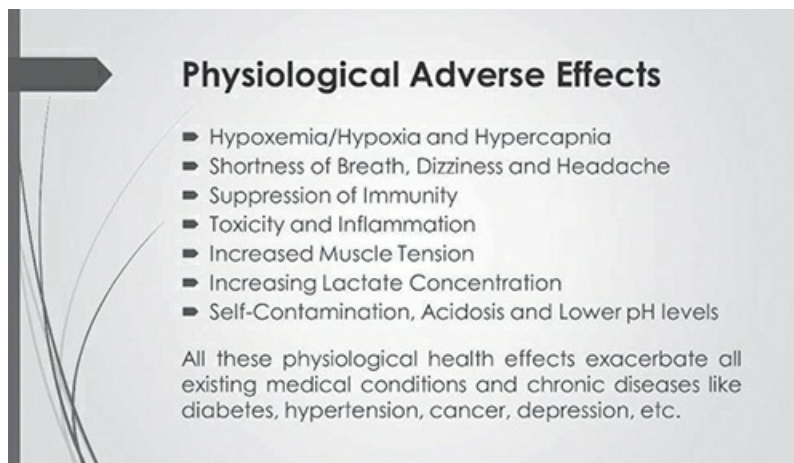
## PHYSIOLOGICAL HARMS CAUSED BY FACE MASKS

### *Physiology of Breathing:*

*Breathing is one of the most important physiological functions to sustain life and health. The human body requires a continuous and adequate oxygen (O<sub>2</sub>) supply to all organs and cells for normal function and survival. Breathing is also an essential process for removing metabolic byproducts [carbon dioxide (CO<sub>2</sub>)] occurring during cell respiration.*

*It is well established that acute significant deficit in O<sub>2</sub> (hypoxemia) and increased levels of CO<sub>2</sub> (hypercapnia) even for few minutes can be severely harmful and lethal, while chronic hypoxemia and hypercapnia cause health deterioration, exacerbation of existing conditions, morbidity and ultimately mortality. Emergency medicine demonstrates that 5–6 minutes of severe hypoxemia during cardiac arrest will cause brain death with extremely poor survival rates.*

*On the other hand, chronic mild or moderate hypoxemia and hypercapnia such as from wearing facemasks resulting in shifting to higher contribution of anaerobic energy metabolism, decrease in pH levels and increase in cells and blood acidity, toxicity, oxidative stress, chronic inflammation, immunosuppression, and health deterioration.<sup>[22]</sup>*



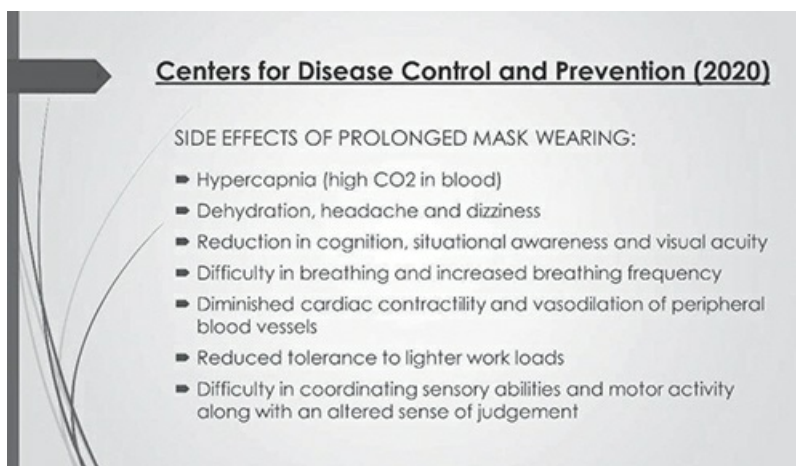
*Wearing a facemask mechanically restricts breathing by increasing the resistance of air movement during both inhalation and exhalation process. The prolonged and continuous effect of wearing a facemask is maladaptive and could be detrimental for health. In normal conditions at the sea level, air contains 20.93% O<sub>2</sub> and 0.03% CO<sub>2</sub>, providing partial pressures of 100 mmHg and 40 mmHg for these gases in the arterial blood, respectively. These gas concentrations are significantly altered when breathing occurs through facemask. Trapped air remaining between the mouth, nose and the*

*facemask is rebreathed repeatedly in and out of the body, containing low O<sub>2</sub> and high CO<sub>2</sub> concentrations, causing hypoxemia and hypercapnia.<sup>[23]</sup>*

*Severe hypoxemia may also provoke cardiopulmonary and neurological complications and is considered an important clinical sign in cardiopulmonary medicine. Low oxygen content in the arterial blood can cause myocardial ischemia, serious arrhythmias, right or left ventricular dysfunction, dizziness, hypotension, syncope, and pulmonary hypertension.<sup>[24]</sup> Chronic low-grade hypoxemia and hypercapnia as result of using facemask can cause exacerbation of existing cardiopulmonary, metabolic, vascular, and neurological conditions. In addition to hypoxia and hypercapnia, breathing through facemask residues bacterial and germs components on the inner and outside layer of the facemask. These toxic components are repeatedly rebreathed back into the body, causing self-contamination. Breathing through face masks also increases temperature and humidity in the space between the mouth and the mask, resulting in a release of toxic particles from the mask's materials. Rebreathing contaminated air with high bacterial and toxic particle concentrations along with low O<sub>2</sub> and high CO<sub>2</sub> levels continuously challenges the body homeostasis, causing self-toxicity and immunosuppression. <sup>[7,19,23,24,25]</sup>*

*OSHA Respiratory Protection Standards from the US Department of Labor states that breathing air with oxygen concentration below 19.5% is considered oxygen-deficiency, causing physiological and health adverse effects. These include increased breathing frequency, accelerated heart rate and cognitive impairments related to thinking and coordination. A chronic state of mild hypoxia and hypercapnia has been shown as the primary mechanism for developing cognitive dysfunction based on animal studies and studies in patients with chronic obstructive pulmonary disease. <sup>[26]</sup>*

### **CDC Admits the Risk of Hypercapnia by Prolonged Masking**



**Centers for Disease Control and Prevention (2020)**

**SIDE EFFECTS OF PROLONGED MASK WEARING:**

- Hypercapnia (high CO<sub>2</sub> in blood)
- Dehydration, headache and dizziness
- Reduction in cognition, situational awareness and visual acuity
- Difficulty in breathing and increased breathing frequency
- Diminished cardiac contractility and vasodilation of peripheral blood vessels
- Reduced tolerance to lighter work loads
- Difficulty in coordinating sensory abilities and motor activity along with an altered sense of judgement

- Jon Williams “The Physiological Burden of Prolonged PPE Use on Healthcare Workers during Long Shifts” Centers for Disease Control and Prevention (2020) <sup>[27]</sup>

*From the Blog: “Using a Filtering Facepiece Respirators (FFR) for an extended period may cause dizziness (as well as other symptoms), which could compromise the worker, workplace, and patient safety. Dizziness is an important warning sign, as it can be caused by dehydration, hyperventilation (gasping for breath), elevated carbon dioxide [CO<sub>2</sub>] levels in the blood, low blood sugar, and anxiety, among other things.”*

*“Respirator wearers should be aware of the potential physiological impact of using each type of respirator.” “An N95 FFR user is always going to experience some level of difficulty breathing or breathing resistance.” “Enough breathing resistance could result in a reduction in the frequency and depth of breathing, known as hypoventilation (the opposite of hyperventilation).” “Hypoventilation is a primary cause of significant discomfort while wearing an N95 FFR.” “When HCWs are working longer hours without a break while continuously wearing an N95 FFR, blood CO<sub>2</sub> levels may increase past the 1-hour mark, which could have a significant physiological effect on the wearer.*

#### *Wearing Cloth Face Mask May Increase Illness by 13 times*

- Randomized Control Trial: C. R. MacIntyre “A cluster randomised trial of cloth masks compared with medical masks in healthcare workers” Infectious diseases (2015) <sup>[7]</sup>

*Results from the Trial: The rates of all infection outcomes were highest in the cloth mask arm, with the rate of ILI statistically significantly higher in the cloth mask arm compared with the medical mask arm. Cloth masks also had significantly higher rates of ILI compared with the control arm. An analysis by mask use showed ILI and laboratory-confirmed virus were significantly higher in the cloth masks group compared with the medical masks group.*

*Conclusions from the Trial: This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection (by wearing of cloth masks).*

#### *Health Care workers develop New Headaches due to Mandatory PPE during Covid-19 “outbreak”*

- Jonathan J.Y. “Headaches Associated with Personal Protective Equipment – A Cross-Sectional Study Among Frontline Healthcare Workers During COVID-19” The Journal of Head and Face Pain (2020) <sup>[28]</sup>

*Results of the Study: A total of 158 healthcare workers participated in the study. Participants included nurses, doctors, and paramedical staff. Out of 158 respondents, 128 (81.0%) respondents developed de novo PPE-associated headaches. Since COVID-19 outbreak, 42/46 (91.3%) of respondents with pre-existing headache diagnosis either “agreed” or “strongly agreed” that the increased PPE usage had affected the control of their background headaches, which affected their level of work performance.*

*Conclusion of the Study: Most healthcare workers develop de novo PPE-associated headaches or exacerbation of their pre-existing headache disorders.*

- E. C. H. Lim “Headaches and the N95 facemask amongst healthcare providers” *Acta Neurologica Scandinavica* (2006) <sup>[29]</sup>

*Background of the Study: During the 2003 severe acute respiratory distress syndrome epidemic, healthcare workers mandatorily wore the protective N95 facemask. We administered a survey to healthcare workers to determine risk factors associated with development of headaches (frequency, headache subtypes and duration of face-mask wear) and the impact of headaches (sick days, headache frequency and use of abortive/preventive headache medications).*

*Results of the Study: In the survey, 212 healthcare workers of mean age 31 years participated. Of the 79 (37.3%) respondents who reported face-mask-associated headaches, 26 (32.9%) reported headache frequency exceeding six times per month. Six (7.6%) had taken sick leave from March 2003 to June 2004 (mean 2 days; range 1-4 days) and 47 (59.5%) required use of abortive analgesics because of headache. Four (2.1%) took preventive medications for headaches during this period. Multivariate logistic regression showed that pre-existing headaches and continuous use of the N95 facemask exceeding 4 hours were associated with development of headaches.*

*Conclusions of the Study: Healthcare providers may develop headaches following the use of the N95 facemask. Shorter duration of face-mask wear may reduce the frequency and severity of these headaches.*

#### *The Oxygen Saturation Level of Surgeons Reduces 1% after 60 minutes by Continuous Wearing of Face Masks during Surgery*

- A. Beder “Preliminary report on surgical mask induced deoxygenation during major surgery” *Neurocirugia* (2008) <sup>[30]</sup>

*Objectives of the Study: To evaluate whether the surgeons’ oxygen saturation of*

hemoglobin was affected by the surgical mask or not during major operations.

*Methods of the study:* Repeated measures, longitudinal and prospective observational study was performed on 53 surgeons using a pulse oximeter pre and postoperatively.

*Results of the Study:* Our study revealed a decrease in the oxygen saturation of arterial pulsations (SpO<sub>2</sub>) and a slight increase in pulse rates compared to preoperative values in all surgeon groups. The decrease was more prominent in the surgeons aged over 35.

*Conclusions of the Study:* Considering our findings, pulse rates of the surgeon's increase and SpO<sub>2</sub> decrease after the first hour. This early change in SpO<sub>2</sub> may be either due to the facial mask or the operational stress. Since a very small decrease in saturation at this level reflects a large decrease in PaO<sub>2</sub>, our findings may have clinical value for the health workers and the surgeons.

*Comments:* This study proved that surgeons that wore a mask in surgery for an hour had significant reductions in blood oxygen saturation. This is relevant because most of the people are being forced to wear face masks at work for the whole shift, long journeys on public transport, and in public places, etc. It will lead to a lot of health complications.

#### *The Partial Pressure of Oxygen of Patients Reduces Significantly after 4 hours of wearing N95 Face Masks during Hemodialysis*

- Tze-Wah Kao "The physiological impact of wearing an N95 mask during hemodialysis as a precaution against SARS in patients with end-stage renal disease." *Journal of the Formosan Medical Association* (2004) <sup>[23]</sup>

*Methods of Study:* End Stage Renal Disease (ESRD) patients who received regular Hemodialysis (HD) at National Taiwan University Hospital between April to June 2003 were enrolled. Each patient wore a new N95 mask during HD (4 hours). Vital signs, clinical symptoms and arterial blood gas measured before and at the end of HD were compared.

*Results of the Study:* Thirty-nine patients were recruited for participation in the study. 70% of the patients showed a reduction in partial pressure of oxygen (PaO<sub>2</sub>), and 19% developed various degrees of hypoxemia. Wearing an N95 mask significantly reduced the PaO<sub>2</sub> level, increased the respiratory rate, and increased the occurrence of chest discomfort, and respiratory distress.

*Conclusion of the Study:* Wearing an N95 mask for 4 hours during HD significantly

*reduced PaO<sub>2</sub> and increased respiratory adverse effects in ESRD patients.*

*Face Masks may Enhance the Development of Tumours [31, 32,33]*

*Hypoxia appears to enhance inflammation and increase invasion and migration of GBM stem cells (a specific malignant subpopulation of tumour cells). Because GBM stem cells are such fast-growing tumours, they quickly outgrow their blood supply, leading to inadequate blood flow into the tumour and frequent necrosis (the final stage of cell death). This is especially dangerous for people with cancer, especially with metastases.*

*Hypoxia within the primary tumour is one of the causal factors associated with the development of metastases. Increased hypoxic response in tumour cells is associated with an elevated tumour stage and poor prognosis in various cancer types and has recently been associated with the formation of pre-metastatic (premetastatic) niches in breast cancer.*

*THINK ABOUT IT:*

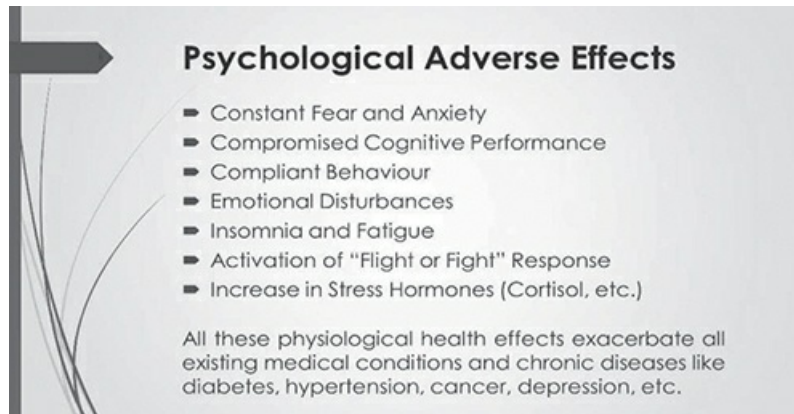
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*“When a common person wears a facemask for 8 hours a day, 5 days a week, and 36 weeks a year, then what will be the amount of detrimental impact it will cause to their health by constantly being under a self-created low oxygen zone of trapped exhaled air.”*

## PSYCHOLOGICAL HARMS CAUSED BY FACE MASKS

*"Mask and Isolation Kills, Love and Compassion Heals"*

- Dr. Kamalpreet Singh



*Wearing a face mask has negative psychological effects. Basic human-to-human connectivity through face expression is compromised and self-identity is eliminated to some extent. It is a form of dehumanization. This erases the uniqueness and individuality of the person wearing the face mask as well as the connected person. Social connection is a basic human need which is intrinsically inherited in all people. Reduction in human connection is associated with poor mental and physical health. The prevalence of loneliness has been increasing in the last few decades and people are becoming socially isolated. Poor social connections, isolation, and loneliness are considered significant health related risk factors. [34,35,36]*

*Wearing face masks causes hypoxic and hypercapnic state that constantly challenges the normal homeostasis and activates "fight or flight" stress response. The acute stress response includes activation of nervous, endocrine, cardiovascular, and the immune systems. These include activation of the limbic part of the brain, release stress hormones (adrenalin, neuro-adrenalin, and cortisol), changes in blood flow distribution (vasodilation of peripheral blood vessels and vasoconstriction of visceral blood vessels) and activation of the immune system response (secretion of macrophages and natural killer cells).*

*Confronting people who wear facemasks activates inherent stress-fear emotion, which is innate to all humans during situations of danger, situations with unpredictable outcomes, and situations that might threaten life. An acute stress response (seconds to minutes) is an adaptive reaction to challenges and part of the survival mechanism. However, a chronic and prolonged state of stress-fear is maladaptive and has*



*detrimental effects on physical and mental health. The continuously activated stress-fear response causes the body to operate in survival mode, leading to increased blood pressure, increased inflammation, and suppression of the immune system. All these factors exacerbate the major health issues including hypertension, heart disease, diabetes, cancer, anxiety, depression, and ultimately increasing the risk for premature mortality.*

*Loneliness and Reduced Social Connection due to Irrational Measures like Isolation, Distancing, and Masks is Detrimental and can Increase the Risk of Mortality as much as 50%*

- *Systematic Overview: N. Leigh-Hunt “An overview of systematic reviews on the public health consequences of social isolation and loneliness” Public Health (2017) [34]*

*Results of Overview: Eight databases were searched from 1950 to 2016 for English language reviews covering social isolation and loneliness. Forty systematic reviews of mainly observational studies were identified. Meta-analyses have identified a significant association between social isolation and loneliness with increased all-cause mortality and social isolation with cardiovascular disease.*

- *Meta-Analysis: J. Holt-Lunstad “Social relationships and mortality risk: a meta-analytic review” PLoS Medicine (2010) [35]*

*Results of the Analysis: Across 148 studies (308,849 participants), the random effects weighted average effect size was  $OR = 1.50$ , indicating a 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, health status, cause of death, and follow up period. Comments: Poor social relationships were associated with a 50% increased risk of mortality. Importantly, the increased risk for mortality was found comparable to smoking and exceeding well-established risk factors such as obesity and physical inactivity.*

- *Meta-Analysis: Eran Shor “Social contact frequency and all-cause mortality: A meta-analysis and meta-regression” Social Science & Medicine (2015) [36]*

*Description of the Analysis: Data was obtained from 91 studies published between 1979 and 2008 on about 400,000 persons covering a total of 17 countries from North America, Europe, and East Asia.*

*Results from the Study: We conducted a meta-analysis and meta-regression of the relationship between social contact frequency and all-cause mortality. The risk of death*

for people with lower social contact levels was 13% higher than the risk among those with higher levels of social contact.

THINK ABOUT IT:

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*“Covid-19 patients were said to have difficulty in breathing and low oxygen saturation during the peak pandemic months (the second wave). Simultaneously, the masses were forced to wear masks throughout the days, weeks, and seasons. Also, the evidence shows that wearing masks can increase difficulty in breathing and decrease the levels of oxygen saturation. Don’t you think that the continuous wearing of masks had a role to play in manufacturing the so-called second wave? Does wearing a facemask contribute to the process of converting a healthy person into a patient of ‘Covid-19’?”*

*“Find out the answer by performing an experiment at your home. Check your oxygen saturation level with an oximeter. Then wear a mask for a duration of 1 hour or more and then again check your oxygen saturation level. You’ll not be surprised.”*

## CONSTANT USE OF FACEMASK MAY LEAD TO DEATH

- Article: Baskaran Chandrasekaran “Exercise with facemask; Are we handling a devil’s sword? - A physiological hypothesis” Medical Hypothesis (2020) <sup>[22]</sup>

*From the Abstract: Exercising with facemasks may reduce available Oxygen and increase air trapping preventing substantial carbon dioxide exchange. The hypercapnic hypoxia may potentially increase acidic environment, cardiac overload, anaerobic metabolism, and renal overload, which may substantially aggravate the underlying pathology of established chronic diseases. Further contrary to the earlier thought, no evidence exists to claim the facemasks during exercise offer additional protection from the droplet transfer of the virus.*

- News: “Two boys drop dead in China while wearing masks during gym class” New York Post (2020) <sup>[37]</sup>



*Two Chinese boys dropped dead within a week of one another while wearing face masks during gym class, according to a report. The students, who were both 14, were each running laps for a physical examination test when they suddenly collapsed on the track. One of the teens was only minutes into his gym class when he fell backward April 24 at Dancheng Caiyuan Middle School in Henan province, according to the outlet.*

*“He was wearing a mask while lapping the running track, then he suddenly fell backwards and hit his head on the ground,” his father, who was only identified as Li, told the outlet. His dad said teachers and students tried to help him, to no avail. The death certificate listed the cause as sudden cardiac arrest, but no autopsy was performed, the outlet said.*

*The boy’s father said he believes that the mask his son was required to wear to school played a role in his death. “I suspect it was because he was wearing a mask,” he said,*

adding that “it couldn’t have been comfortable wearing a mask while running.”

Six days after his death, the second student collapsed at Changsha’s Xiangjun Future Experimental School in Hunan province, the outlet reported. He had been wearing an N95 respirator and running a 1,000-meter exam when the fatal incident occurred, the report said.

- News: “Jogger Runs Couple of Miles While Wearing Mask, Ends Up With Burst Lungs” International Business Times (2020)[38]



A Chinese jogger suffered from collapsed lungs after performing a 2.5 mile run in the city of Wuhan, the place where the novel coronavirus was allegedly first detected. He is said to be wearing a face mask while running the entire stretch, Wuhan hospital officials told state media Monday.

Officials of the Wuhan Central Hospital stated the 26-year-old man suffered shortness of breathing while running Thursday. Initial tests showed that his left lung had shrunk by around 90% and his heart also moved to the right section of his body. A collapsed lung, known as pneumothorax, happens when air leaks outside the lungs.

Medical professionals believe the life-threatening condition may have been caused by his wearing a mask while jogging. In an interview with doctors who treated the man, it was revealed that he began running about two weeks ago, gradually increasing the distance covered with each run. He was wearing a mask each time he ran because of the seriousness of the coronavirus pandemic.

- News: “Driver wearing N95 mask for ‘several hours’ passes out, crashes into pole, police say” (2020) [39]

*A driver who police believe was wearing an N95 mask for several hours passed out Thursday while driving his car in Lincoln Park and crashed into a pole. The driver, who was not severely injured, was the only person in car and passed out due to "insufficient oxygen intake/excessive carbon dioxide intake," police said.*



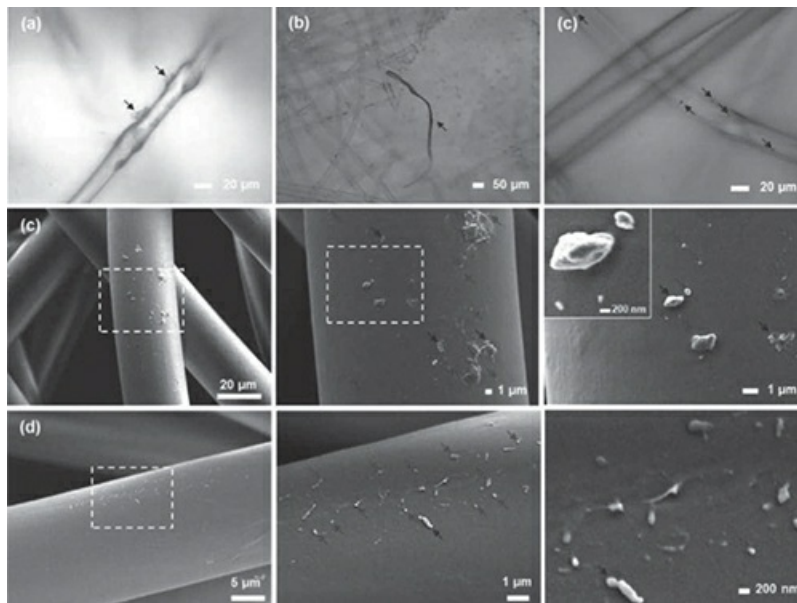
*"Motorists and the public alike are reminded that while masks should be used in public settings to help prevent the spread of COVID-19, they are not necessary outdoors when social distancing can be maintained, and especially not necessary when driving a vehicle with no additional occupants," the dept said in the post.*

## FACE MASKS CAUSE PLASTIC CONTAMINATION

*Face masks are made of materials that are toxic. Breathing these synthetic chemicals and nano-fibers will take a toll on a person's health, causing short and long-term problems. New studies are emerging about the future cancer risks from these microfibers (nanoparticles) that can lodge in the lungs similar to asbestos. Asbestos is banned due to the risks associated with mesothelioma.*

### *Microscopic Nanofibers and Particles Inhaled from Face Masks may lead to Cancer*

- Jie Han “Need for assessing the inhalation of micro(nano)plastic debris shed from masks, respirators, and home-made face coverings during the COVID-19 pandemic” *Environmental Pollution* (2020) <sup>[40]</sup>



*We can see graphic visual evidence of nanoparticle fibers on facemasks. These nanofibers and particles are potential carcinogens and, as researchers fear, may act as irritants in the alveoli of the lungs similar to asbestos.*

*There is a great potential for harm that may arise from public policies forcing mask use on the wider population. The following questions arise:*

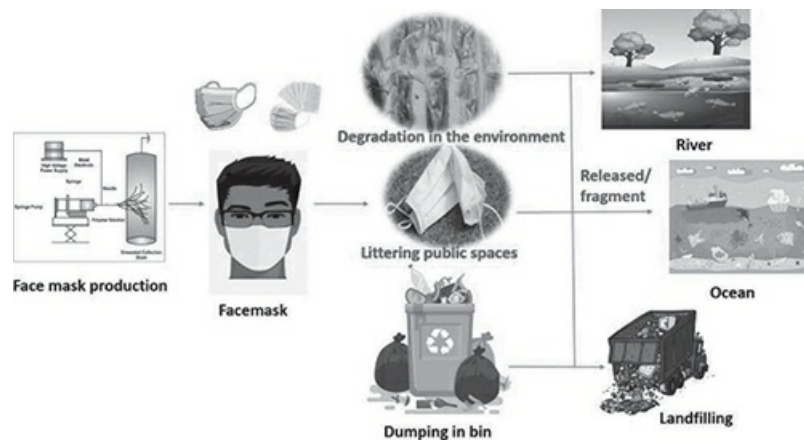
- *Can masks shed fibers or micro plastics that we breathe in? Do these masks excrete chemical substances that are harmful?*
- *Can masks excrete chemicals or fumes when heated, either with body heat, sunlight,*

or other sources of heat?

- Can these masks be properly disposed of, or would they ever decompose? Will the accumulation of plastic garbage in water bodies not affect aquatic and human life?

### *Face Masks are a Threat to Environment*

- Oluniyi O.Fadare “Covid-19 face masks: A potential source of microplastic fibers in the environment” *Science of The Total Environment* (2020) <sup>[41]</sup>



*From the Article: “The increase in production and consumption of face masks across the world has given rise to a new environmental challenge, adding to the vast plastic and plastic particle waste in the environment. Some of these materials are getting into waterways from where they reach the freshwater and marine environment adding to the presence of plastics in the aquatic medium.”*





*“For instance, OceansAsia, an organization committed to advocacy and research on marine pollution, reported in February 2020, the presence of face masks of different types and colours in an ocean in Hong Kong. Also, the collection of face masks along a highway and drainage in Ile-Ife, Nigeria, on May 5, 2020. This new emergence of face masks as environmental litter both in the terrestrial and aquatic environment is a piece of evidence that the global pandemic has not in any way reduced the challenge of increasing plastic pollution in the environment.”*

#### **QUESTION:**

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*“According to the available top-grade evidence it is clear that face masks or respirators do not help in prevention of respiratory illness. However, there is enough evidence that wearing facemasks can cause detrimental health effects besides psychological and emotional troubles. But why is wearing a mask being recommended by most medical organizations?”*

*Answer: In light of medical research, there is no scientific rationale as to why public-health authorities would recommend wearing masks on such a large scale. By making mask-wearing recommendations and policies for the general public, governments and public health authorities have ignored scientific evidence.*

*The rationale for promoting the use of face masks as a protective strategy is not clear given the fact that facemasks restrict breathing, causing hypoxemia and hypercapnia*



*and increase the risk for respiratory complications, self-contamination, and exacerbation of existing chronic conditions. A genuine government body would not make irrational policies that have the potential to cause harm.*

*However, what if the people in the government and public health authorities are compromised? What if the government is no longer working in the best of your interest? What if the government is not acting in good faith for the citizens? What if your ministers, mayors, governors, and representatives are actually the agents of pharmaceutical companies? What if the intention of the government is to make you sick? What if pharmaceutical companies have to sell their toxic drugs and therapies which require you to be sicker? What if you knew the truth about the corruption in the medical industry? What if you understand modern slavery?*

*Do you think that these medical organizations and governments are small little children who aren't able to review the scientific data and evidence correctly? Why do you think that thousands of doctors and scientists around the world are being silenced and censored? Why are they being vilified and investigated by their medical boards? Why have dozens of my videos been removed by YouTube, Facebook, Instagram, etc. The reason is that our government has compromised and the people in power are working with an agenda to make us sick and poor (and ultimately a slave).*

*As of now you have understood that face masks are ineffective in preventing any disease. But it's "just a mask", isn't it? Why can't we just wear it if everyone is wearing it and the government also mandated it. It "might" help? Please remember that we are not supposed to be sheep. We should not cause self-harm. As a logical and rational human, we must understand that we are neither supposed to follow a superstition nor act as a slave of government.*

*In the upcoming chapter we will try to understand the real psychology of facemasks which will help us in understanding the reason why the public health authorities ignored the real science and perpetuated a propaganda that brings them tons of money at the cost of degrading public health.*

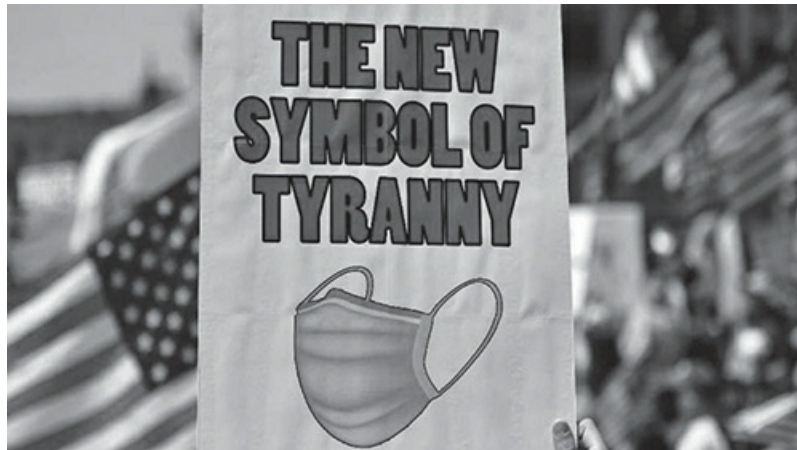
*"The governments, the mainstream media, and institutional propagandists have decided to operate in a science vacuum or selected only incomplete science that serves their interests."*

*- Dr. Denis G Rancourt, PhD*

## FROM "JUST A MASK" TO THE NEW WORLD ORDER

*"Masks are visible reminders of an otherwise invisible yet widely prevalent pathogen"*

- Michael Klompas, M.D.



1. *Media Virus*
2. *Mandatory Masks*
3. *Social Distancing*
4. *Lockdowns*
5. *Business Closures*
6. *Contact Tracing*
7. *Forced Testing*
8. *Mandatory Vaccine*
9. *Digital Currency*
10. *The New Normal*

*The implementation of tyranny being experienced around the world has come in the form of restrictions like forced masks, vaccines, lockdowns, business closures, travel limitations, contact tracing and mandatory testing. They brought us here one step at a time, hoping that we won't be able to decipher their agenda. The people who are trying to control the world, through totalitarian measures, did not implement these measures at once. They did it step by step. Otherwise, people would have revolted, and they knew it.*

*If they had directly told us to stay home, close our business, wear a mask, and vaccinate all at once, it would not have worked. The boiling frog syndrome is the classic example of this. If a frog is put in a pot of boiling water, it will immediately jump out, but if you put the same frog in a pot of cold water and then turn the heat on, the frog won't*

*realize it is being boiled since it's happening slowly, and it will be boiled to death. These restrictions are boiling us to death, and still, far too many people have no idea about what's happening. So many people still believe that the government is doing everything for our "safety".*



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The "experts" said that you need two weeks lockdown to prevent C19, they said you need six weeks masking to stop it, they said two vaccine shots will finish it, they said double boosters will just end it. And if you still believe these "experts", your belief is blind and harmful.

*When you observe all of those individual restrictions on a bigger level, you will identify a roadmap towards tyranny. You will understand that Covid-19 pandemic response was not about health or safety but about control and dictatorship. Tyranny could not come full-blown in one full swoop. It had to be implemented in phases, one step at a time.*

*There was an agenda here. They kept telling you the way to get out of this was to comply. What they were saying was that the only way they could fulfill their objective was by making you comply with each step - step one, then two, then three. First, you complied with the mask. Then you complied with lockdowns and forced business closures. Then you complied with the contact tracing. Then you complied with the forced testing. Then you complied with the government quarantine. You were even made to pay for your own government quarantine aka house arrest. Then you accepted their experimental vaccine to do your jobs, travel, go to gym, basically to go back to normal. Next, they are planning to bring in a central bank digital currency which you might feel forced to accept again.*

*In reality, the only way to get back to normal was to stop complying. The moment you said, "No, I will not go to that hotel for quarantine, or I will not wear that mask" they couldn't bring you to the next step. They couldn't get you to the vaccine certificate. They couldn't take your rights anymore. Again, their goal is to get you to comply. The only way to get out of this long mess is by simply not complying, and we call that united non-compliance. Let us now discuss the phases in which this whole orchestrated and pre-planned pandemic played out like a movie.*

## 1. MEDIA VIRUS:

*The tool to make the entire world terrified of some "terrible danger" is the news media.*

*With news media you can control exactly what the public thinks. The news controls the minds of the people. Most people brainlessly believe anything they hear on the news.*



*Take covid for an example: a disease with a survival rate of 99.97%. Yet, the news media inflicted such terror on the minds of the masses, that many drove around in their cars, all by themselves, wearing a dirty cloth over their mouth that keeps pure air out, and toxic air in. They even brought their babies and begged to inject them with an experimental gene-altering cocktail of various undisclosed toxins. People will literally do anything, no matter how devastating it is to their health, their loved ones, and their fellow citizens, as long as it goes along with the popular mainstream narrative and inclines with the hypnotizing mantra "this will keep you safe". Because of this, it has become a piece of cake for criminal rulers to submit the masses to their fingertips. This is especially true since they have full control over all mainstream media. They acquired it for this very reason: to invade the mind of masses and program it according to their agenda.*



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Labelling something you don't know as a 'conspiracy theory' is a sign of ignorance and cowardice. It shows that you have no zeal to investigate the truth. You have completely outsourced your brain to the TV, and you know nothing more than a google search to find the real facts.

*Although the lust for world domination has been the common theme throughout history,*

*in our day, mind control has reached such a supreme level that many don't even believe there is a plan to rule the world. "Hahaha, that's a conspiracy theory", they echo loudly, brainlessly repeating what the "Lord of the News" has told them. Those who know history are stunned by such a display of stupidity, yet it is the perception of the majority of the public. If you try to explain how powerful people with unlimited financial resources are planning to dominate the world, then many will give you a blank stare, as if you just claimed the moon is one giant ball of vanilla ice cream.*

## *2. MANDATORY MASKS:*

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*Face masks are a constant reminder of a "dangerous" virus around. Even though, no one has seen it, no one has proven it to cause disease, but the face mask reminds us that there's a deadly virus and we must protect ourselves from it by doing what everyone else is doing, like a sheep.*

*People feel that they are protected and are protecting others by wearing a piece of cloth on their face. Isn't it senseless? The compliance with something that is nearly useless and has so many harmful effects is a dangerous form of submission, similar to surrender. Each freedom we let them chip away makes it easier for them to get compliance for the next overreach.*



*The mask is a visual representation of obedience. It's about compliance. It's about showing that you're a good little citizen living on your knees. They know that if they can make you do something so ridiculous like wearing a piece of cloth while being scared from a non-existing invisible virus, then guess what? You can be told to do anything. You've just diminished your self-respect and IQ to such a level that it is now easier for them to manipulate you again and again. That's what these masks are really about: perpetuating the idea that there's a scary pandemic, it's about showing your constant compliance and subjugation, even to things you know are against your interest, and it's*

*a way to divide society and crack down on rebels who are standing up against the oppression.*

*Why do you think they created the term anti-masker? “Oh! Dr. Singh is an anti-masker.” You must remember that humans are not meant to wear a mask. If you wear a mask, then you are a masker. If you do not wear a mask, you are simply a “human being”. By calling someone an anti-masker, they try to discredit their logical arguments against restrictions, losing our rights, forced business closures, destroying the economy and the consequences of lockdown. As soon as they call us an anti-masker, all the concerns that we raise simply don’t matter to the average person. It’s a tactic of psychological manipulation that they are using to weaken the people fighting for our collective rights and freedoms.*

*Mandatory masking can leave emotional scars on the minds of the children that may last many years. The social distancing and mask-wearing in schools keeps the children in a constant state of psychological and physiological trauma to the point where their mental and physical development is severely hampered. They need to be in a state of happiness, connection, and joy, not in a state of fear of the virus or the other children. They need to be able to interact with facial expressions for their growth and development. The evil tyrant forces know about this fact, and they are doing it on purpose to destroy the health of our children, de-structure society and break family units.*

*Some people intuitively know that masks don’t protect a person from illness and are, in fact, terrible for a person’s health, but they wear them anyway because they are scared of the government. We live in a society where the government has created so much distress in people’s lives that they are scared of what will happen to them if they don’t comply, and that’s exactly the position the government wants you in. They want you to be scared of them.*

*Most people are struck with the belief that if the majority of the people they see, listen, and hear are speaking about the virus, deaths, danger, etc. then it must exist. Most people fail to investigate the reality of the subject. People have entrusted their blind belief on TV anchors, celebrities, whitecoat doctors, etc. all those who can be easily bribed. I suggest everyone to only accept the information that is based on research, evidence, and experience along with an inner sense of satisfaction. Do not believe something just because the majority believes it to be true. Dig the evidence.*

*In case of ‘Covid-19’ plandemic, people were deliberately confused by providing conflicting information through televisions, fact-checkers, doctors, scientists, etc. For example, at first the World Health Organization (WHO) said that they don’t recommend*

wearing of face masks for general public and it should be only for healthcare workers. And, suddenly they changed their stance and said that it should be worn by everyone as it “might” prevent infection. They had no conclusive evidence on the effectiveness of wearing a face mask. Just because it is called “World” Health Organisation, people assume it must suggest the best measures based on top-grade evidence from the world. Most people don’t realise that the WHO is an unelected organisation of agents of pharmaceutical companies that works together with tyrannical forces to dominate the world and poison the population with toxic drugs and therapies.

Similarly, Dr. Anthony Fauci said that “Right now in United States, people should not be walking around with masks. There’s no reason to be walking around with masks. Often there are unintended consequences with the mask as they keep fiddling with the mask and touching their face”. And later, he started to recommend everyone to wear “two masks” instead of one, for better protection.

When they give you conflicting information and contradict themselves, they keep you totally confused so that you don’t know what to do next. When you are confused, you stop relying on your senses and accept instructions from others, and you accept every next solution they propose. The moment someone gives a contradictory statement, you must investigate the basis of the statement and if there’s no strong evidence of the claim, it should be marked as a red flag and no trust should be put in that person or organisation any further. Every move you take should be based on morality, reality, and rationality instead of public opinion and belief. You must verify the consistency and accuracy again and again.

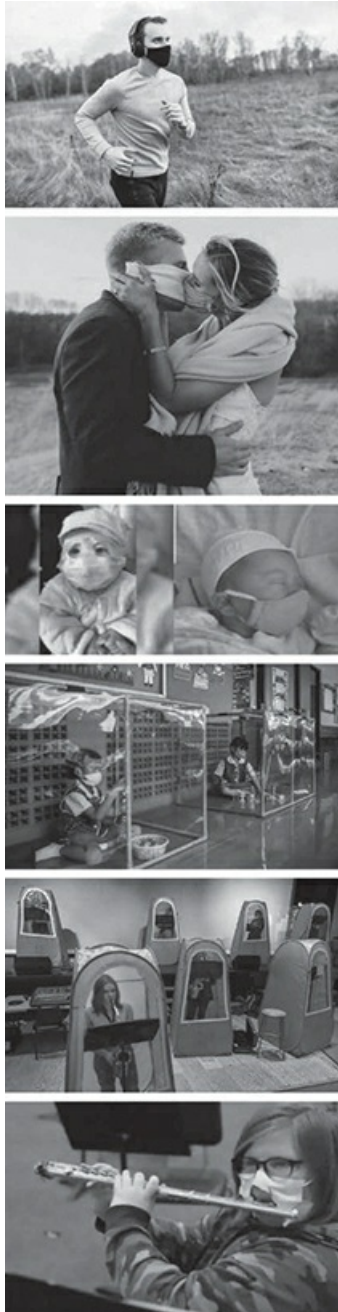
One of the ways to control the human mind is to feed fake information and repeat it through all the three senses (auditory, visual, and kinesthetic), leading one to believe it to be true and real. Here the modus operandi is very simple. Using all the three major senses for mongering fear of the disease:

- *Audio: Repeated warning messages through the caller tunes, mobile phone alerts, etc.*
- *Visual: Repeated 24x7 telecast of fabricated number of deaths and cases of Covid-19 through television channels.*
- *Kinesthetic: Mass wearing of face masks and sanitizing the hands several times in a day, social distancing, PPEs, etc.*

Repeated bombardment of fabricated information several times a day for several days continuously, leads to brainwashing, programming of the mind, disruption of logical thinking and absence of common sense. As a result, the mind of the masses gets corrupted to the extent that they are even ready to wrap their children in plastic, sanitize



*fruits and vegetables, and fear their family members after they come from work or school. A common sneeze is seen as an explosive bomb of widespread destruction. A weekly trip to the grandmother is seen as a serial killing event.*



*The brainwashing situation of ordinary people was so bad at one point that people were seen wearing masks even when swimming in a pool, exercising 'alone' in a park, or even driving a car with no one else inside. Some people even jumped out of the windows of their apartments when they got a 'positive' test.*



*Dead bodies of 'Covid-19' patients were packed and sealed, and the family members of the deceased were not allowed to see, open, wash, cremate or burn the body by themselves on the rationale that the dead body might spread the disease. It was just ridiculous and ruthless. No one dared to question "how can a dead body spread a virus?" It can't because it's dead.*

*In China, intelligent questioning is a crime. To ensure controlled behavior, everyone is constantly tracked by millions of surveillance cameras using facial recognition. Millions of tiny drones fly through the cities, monitoring every step of the Chinese people. Smartphones continually record every heartbeat, breath, conversation, and activity of every person. In other nations around the world, we see the same level of 24/7 super-surveillance being implemented during the pandemics. All this tyranny is disguised under the excuse of "for your safety".*



*Brainwashing is also witnessed in restaurants, where people keep on their mask when entering, but once seated at the table, their mask goes off. When they walk to the toilet, they put their mask back on; then once they sit back down, it comes off again.*

*These are a few of the completely insane behaviors being pushed by the World Economic Forum, the World Health Organization, the United Nations, and other tyrannical entities. It is exactly the same as the inhumane communist terrorism that tortures the Chinese people. We all know how those who divert from the propaganda of the Chinese government simply "disappear".*

*People sporting on the beach without a mask, swimming in the ocean without a mask, or camping out in the wilderness have been violently arrested in Spain, Germany, England, the Netherlands, and many other nations. Even people walking in their own backyard without a mask have been violently beaten by police.*

*The best way to deal with the mask mandate is everybody coming together and saying,*

*“I don’t want to wear a mask” and take it off and refuse to wear it anywhere you go. Everybody just simply says, “There’s no virus, we’re no longer wearing masks”, and there goes the basis of all the other restrictions. It’s that easy. But you have to make the effort to spread awareness in every way possible, organise and group with freedom fighters and stand up for your rights. If you just sit there and do nothing, things will not change.*

### **3. SOCIAL DISTANCING AND ISOLATION**

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*There is no evidence that social distancing or quarantine can prevent any illness. However, the evidence is immense that loneliness and alienation caused by lack of social contact is associated with increased illness and death rate. [34,35,36] So, what is social distancing about? It is about compliance. The next generation is being prepared for blind compliance, by teaching kids in schools to never ask questions, never criticize, and simply follow the rules.*



*This is plainly visible in the large numbers of little children - who are at no risk for covid whatsoever - riding their bicycles with masks on and playing in the park with masks, while keeping a “safe” distance from their friends. They are being programmed to be mindless, fearful servants of a controlling system that rejects all who use their brain as it was intended.*

*The complete eradication of every semblance of common sense is apparent when you*

*observe that in airports, travelers are required to maintain 6 feet of distance at all times, after which they are all stacked right next to each other for hours on end in a small, confined space.*



#### **4. LOCKDOWNS:**

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*Lockdowns were a euphemism for a wholesale shutting down of all social and most economic activities and locking up entire populations under house arrest. They were imposed on and off for two years with the goalposts of justification shifting from flattening the curve in 2-3 weeks to protecting the health system, waiting for the vaccine, and stopping the new variant. There is no evidence that lockdowns can prevent any disease.<sup>[42]</sup> Lockdowns were aimed at restricting our movement and instilling fear in our minds so that our ability to think and act was paused. It was also a violation to our freedoms of assembly. We could no longer go out to spend time with friends and family leading to immediate psychological impact on our physical and mental health. You can think about the old people in old-age homes, who only used to live with the hope of seeing their young ones. Their hearts were broken and many of them passed away in fear and loneliness.*

## 5. BUSINESS CLOSURES:

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*Forced business closures were not only a violation of our rights and the law, but they were also ethically wrong, ridiculous, and disgusting. Hundreds of thousands of businesses were lost around the world, millions of jobs were gone, economy crashed, inflation went skyrocketing, purchasing power suffered a tremendous hit.*

*The government knows that independent business owners enjoy financial freedom which needs to be snatched away from the people. They want to make people dependent on either the government subsidies, grants, or confine them to small paychecks for a regular job for corporations which work hand-in-hand with the government and tyrannical forces to enslave humanity.*

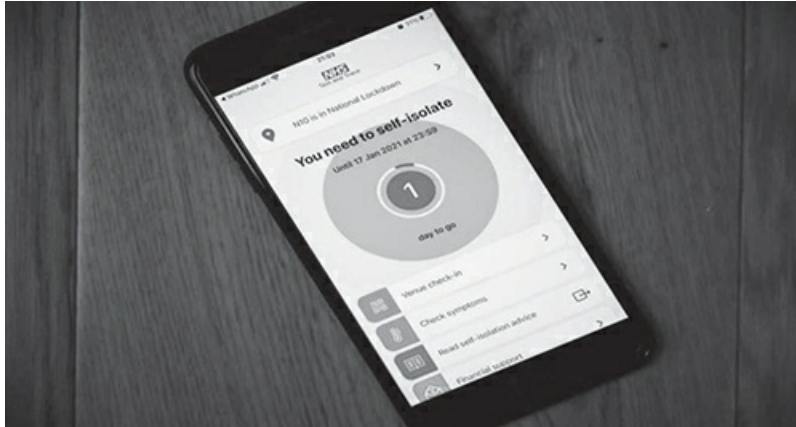
## 6. CONTACT TRACING:

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*The idea of Contact tracing is absolutely disgusting. They fool you that you're helping and doing your part to prevent the spread of transmission of a disease. But of course, that's a lie. What is contact tracing actually about? You're giving up your right to privacy and mobility. You are giving the government a reason to quarantine you against your will whenever they choose to. Also, there is no proof that quarantine can stop or prevent any disease.*

*It's just ridiculous to house arrest people in the name of preventing disease. All they have to do is tell you, "Oh, by the way, the grocery store you were at last Friday, someone tested positive for Covid-19, so now you've got to be quarantined for 14 days." How do you know someone tested positive? Because they told you! When you opt-in to this, they know everywhere you go, everybody you meet and everything that you do. Now, at any time, they can call you up because they already know where you've been and can tell you that someone was there with Covid-19, and it gives them a reason to forcibly confine you against your will for two weeks.*





*You do not even have control over your own life anymore. It provides them not only with your location but all the people you come into contact with and allows them to update you on your so-called potential health status, which allows them to lock you down at their will against your own benefit. When they come knocking, you can't argue because you downloaded the mobile app. That's very dangerous. They can target people politically. They can target people for dissent. They can do whatever they want, and there's no choice for you.*

#### 7. FORCED TESTING:

*Having the government force their way into your body under the pretext of a Covid-19 test is completely wrong and immoral. It is an offense to personal dignity and sovereignty. But in addition to that, pushing something up your nose to the blood-brain barrier is not only unnecessary but it also carries many health risks.*



*The test swabs themselves are contaminated. If you look on the box of a swab test kit, it will say sterilized and it has an EO in capital letters, which is ethylene oxide, a so-called sterilizing agent at the very top of the list for harmful carcinogens (cancer causing chemicals), and the fact is that ethylene oxide is dangerous especially when it is*

*inhaled. Now, they want to tell you, for instance, if you travel you have to stick something up your nose with ethylene oxide on it, at the very least, and who knows what other contaminants are in it. Many people even injured the sensitive membranes in their nose and some even had severe wounds.*

*The PCR test was hand-picked for this plandemic because it is a complete fraud test. [43] It is a stage prop in this whole plandemic. This test was not designed to be used as a diagnostic tool simply because it can't diagnose illness. Kary Mullis, the inventor of the test, testified to it himself. It was only because the WHO declared a global health emergency that the PCR test was given emergency authorization to be used as a diagnostic tool to detect Covid-19. The truth is that it still doesn't do what they say it does.*

*Kary Mullis said that "the PCR is just a process that allows you to make a whole lot of something out of something. It doesn't tell you that you are sick, or that the thing you ended up with was going to hurt you or anything like that."*

*Yes, the inventor of the PCR test knew that it couldn't be used to test for the presence of an illness. Then why is this test being used to diagnose disease? Because it's a scam and the masses are being conned due to their ignorance. They are using a fraudulent test to tell us that cases are out of control, and that is the justification to keep this scam going. Being "Positive" or "Negative" is irrelevant.*

#### 8. MANDATORY VACCINE:

*The vaccine was the reason for creating the pandemic. The vaccine was not brought to control the pandemic, but the so-called pandemic was manufactured to inject everyone with vaccines. This vaccine has more side effects than any other vaccine. Normally, a vaccine used to take about five years before human trials and up to ten years before mass inoculation. In this case, all the vaccines were rushed, skipped clinical trials, and had no safety data.*

*According to the CDC's Vaccine Adverse Events Reaction System (VAERS) thousands of people died and hundreds of thousands had severe reactions after the Covid-19 vaccine.[44] Even though the government didn't have safety or efficacy data, even though they knew that it may harm you, even though the manufacturer is not liable if you get hurt or killed even though your insurance company may not cover you because it's an experimental vaccination, still the government approved this for use on the general public on a massive scale as a live human experiment. We became the lab rats.*

*There was a huge campaign from employers to send out threatening letters to their employees to take the vaccine or else lose their job. There was enormous pressure on*

*healthcare and frontline workers to take this vaccine. There was a push to inoculate everyone against their own interest, against their own best will.*



*The goal here was to force a mandatory vaccination on the public without calling it mandatory. They told you that it won't be mandatory, but you won't be able to travel, you won't be able to work, you won't be able to congregate, you won't be able to go to the gym. They told you that you won't be able to live your life unless you get vaccinated but it's optional.*

*Then they said that you needed this vaccine certificate for every part of your life. You will not be able to travel. You will not be able to work. You will not be able to go to the gym. You will not be able to go to a concert unless you, like a dog, are up to date on your socalled shots and show the vaccine certificates. It is also linked to a biometric ID so they can check your vaccine record at any time. Just ask this question, "if vaccine cannot prevent any illness, then what are the certificates for"? It was their plan because once they had you on the vaccine certificate, they had removed all of your rights and freedoms right down to your bodily autonomy, and they now literally own you and can control everything you do, everywhere you go, everyone you see and meet.*



*Now you'll be made to take multiple shots year after year, and then guess what? If they can force a vaccine on you, they can force other medical procedures on you. Someone speaking out against this injustice can be deemed mentally unstable, needing to be given treatment, and could be grabbed and locked up against his will, declared insane, forcibly confined, and "medicated". Why? Because you're allowing them to take away your rights and freedoms. So that's why it's time we stop putting our trust in the government and prepare to fight back against this totalitarian control policy.*

## **9. DIGITAL CURRENCY:**

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*The restrictions are going to be implemented on a world scale, so you literally have nowhere to run or hide. If they can control you here, they can control you there. They can control you in Canada, India, Africa, no matter where you decide to go. That's what the vaccination passport, digital ID, and control grid are all about. This idea of a digital ID is very scary. They're going to merge your digital ID with your vaccine passport. They want to barcode you so they can just scan you to see if you're updated on your shots 3<sup>rd</sup> booster, 4<sup>th</sup> booster and 10<sup>th</sup> booster (if you are alive till then). They can also check if you have any bad friends or associates like me, and if you have any, it will be a warrant for your arrest. All this information will be in the barcode that they're going to insert on your wrist or implanted as a microchip inside your body.*



*The next phase of the new normal is to abolish cash and currency. A central-bank digital currency is a tyrannical government's dream scenario. They will abolish cash because it is anonymous, can't be traced, or taxed. Cash gives people more freedom and flexibility. The government wants every single transaction you make to be monitored, traced, and taxed. You won't even be able to sell a used laptop or monitor online without the government knowing about it, without the government authorize it and without the government getting their share from the transaction. And if you don't accept their guidelines, they can just turn off your digital wallet, and you have no access to your own money. So, what will you do at that point? You will get screwed as you would have lost your rights by then.*



## 10. THE NEW NORMAL:

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*Now when all your rights, freedoms and even bodily independence have been completely nullified and the government gets to control every aspect of your life from cradle to grave, they will implement their global tyranny scheme. This is what a one-world government is all about. It's about a one-world control grid. It is known as the New World Order or the Great Reset. Every government of every country will be implementing policies and rules as directed by the central one world government. Countries around the world will still have their own respective governments, but they're also going to have a world-wide centrally agreed policies on things like the vaccine certificates, digital currency, digital IDs, etc.*



*After implementing the digital currency, digital identity, and vaccine passports, they're going to implement a digital social credit score, similar to your monetary credit score. This will judge you on the basis of your compliance and obedience as a slave of the government. This idea of a social credit score is currently a reality in China, and they want to bring it to the Western countries.*

*If you picture with a rebel character like me, your credit score will start dropping. If you do too many things violating their "guidelines", you will start losing your privileges, which used to be rights earlier. But, since you didn't protect your rights, now they will be privileges. And you will lose them overtime if you comply with every government policy. You will lose your privilege of international travel. Then you will lose your privilege of domestic travel. Then you will lose the privilege of being able to go to work. And you will ultimately lose your privilege of being able to access your own money. This is their new normal: a complete technocratic medical-grade control grid where your money is digital, your ID is digital, you have to be vaccinated before you can do anything, and every single thing you do - every single thing you buy, or sell is completely on record, and it has to be approved and taxed by the government.*

*You will not have a bit of freedom left. They will know everything about you. They will control everything about you, and you will never be able to stand up against them for*

*generations to come. This is the kind of new world they have planned for us. This is where all this leads, and that's why you must Say No to all of it right now. We are at a stage where we can still get our power back, but we need to awaken, organise, and march.*

## SNEAK PEEK INTO THE NEW WORLD ORDER

*Do you know how dangerous are the plans of the World Economic Forum that aims to establish world dominance? I have enlisted 21 points that these tyrannical forces wish to achieve by 2030. These are some of their goals that are openly discussed on their own official websites, in their videos, books, and conferences. Any online research will reveal countless sources for all of this.*



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*They want you physically and mentally weak, isolated, lonely, forever in debt, without god, without gender, without children, depressed, anxious, afraid, obese, addicted to drugs, eating cockroaches, wearing masks, living on rent, and be dependent on the state for everything.*

1. **ABOLITION OF INTELLIGENCE:** *Putting a mask on when entering the restaurant - then taking it off at the table is a mockery of intelligence. Joggers running all alone in open fresh air while wearing masks further illustrate how these policies are turning humans into the dumbest creatures ever to roam the face of the earth. Complete insanity and the total loss of a sound mind is the new normal in the New World Order of the World Economic Forum and their psychopathic allies. Nobody is allowed to think or to question any of it. The world population is trained to brainlessly follow even the most insane orders, and those who refuse are aggressively punished.*
2. **VACCINE BASED SOCIETY:** *They aim to make repeated vaccinations with vaccine passports and digital IDs the condition for participating in society. Banking, internet, working, shopping, gathering, travelling, etc., will only be available to people who are up to date with the latest booster injection. Masks, screens, and social distancing will be made permanent. Populations will be kept in a perpetual state of fear to justify a vaccination-based world.*
3. **REDUCTION IN WORLD POPULATION:** *They wish to reduce the population of the world. For that they are using various methods, some of which include wars, pandemics, birth control, vaccines, child and birth laws, promotion of abortion, GMO food and deliberate killing of sick and elderly.*
4. **CONTROLLED FINANCES:** *They wish to install a centrally controlled one-world digital currency. Banking services will only be available to people who have the required vaccination status, social credit score and follow all the guidelines. They*

wish to install a universal income and forbid anyone to gather wealth. Being rich would be a privilege for the elites. The ordinary masses would be kept poor and dependent on the ruling class.

5. **TOTAL SURVEILLANCE:** They wish to dump everybody in Smart Cities, where every breath is monitored. Nobody will be allowed to leave the city without required vaccination status or social credit score. All wilderness areas will be closed, so humanity no longer has access to wild, unspoiled nature. They wish to fill the world with billions of surveillance cameras, drones, drone bugs, and satellites that will monitor every move of every soul on earth 24/7, in the name of “public safety”.
6. **SOCIAL CREDIT SYSTEM:** Citizens who behave according to the government guidelines will be rewarded. Those that step out of line will be punished. For example, posting something on social media that criticizes the government will lower your score and therefore you start losing certain privileges in society.
7. **ATHEIST SOCIETY:** The tyrants dream the world to be full of chaos and ill-mindedness. They do not want people to worship God, as God is the ocean of love. When people vibrate at the frequency of divine love, they are united, they are fearless, and it becomes difficult to control them. They want to break people from their cultures, moral values, religions, basically they want people to be atheist. And later they want people to submit to the negative force which they call “Satan”. So, basically the agenda of world control is a satanic agenda.
8. **NO HUMAN RIGHTS:** They wish to remove all personal rights and freedoms from humanity under the guise of “we are in this together” and “the greater good”. They wish to create hostility towards people standing up for rights and freedoms, by labeling them “selfish”, “dangerous”, “white supremacist”, etc.
9. **END OF FREE SPEECH:** They aim to redefine free speech as “hate speech” and train humanity to despise everyone diverting from the prescribed narrative. All information that conflicts with the official storyline is labelled as “misinformation”. They will govern the internet, so only the prescribed narrative will be available to the world. All the posts and websites that criticize, question, and disprove the official stories will be banned.
10. **ISOLATE HUMANITY:** Human interaction will be restricted by telling everyone to work, shop, talk and school from behind their screens. Humanity will be isolated behind their devices where they are bombarded 24x7 by the propaganda of the rulers. Reality will be replaced with virtual illusions in the Metaverse. The virtual realm will be promoted as being “better” than the actual reality.
11. **NO SMALL BUSINESS:** The number of small businesses will be decreased through pandemics, climate lockdowns, and all the wealth will be transferred to mega corporations, which will not be required to cease operations. Small businesses do not fit in the totalitarian agenda because it provides financial independence to people and allows them to operate on their own terms with flexibility and freedom.

12. *NO PRIVATE OWNERSHIP: All private property will be seized from the citizens of the world. People will need to rent everything from the rulers: homes, cars, equipment, tools, even clothes. Nobody will be able to own anything. Their goal is to create a total dependency on the rulers. They claim that you will own nothing by 2030 but still be happy about it. They don't want you to own a single thing on this earth and live your life as a rented worker devoid of all social life, without any purpose except serving the ruling class.*
13. *TRAVEL LIMITATIONS: People using vehicles with combustion engines will be limited in their movements, as they will have a maximum allowed CO2 "footprint". The idea of 15-minute cities is to restrict the freedom of travel. While they themselves travel on private jets, the people will need to show permits and passes to travel to neighbouring cities by car.*
14. *FOOD DEPENDENCY: They will discourage and eventually forbid people to grow their own food, so the people will depend entirely on the food supply from the ruling class. They will grow genetically modified chemically grown crops and engineered bugs and insects to feed the people. It is so disgusting that the people will be encouraged to eat cockroaches as a symbol of slavery. Also, the chemically grown crops are deficient in nutrients, and the toxic agriculture practices pose a threat to human health and wellness.*
15. *NO ARMS AND WEAPONS: They will eventually forbid people to be armed or defend themselves. Therefore, they are trying to get as strict gun laws as possible. They don't want the population to realize the importance of weapons and self-defence. They want the people to rely on the state police for mercy and justice. If the masses are armed, aware and united, the evil rulers don't stand a chance. That's why they promote hostility towards weapons while they themselves keep top grade armed security when they travel, meet, or organise.*
16. *NO ELDERLY: In their own words they say they do not want useless eaters. They will introduce early ways of dying to those who are no longer producing money or working for them. They will encourage all elderly to commit suicide to make room for the next generation, so they will not be a "burden to the economy".*
17. *ELECTRIC CARS: They will make everyone dependent on controllable - and traceable - electric cars. Electric cars are perfect for enforcing lockdowns. They will just need to broadcast a signal that disables all vehicles, and the world will not be going anywhere. That's it. Therefore, purchasing an electric car is a perfect step towards slavery.*
18. *SEXUAL CONFUSION: They wish to end the natural family by pushing the LGTBQA+ agenda. They wish to make unnatural sexual relationships the norm, and project healthy families as "weird". This is needed to reduce the world population.*
19. *BLOCKING THE SUN: The WEF is planning to launch a raft the size of Brazil into*

*the sky, to block the sun from illuminating the earth. Casting a perpetual shadow over the earth is needed, they say, to combat "climate change".*

- 20. WEATHER WARFARE: They will use weather warfare technology to cause droughts, floods, earthquakes, wildfires, hurricanes, etc. They will blame it on climate change, which is then used as the excuse to further lock down, rob, and control the population.*
- 21. ARTIFICIAL INTELLIGENCE: They will replace the majority of jobs with artificial intelligence. Doctors, lawyers, drivers, teachers, ministers, etc. can all easily be replaced by A.I. Naturally the A.I. will be programmed and controlled by the rulers. They will also position millions of 5G towers to insert thoughts and feelings into the population. They wish to make 5G the central nervous system of every society and end original humanity by making everyone a cyborg that can be controlled from the cloud by artificial intelligence.*

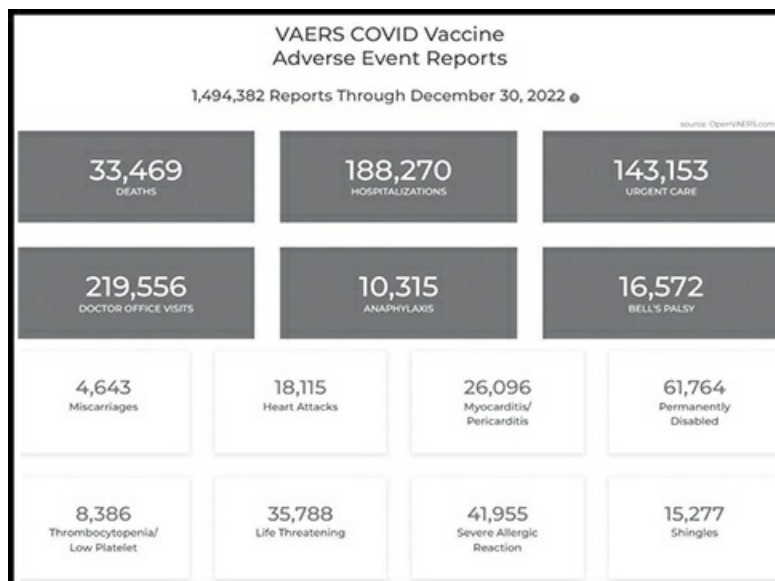
*All these examples are just the tip of the iceberg of the cruel plans of the World Economic Forum. Their books, websites and conferences reveal much more, along the same lines. They have planned the whole roadmap for decades and they seem to be succeeding in achieving their goals. However, we still have time to awaken, spread awareness, wake up masses, build self-sustaining communities, grow our food, arm ourselves with knowledge and weapons, pray to Almighty for strength, and initiate a united noncompliance movement to reject every policy that threatens the future of humanity. Remember we are the 99%, they are less. But we need to win our fears, ego, hatred, and imbibe the divine values of love, compassion, and fearlessness to bring the revolution.*

## HUGE DAMAGE CAUSED BY COVID-19 VACCINE

### VACCINE ADVERSE EVENT REPORTING SYSTEM

*Vaccine Adverse Event Reporting System (VAERS) accepts and analyzes reports of adverse events after a person has received a vaccination. Anyone can report an adverse event to the system. Healthcare professionals are required to report certain adverse events and vaccine manufacturers are required to report all adverse events that come to their attention.*

*According to the VAERS, as of 30<sup>th</sup> Dec 2022, 33469 deaths and 188270 hospitalizations have been associated with Covid-19 vaccines. There have been 1,494,382 adverse events reported as Covid-19 vaccine injuries in various categories including myocarditis, thrombosis, heart attack, miscarriages, facial paralysis, permanent disability, and many more, in addition to the 33469 deaths. The death reports associated with Covid-19 vaccines in 2021-22 are more than total deaths by all other vaccines combined over the last 30 years.<sup>[44]</sup> This is shocking!*



*VAERS is a passive reporting system which means that vaccine reactions are not compulsory to be reported. It is completely voluntary and the person that has received the vaccine would have to know that it even exists and know how to report. Nearly all consumers and most doctors do not even know that a vaccine injury reporting system exists. Most people are not even able to draw the connection between their new disease and the vaccine because it was socially accepted that the vaccine was safe and effective despite the mountain of evidence showing that it can be extremely fatal in*



many cases. This presents a problem of extreme under-reporting as verified by a U.S. government funded Harvard Pilgrim Health study that determined that less than 1% of all adverse vaccine reactions are reported to VAERS.<sup>[45]</sup>

Think about it for a minute. If less than 1% of the adverse reactions to vaccines are ever reported, what would you do to reach the actual figures? Add two zeros to the end of each of those numbers and it may be more representative of the actual numbers. You quickly realize that the 33,469 deaths become 3,346,900 deaths! 188,270 hospitalizations become 18,827,000 and so on. If we consider that 10% percent of adverse reactions and deaths have been reported (instead of 1%) you would then add one zero to the reported deaths and the actual number would be 334,690 deaths associated with Covid-19 vaccine. Doesn't it seem frightening?

Why did Vaccine associated death statistics explode in 2021?

In the following table, you can see the number of deaths that are associated with vaccines every year. You can clearly see the number of vaccine associated deaths explode in 2021 (when covid-19 vaccines were rolled out).

Year	Deaths	Year	Deaths	Year	Deaths	Year	Deaths
1990	80	1998	172	2006	220	2014	358
1991	166	1999	179	2007	262	2015	377
1992	228	2000	212	2008	333	2016	437
1993	234	2001	225	2009	337	2017	467
1994	237	2002	187	2010	319	2018	535
1995	158	2003	265	2011	331	2019	604
1996	151	2004	208	2012	316	2020	421
1997	173	2005	215	2013	339	<b>2021</b>	<b>21884</b>

When the data of deaths associated with Covid-19 vaccine was analyzed, it was found that 3663 deaths happened within 24 hours of taking the vaccine, 2899 deaths happened within 48 hours of taking the vaccine and 1378 deaths happened in 72 hours of taking the vaccine.<sup>[44]</sup>

Ineffectiveness of Covid-19 vaccine was scientifically proven and published in The Lancet – A Top Medical Journal

- P. Olliaro “COVID-19 vaccine efficacy and effectiveness—the elephant (not) in the room” The Lancet (2021) <sup>[46]</sup>

Description: The Absolute Risk Reduction by any Covid-19 vaccine was only about 1% instead of 95% as claimed by vaccine manufacturers. Therefore, the vaccine might be 1% effective in preventing symptoms of Covid-19. Just 1%? That means after



*vaccinating 100 people, it will prevent infection in 1 person relatively. Quite useless!*

### *Covid-19 Vaccine Increases the Miscarriage Risk by 50X*

*According to VAERS, 3429 miscarriages were reported in the year 2021.<sup>[44]</sup> In the following table, you can see the number of miscarriages (fetal deaths) that are associated with all vaccines every year. You can clearly see the number of vaccine associated miscarriages have exploded in 2021 (when covid-19 vaccines were rolled out on the mass population).*

Year	Miscarriages	Year	Miscarriages	Year	Miscarriages	Year	Miscarriages
1990	05	1998	14	2006	51	2014	90
1991	04	1999	06	2007	134	2015	74
1992	06	2000	14	2008	224	2016	59
1993	06	2001	23	2009	256	2017	70
1994	05	2002	23	2010	235	2018	79
1995	05	2003	28	2011	180	2019	81
1996	19	2004	34	2012	120	2020	65
1997	13	2005	25	2013	122	2021	3429

*The average miscarriage rate associated with vaccines per year was 67 per year. However, in 2021, the vaccine related miscarriages shot up to 3429. It shows a 50X increase in miscarriages caused by vaccines. The miscarriages caused by Covid-19 vaccine in 2021 alone is greater than the total miscarriages by all vaccines in the last 31 years. Isn't it shocking?*

*More than 20% women experienced Irregular Bleeding after the Covid-19 vaccine while 40% had Menstrual Changes with Unknown Implications*

- *Naama Lessans "The effect of BNT162b2 SARS -CoV -2 mRNA vaccine on menstrual cycle symptoms in healthy women" International Journal of Gynecology & Obstetrics (2022) <sup>[47]</sup>*

*Results from the study: "A total of 219 women met the inclusion criteria. Of them, 23.3% (n=51) experienced irregular bleeding following the vaccine. Almost 40% (n=83) of study participants reported any menstrual change following vaccination."*

*Conclusions from the study: "Our study shows relatively high rates of irregular bleeding and menstrual changes after receiving the SARS-CoV-2 mRNA vaccine. Further research is needed to confirm our findings and to better characterize the magnitude of change and any possible long-term implications."*

*More than 20% people experienced Inflammatory Arthritis Symptoms after the Covid-19 vaccine*

- Rachael Bailey “Incidence of Autoimmune Arthritis Disease Flare Following SARS-CoV-2 Vaccination and its Association with Concurrent NSAID Use” *International Journal of Disease Reversal and Prevention* (2022) <sup>[48]</sup>

*From the Study: This study aims to analyze the association between COVID-19 vaccination and an inflammatory arthritis reaction in autoimmune arthritis patients. A survey was completed by participants with inflammatory arthritis between August 17 and 18, 2021. Survey participants (n = 1348) responded to questions about their diagnosis, the length of their diagnosis, current medication, brand of vaccine received, incidence of inflammatory arthritis symptoms after COVID-19 vaccination, and how long the symptoms persisted. Following vaccination, 21% of participants reported experiencing inflammatory arthritis symptoms.*

*Messenger RNA Vaccines may cause Inflammation of the Endothelium and Vascular Changes that may lead to Cardiovascular Complications*

- Steven R. Gundry “Abstract 10712: Observational Findings of PULS Cardiac Test Findings for Inflammatory Markers in Patients Receiving mRNA Vaccines” *American Health Association* (2021) <sup>[49]</sup>

*From the article: “We conclude that the mRNA vacs dramatically increase inflammation on the endothelium and T cell infiltration of cardiac muscle and may account for the observations of increased thrombosis, cardiomyopathy, and other vascular events following vaccination.”*

*Comments: This article reveals just how common heart related problems can be after the mRNA COVID-19 vaccines. The tsunami of thromboses, thrombocytopenia, myocarditis, pericarditis, blood clotting, sudden cardiac arrests in healthy young people, and other heart related issues that we are already seeing may just be the beginning of what is to come. The long-term side effects like infertility, chronic and auto-immune debilitating diseases, etc. are unknown to the public simply because there have been no long-term safety studies conducted.*

### WHY ARE ATHLETES DYING FROM CARDIAC ARREST?

*There are three main mechanisms which can cause heart function to fail. One is due to blockage or obstruction in the arteries and veins to/from the heart. The second is cardiomyopathy, a disease or damage to the heart muscle. And the third is a malfunction of the heart’s electrical system embedded in the heart. What is unusual and very concerning is that the increase in sudden deaths in fit and healthy young people is due to malfunction of the heart’s electrical system. It is often triggered by an inflammatory condition, such as myocarditis.*



Dr. Kamalpreet Singh ✓  
@GoSatvik

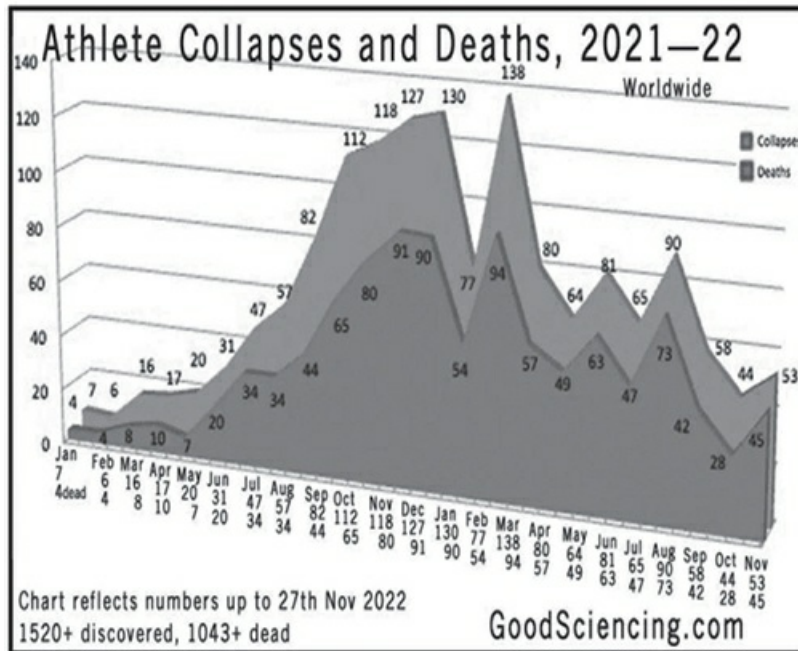
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Many people have died suddenly. Reasons: Maybe weather? junk diet? oils? stress? inflation? Must be the snow! or the wifi radiation? breathing? sleeping? difficult life, so the heart just breaks? Wait, what about the experimental C19 vaxx? Not that, it was "Safe" and "Effective".

### *1800% Increase in Sudden Deaths in 2021-22 in Athletes [50]*

*From Jan 2021 to Nov 2022, sudden deaths of 1101 athletes from cardiac arrests have been recorded – since the start of the mass Covid-19 injection campaign. The true death and injury numbers are likely to be much higher than what has been recorded as it is based on incidences being reported by members of the public. The dozens of other reports that are not or may not be vaccine-related have not been included.*

*Fit and healthy young people are suffering cardiac arrests at an alarming rate, yet corporate media and government won't discuss it. Cardiologists, physicians, doctors, and scientists around the world are greatly concerned about the alarming increase in cardiac arrests in fit, healthy people in the prime of their lives. Yet corporate media and an astonishing number of politicians refuse to acknowledge or discuss the harm and deaths caused by Covid injections. It is definitely not normal for so many mainly young athletes to suffer from cardiac arrests or to die while playing their sport, but this year it is happening. The graph below illustrates the collapses and deaths recorded up to the end of November 2022.*



Notably, in a 38-years timespan (1966-2004), 1101 athletes under the age of 35 died. It averages 29 deaths per year due to various heart-related conditions in athletes, 50% of who had congenital anatomical heart disease and cardiomyopathies and 10% had atherosclerotic heart disease with early onset.<sup>[51]</sup>

What that means is that normally in a period of about 38 years, about 1101 athletes would die from heart related complications. Which comes to an average of 29 deaths per year. However, in the period of 2021-22, we have seen 1101 athletes die from cardiac arrest. Which shows that after the rollout of covid-19 injections the death rate rose from 29 per year to 551 per year, showing a 1800% increase in death rate due to heart complications.

According to a study done on 301 teenagers between the ages of 13 and 18 who had received two doses of the Pfizer/BioNTech vaccine, 29.24% of participants experienced cardiovascular complications such tachycardia, palpitations and 2.33% suffered myopericarditis.<sup>[52]</sup> It shows that vaccinated people are at a much greater risk of heart related complications.

It is noteworthy, that no statistically significant increase in the incidence of myocarditis or pericarditis was observed in unvaccinated subjects after SARS-CoV-2 infection, in a large population study.<sup>[53]</sup> It implies that myocarditis and heart complications are not a result of Covid-19 disease, but it is a result of the Covid-19 vaccine. Which implies that the current sudden cardiac arrest phenomenon is not prevalent in unvaccinated individuals.

### *Covid-19 Vaccines Increase the Risk of Myocarditis by 4X*

- *Sintaroo Watanabe “SARS-CoV-2 vaccine and increased myocarditis mortality risk: A population based comparative study in Japan” MedArchive (2022) <sup>[54]</sup>*

*Conclusion of the Study: SARS-CoV-2 vaccination was associated with higher risk of myocarditis death, not only in young adults but also in all age groups including the elderly. Underreporting should also be considered. The risk of myocarditis mortality in the SARSCoV-2 vaccinated population may be 4 times or higher.*

## THE GREAT VACCINATION MYTH

*Should vaccines really get credit for the decline of infectious diseases?*

*Most practising doctors and nurses undoubtedly believe that vaccines have helped wipe out some of the deadliest infectious diseases. Many members of the medical profession would put vaccination high on any list of great medical discoveries. Those who promote vaccines often claim that vaccination programmes have reduced illness and prevented millions of deaths. These are all barefaced lies. This simply is not true; it is a myth.*



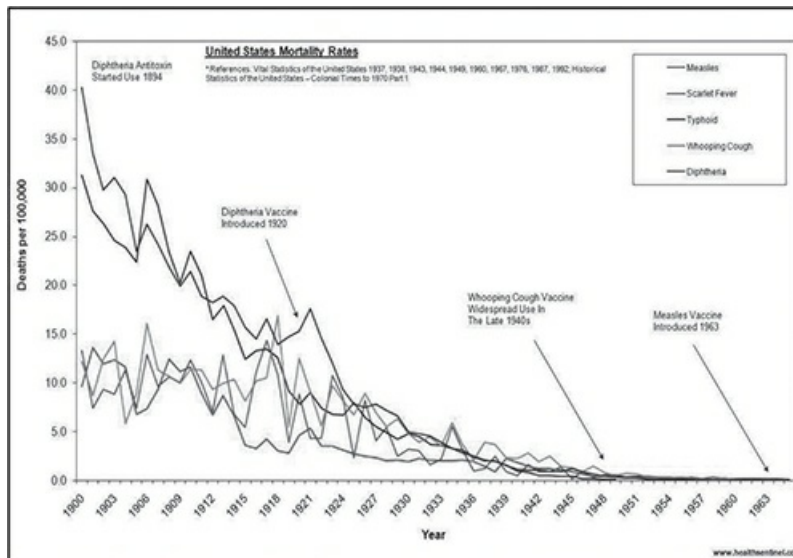
*The introduction of vaccination programmes came along either just at the same time or later when the death rates from the major infectious diseases had already fallen. The evidence shows that the diseases which are supposed to have been wiped out by vaccines were disappearing long before vaccines were introduced. It shows that vaccination programmes have not done the things they are credited with but have done most of the things they are blamed for.*

*The reason that most of these diseases were decreasing already was the significant improvements that were made in personal hygiene, improved sanitation habits, refrigeration, sewage elimination, better nutrition, and cleaner water supplies during the last hundred years.*

*Anyone who doubts this has to only look at graphs showing mortality rates and life expectancy rates alongside graphs showing when vaccines were introduced. The graphs show clearly that the improvements took place before the vaccines were introduced. Study the evidence related to whooping cough, tetanus, diphtheria, smallpox, and other diseases and it becomes clear that the incidence of these diseases, and number of deaths caused by them, were in decline long before the relevant vaccines were introduced.<sup>[55]</sup>*

*The graph on the next page depicts that the mortality for several common illnesses had*

already declined significantly long before the vaccines were created. The downward trend of the curves is completely unaffected by vaccine introduction.<sup>[56]</sup>



In recent history in underdeveloped and third-world nations, we have seen rates of infectious disease similar to what they used to be in western countries 100 years ago, prior to all these improvements. And yet, many of these impoverished nations are seeing dramatic improvements in hygiene, sanitation, better nutrition, and clean water. Also, the rates of infectious disease complications and deaths are also dropping significantly.

So, how do they fool the masses? A vaccine is introduced, and the trajectory of the disease goes down. The most important question that no one ever asks is, what was the trajectory of the disease before the vaccine was introduced? If the trajectory of disease was declining before the vaccine was introduced, it is probable that the vaccine got the credit for something it did not do.

The principle behind vaccination is a convincing one. The theory is that when an individual is given a vaccine - which consists of a weakened or dead version of the disease against which protection is required - his or her body will be tricked into developing antibodies to the disease in the same way that a body develops antibodies when it is exposed to the disease itself. But things aren't quite so simple. How long do the antibodies last? Do they always work? What about those individuals who do not produce antibodies at all? What about the adverse effects from the ingredients of the vaccine? What about the deaths and permanent disabilities caused to some of the vaccine recipients?



*After spending countless hours on vaccine research: studying thousands of research papers, reading hundreds of books, watching dozens of censored documentaries, interviewing dozens of medical doctors, and meeting with children who suffered vaccine injuries, I concluded that vaccines are ineffective, unsafe and may cause serious health complications like ADHD, learning disabilities, behavioral challenges, neurological deficits, autism spectrum disorders, allergies, eczema, asthma, autoimmune conditions, type 1 diabetes, rheumatoid arthritis, obesity, cancer, reproductive and thyroid issues and even death.*

*I will not be taking any of the vaccines for myself. This is a personal view, and it is not a view shared by most doctors, nurses, and journalists. Those who are reading this book must make their own judgements and decisions based on all the available evidence. The bottom line is that I do not advise anyone to not take a vaccine. I do not advise anyone to take a vaccine. I do not advise anyone to vaccinate or not vaccinate their child. My role, as a writer, is to provide information which is not being provided by the Government or the medical profession.*

#### ***LATEST: UNVACCINATED CHILDREN ARE HEALTHIER THAN VACCINATED CHILDREN IN ALL PARAMETERS***

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*For many years, vaccine educated people and organizations have been asking the CDC, WHO, pharmaceutical companies, and other relevant governmental agencies to do comparison studies looking at the health status, frequency of doctor's visits, and hospitalizations of children that have been vaccinated and those that have not been vaccinated. They have all refused to conduct such studies till now. Thankfully, recently some studies have been done by outstanding independent researchers. Here we look at a brilliant study without conflict of interest and industry bias.*

- *P. Thomas "Relative Incidence of Office Visits and Cumulative Rates of Billed Diagnoses Along the Axis of Vaccination" International Journal of Environmental Research and Public Health (2020) <sup>[57]</sup>*

*Description: This study categorizes the illnesses that vaccinated and unvaccinated children went for doctor's office visits during their first nine and a half years of life. It is a peer-reviewed study that shows clearly that unvaccinated children are healthier than vaccinated children.*

*From the Abstract: Increased office visits related to many diagnoses were robust to days-of-care-matched analyses, family history, gender block, age block, and false discovery risk. Many outcomes had high RIOV odds ratios after matching for days-of-care (e.g., anemia (6.334), asthma (3.496), allergic rhinitis (6.479), and sinusitis (3.529), all significant under the Z-test)."*



*“Remarkably, zero of the 561 unvaccinated patients in the study had attention deficit hyperactivity disorder (ADHD) compared to 0.063% of the (partially and fully) vaccinated. The implications of these results for the net public health effects of whole-population vaccination and with respect for informed consent on human health are compelling. Our results give agency to calls for research conducted by individuals who are independent of any funding sources related to the vaccine industry.”*

*Conclusions of the study: “We could detect no widespread negative health effects in the vaccinated other than the rare but significant vaccine-targeted diagnosis. We can conclude that the unvaccinated children in this practice are not, overall, less healthy than the vaccinated and that indeed the vaccinated children appear to be significantly less healthy than the unvaccinated.”*

*The following table shows the Relative Index of Office Visits for the fully vaccinated (N1 = 2763) vs. never vaccinated (N2 = 561).*

Condition	Vaxxed	Unvaxxed	RIOV	95% CI	Z	p
Fever	759	17	9.065	8.801	12.476	<0.0001
“Well Child” Visits	32,826	4987	1.336	1.149	6.540	<0.0001
Ear Pain	269	16	3.414	3.232	5.310	<0.0001
Otitis media	3105	216	2.919	2.518	23.441	<0.0001
Conjunctivitis	1018	87	2.376	1.935	9.783	<0.0001
Eye Disorders (Other)	277	31	1.814	1.586	3.350	0.0008
Asthma	336	13	5.248	5.065	6.693	<0.0001
Allergic Rhinitis	405	12	6.853	6.662	8.158	<0.0001
Sinusitis	107	5	4.345	4.240	3.566	0.00036
Breathing Issues	621	44	2.866	2.561	7.898	<0.0001
Anemia	979	36	5.522	5.181	13.603	<0.0001
Eczema	512	23	4.520	4.281	8.479	<0.0001
Urticaria	174	17	2.078	1.908	3.027	0.00244
Dermatitis	742	105	1.435	0.992	4.034	<0.0001
Behavioral Issues	343	17	4.097	3.900	6.087	<0.0001
Gastroenteritis	688	30	4.656	4.374	6.543	<0.0001
Weight/Eating Disorders	1115	90	2.515	2.056	10.264	<0.0001
Seizure	43	8	1.091	0.985	0.229	0.8181

RIOVs were calculated using the number of patients as the sample size in each group (Vaxxed and Unvaxxed) with the exception of well-child visits and otitis media visits, both of which were greater in number than the number of patients.

*What can we understand from the above table? The above table portrays that that the vaccinated group of children has relatively about 6 times more episodes of allergic rhinitis, about 5 times more episodes of asthma, about 5 times more episodes of anemia, about 4 times more episodes of sinusitis, about 4 times more episodes of eczema and about 9 times more episodes of fever besides increased risk of all other diseases like ear and eye disorders, stomach disorders, behaviour disorders, etc. It would not be wrong to say that vaccinated children are sicker in all parameters as compared to children who never took any vaccines.*

## **THE DARK REALITY OF FLU SHOTS**

*The symptoms like cough, cold, fever, diarrhea, etc. which are common to every infectious disease are actually mechanisms of self-cleansing. These are not necessarily*

caused by a virus like H1N1, SARS CoV-2, Zika, Nipa, SARS, MERS, Influenza, Monkeypox, etc. Before we can think of treatment and prevention, we need to know the answers to three main questions. First of all, what causes the symptoms like cough, cold, fever, etc. and is stopping these symptoms beneficial for our health in the long term? Secondly, does the vaccine really stop these symptoms? Thirdly, what about the adverse effects caused by flu shots and drugs?

*Flu Shot does not Prevent Flu but leads to a Higher Rate of Other Respiratory Illness within 14 days*

- Sharon Rikin “Assessment of temporally-related acute respiratory illness following influenza vaccination” Vaccine (2018) <sup>[58]</sup>

*Results from the study: “The hazard of influenza in individuals during the 14-day post-vaccination period was similar to unvaccinated individuals during the same period.”*

*Conclusion of the study: “Among children there was an increase in the hazard of ARI (Acute Respiratory Illness) caused by non-influenza respiratory pathogens post-influenza vaccination compared to unvaccinated children during the same period.”*

*Hospitalisation Risk Increases by 3x after Influenza Vaccine*

- K. Rebelo “Flu Vaccination May Triple Risk for Flu-Related Hospitalization in Children with Asthma” American Thoracic Society (2009) <sup>[59]</sup>

*Description: The report looked at children over a 10-year period who did and did not receive the flu vaccine. It was determined that children that got the flu vaccine were 3 times more likely to be hospitalized than those that were not vaccinated.*

*From the report: “In order to determine whether the vaccine was effective in reducing the number of hospitalizations that all children, and especially the ones with asthma, faced over eight consecutive flu seasons, the researchers conducted a cohort study of 263 children who were evaluated at the Mayo Clinic in Minnesota from six months to 18 years of age, each of whom had had laboratory-confirmed influenza between 1996 to 2006. The investigators determined who had and had not received the flu vaccine, their asthma status and who did and did not require hospitalization. Records were reviewed for each subject with influenza-related illness for flu vaccination preceding the illness and hospitalization during that illness. “They found that children who had received the flu vaccine had three times the risk of hospitalization, as compared to children who had not received the vaccine.” In asthmatic children, there was a significantly higher risk of hospitalization in subjects who received the Trivalent Influenza Vaccine, as compared to*

*those who did not.”*

*Comments: So, one must ask himself, is it worth playing Russian Roulette with all the toxic ingredients from the flu vaccine to have negligible benefit at all? Why not just optimize the vitamin levels, eat healthy, get quality sleep, practice good hygiene and we could lower the risk much more than risking the flu shot.*

*People hold the misconception that the current medical system is the best and the medical doctors and hospitals are working their best to keep the population healthy. However, the truth is completely opposite, and I am making a humble attempt to throw some light on the truth. To know the dark reality of the other popular vaccines like Hep-B, Polio, MMR, DTaP, HPV, etc., you may read my #1 Best Seller book in epidemiology and infectious diseases titled ‘The Vaccine Crime Report’.*

*Let us now try to understand the issue with the virus theory. Do we even need to fear all these so-called viruses that the medical establishment scares us from? Are these viruses even the cause of the deadly diseases about which we are being programmed to be frightened from, day and night? The upcoming chapter will inspire you to overcome the phobia of germs and investigate the truth of the virus theory.*

## GERM THEORY VS TERRAIN THEORY

*Let us understand the difference between the germ theory and terrain theory through an analogy of a banana peel. You will realize why the medical industry has failed to address the real cause of disease, thus failing to reach the true cure.*

*One morning, you wanted to eat a banana. So, you took off the peels and ate the edible part of it. Now, it's the time to throw the peels. If you do not throw the banana peel out into the garbage bin, but instead put it on your kitchen table, in a short period of time, banana flies will start to feast on it. However, if you throw the banana peel into an effectively managed dustbin, the flies will disappear quickly.*



*This means that the decomposing banana peel was the cause of the infestation of banana flies. If you remove the banana peel, they will not have anything to eat and will fly away to try to find another source of food or they will simply die. Of course, you could kill the flies, but without removing the banana peel you would only see new ones coming in. Same goes for micro-organisms, they are usually not the main cause of disease, but can give you a hard time if they get a chance to proliferate beyond your body's ability to cope with them. What conclusions can we draw from this example?*

*Well, keep your inner environment clean and in balance and the micro-organisms living in the body will work for you, not against you. They will not give you a hard time, because you do not interfere with nature. Many of them are actually necessary for you and will help you to maintain good health. If we learn how to live according to the laws of nature, we do not have to fear the micro-organisms. The best prevention of disease is living a healthy lifestyle according to the laws of nature.*

*However, the real prevention of disease (living a healthy lifestyle) is unfortunately not taught at medical schools. The dogma of the germ theory of disease is pushed to all the medical students. It can sometimes be dangerous because they almost always see germs as the causative agents and treat the disease with antibiotics which does not help but often only makes things worse.*

#### CASE OF COVID-19:

*The RT-PCR test is not a diagnostic tool, therefore, being 'positive' or 'negative' is irrelevant <sup>[43]</sup>. It does not detect sickness or disease. It does not matter whether you test 'positive' or 'negative' for MERS, HIV, H1N1, Zika, Ebola, SARS-CoV-2, Monkeypox, Influenza A or B, C or D, etc. It will still not tell your state of health or disease. You should be concerned about your symptoms, how you feel, what is the discomfort, and how to effectively manage it so that there are no future health complications, and you get normal and healthy in the safest and fastest manner.*

*The Covid-19 Plandemic was the biggest medical fraud of the decade. Simply because, as of now, no proper experiment has been conducted that can demonstrate the presence of a new disease-causing virus. If the presence of a disease-causing agent has not been established and causation of disease has not been demonstrated through proper isolation and purification techniques, then there is no point of the pandemic response. Simply because there is no pandemic. It is a Planned Media Virus which spreads through the television and affects the ignorant. Masks, lockdowns, isolation, distancing, quarantine, etc. was not to stop any virus or prevent any disease. It was an agenda to enslave humanity.*

*I am a member of Network of Influenza Care Experts (N.I.C.E) that supported the healing of more than 60,000 patients who had been declared "Covid-19 positive" during 2020-21. This network was built as a support structure as people were excessively scared. The 72-hour liquid diet protocol was given to all the patients who registered in our portal and within 3 to 7 days, all the patients recovered well and got back to normal work life by following the protocol.*

*This was a voluntary service which was provided free of cost and the results were phenomenal. It was successful at curing all the patients with no money, no medicines, and no mortality. Thousands of people could recover easily from the so-called 'deadliest' virus in the history of mankind with this protocol. I was fortunate to serve and care for more than 250 patients as an expert in the network of influenza care. I was honored with the title of 'Corona Warrior' from the Indo-Vietnam Medical Board for my service. You may read about the 72-hour liquid diet protocol in 'The Shocking Truth of Paracetamol'. In this book you can learn all natural, safe, and fast ways to heal yourself from acute sickness in a period of 7 days. Now, let us try to understand if a virus is not*

causing any disease, then what is the cause for the fevers, coughs, colds, diarrhea, etc.

## AN INTRODUCTION TO HAPPY DISEASES

*A cold, cough, or fever should not be feared but celebrated. It seems illogical, doesn't it? Let me explain that cold, cough, fever, diarrhea, vomiting, etc. these are called first stage diseases and they last for a short time. They're actually an attempt by our immune system to get rid of the toxic overload that has been accumulating inside our body over the past months and years. These are not really illnesses but the symptoms of a process which attempts to keep you healthy. I like to call them happy diseases.*

*Just like we clean our house every day, but once or twice a year, we carry out a much more thorough "Master Cleanse" when we lift all the rugs, sofas, bed, etc. and sweep below them too. In the same way, once or twice every year, even our body carries out a much more thorough "Master Cleanse" through colds, coughs, vomiting, diarrhea, and these are called first stage diseases.*



*You must remember that we have four channels of detox in our body through which waste matter passes out in the form of Stool, Urine, Breath and Sweat (SUBS) which eliminate toxic wastes from the body. During happy diseases, the effectiveness of one of the four detox channels is increased or a fifth channel is opened. For example, during a fever the effectiveness of our sweat channel increases, during diarrhea the effectiveness of our stool channel increases, during a common cold the effectiveness of our nose channel increases and when we throw up, a fifth channel to eliminate the excess of toxins is opened.*

*Unfortunately, the first thing that you do when you develop a cold is run to a medical doctor and ask the doctor to give you something that stops your runny nose. Do you see the problem? What you're basically saying is, "Hey, give me something that stops these toxins from escaping my body!" You take the drug, it manipulates and interferes with your immune system, and the cold stops because the toxins that your body was trying to throw out are pushed back inside. Drugs do not cure; they suppress the disease. That is*

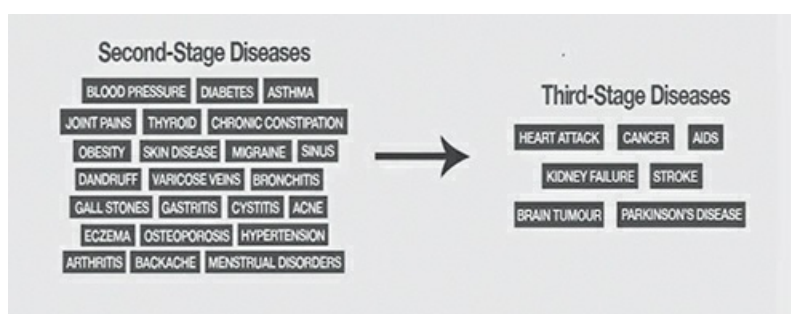
*why I do not call them medicines. People have been so brainwashed by pharmaceutical companies and medical doctors that it's difficult to make them understand that these things are the body's attempt to heal itself and should not be suppressed.*

*If natural drugless methods are adopted during such acute disease (like cold, coughs, fevers, etc.) and if no attempt is made to suppress it through any drugs, the further two stages of disease to be described would never be there.<sup>[60]</sup> Now what happens when you repeatedly keep suppressing these toxins inside?*



*These happy diseases take their second stage that lasts for longer periods of time such as hypertension, diabetes, asthma, thyroid, constipation, obesity, migraines, varicose veins, bronchitis, gallstones, gastritis, cystitis, acne, eczema, arthritis, backache, menstrual disorders, etc. Can you guess what happens when you further suppress second-stage diseases inside your body by drugs?*

*They take the third stage that are destructive like heart attacks, cancers, kidney failure, strokes, brain tumors, Parkinson's disease, etc. You know you have a third stage disease when death could be near at hand. Let not the acute disease be suppressed. No chronic disease can develop in the person.<sup>[60]</sup> However, the good news is that at any of these three stages you can very well take a U-turn, correct your mistakes, reform your lifestyle, and begin a new journey towards a healthy and disease-free life.*



*Society often conditions us to think that these illnesses are something bad, something unpleasant, something to be fought against. But it's quite the opposite. Colds, fevers,*



*vomiting, diarrhea - these illnesses come to detoxify and clean our body. They are an attempt by the immune system to get rid of all that waste, the toxins lying inside. When we eat unnatural, refined, and processed foods like pasta, noodles, biscuits, ice creams, sugar, it does not get digested properly and accumulates inside the body as toxic matter. Besides that, when we consume or inject anything made with chemicals, it is foreign to the human body and thus requires elimination. When these aren't eliminated properly, they get stored as toxins and give rise to various diseases.*

*But our immune system is very powerfully designed. Once or twice a year, it opens one of these four detox channels so that the undigested accumulated waste can get out. So, if you have colds, coughs, fevers, diarrhea, etc. instead of viewing it as something unpleasant you should be grateful that you have got a chance to detoxify your body. When you take a drug to suppress your symptoms, the waste that your immune system was so desperately trying to throw out is pushed back in. If you keep resorting to these 'quick fixes', soon you'll have a bigger problem, and it would require much more time to heal.*

*Note: When your body undergoes radiation or chemical poisoning, in such cases also, the body might produce flu like symptoms as it is causing poisoning inside the cells of the body. You can think of the acute response as an attempt or as a signal to move away/protect your self from the radiation or chemical exposure.*

*Why do People have a Phobia of Fever?*

*It is because most people are not aware of the fact that fever is not an illness itself. Fever is defined as an increase in the normal set point of body temperature.<sup>[61]</sup> The accumulated data suggests that fever has a protective role in promoting host defense against infection. A moderate fever (less than 40°C) is beneficial. <sup>[62]</sup> There is no evidence that fever itself worsens the course of an illness or that it causes long-term neurologic complications. <sup>[63]</sup> Fever is rarely harmful and only extremely high fevers of 42.2°C (108°F) may cause brain damage. However, fevers of 41°C (106°F) should get immediate medical attention to examine the patient for severe infection according to an article published in BMC Pediatrics. <sup>[61]</sup>*

*When we focus upon 'treating' the fever, we are giving the impression to parents and health professionals that fever is harmful and that antipyresis is beneficial. Scientific evidence does not support this practice. To continue the current practice of liberal use of antipyretics may mean that we are ignoring important messages from research. <sup>[62]</sup>*

*Majority of the parents have a poor understanding of fever and its beneficial role in diseases.<sup>[64]</sup> An exaggerated fear of fever, called fever phobia, is common among parents. They worry when their child is feverish and feel that fever may spiral upwards*



*with a possible fatal outcome. As a result, they are convinced that antipyretic measures must be used to lower fever. [65] Many parents administer antipyretics like paracetamol, even when there is minimal fever because they are concerned that their child must maintain a “normal” temperature. [63] The blockage of fever with antipyretics interferes with normal immunological development in the brain and may lead to neurodevelopmental disorders. [61]*

*Parents do not realise that they are constructing a path of suffering and illness for themselves as well as their children. How can they be aware? Who will spread the awareness? The pharmaceutical companies? Of course not! Well, if they educate the people that fever is not an illness itself; it should not be feared; it is a beneficial mechanism of self-cleansing; and it should not be suppressed with drugs; then how would they sell the drugs like paracetamol and dozens of its brand names? How will they generate the billion-dollar sales revenue? Who will get the side effects that fetch them lifelong customers for chronic illnesses?*

*Will medical doctors educate the people? The truth is that the majority of medical doctors themselves aren't fully aware of the role of fever. There is often a wide perception among pediatricians that fever is dangerous. Although most pediatricians agree that treatment of a febrile child with antipyretics is mostly for the relief of the symptoms of fever, many tend to prescribe antipyretics for any child with fever. Pediatricians contribute to fever phobia by prescribing antipyretics for children who are only mildly febrile.*



*Fever itself is not an illness. However, when a person gets a fever, there is an associated discomfort with it. You might think, “Oh! If fever is beneficial, then why do I feel excessive weakness and fatigue? Why am I not able to enjoy my fever day as a normal day, playing and enjoying? Why am I experiencing pain all over my body? Also, why have I lost taste and hunger? What about diarrhea, cough and cold?”*

*First, let us understand why happy diseases cause us discomfort. As we have discussed, because of our wrong food choices, wrong lifestyle, and environmental factors, our body and vitality undergo enervation. As a result, some of the detox channels are not able to work as efficiently as required to ensure smooth functioning of the body. As a result, the waste matter starts accumulating in the body. Accumulation of the toxic waste is the major cause of most chronic diseases, and therefore, the cure lies in the detox.<sup>[60]</sup>*

*Now, the body does not want to remain full of wastes and toxins. It has an immune system, an in-built mechanism of self-healing. How long can the body tolerate the toxic conditions? Not indefinitely! When the waste (phlegm, mucus, etc.) have accumulated beyond the tolerance limit, the self-healing power asserts itself and instructs the body internally (as a signal) to stop following the disease-causing wrong diet and lifestyle. Once or twice a year, when that tolerance limit is reached, the immune system declares a condition of emergency within.*

*When such an emergency is declared, all the energy that would ordinarily be made available to the skeletal muscles for doing the everyday activities, carry out intellectual and physical functions like digestion of food, working daily jobs, etc. is withdrawn to a great extent and diverted to the concerned internal organs to vigorously eliminate waste matter in the form of cough, cold, fever, diarrhea, skin eruption, etc. This leads to a feeling of weakness, body pains, loss of taste and hunger, etc. as the body wants you to avoid eating food and ensure complete rest for proper elimination of wastes.<sup>[61]</sup>*

*After curing a happy disease naturally, you should come out much healthier than you were before, because your body would have thrown out the waste. You should lose the extra weight, have much more energy and clarity in thinking. However, when you suppress the disease through chemical drugs like Paracetamol, popularly known by the brand name 'Tylenol', you are inviting much more chronic diseases and latent organ damage about which you will study in 'The Shocking Truth of Paracetamol' in detail.*

## EXISTING PROBLEMS WITH THE MEDICAL SYSTEM

### *An Interesting Tale of a Medical Class (Allopathy)*

*Good morning, students! Today I welcome you all to the first day of medical college and you are going to learn about medicine, and we are going to start with hypertension or high blood pressure. There are several medicines, but we are going to talk about a medicine called diuretics which is considered very safe. The discomfort is very less, and it is almost safe and effective.*

*There are a few side effects of Diuretics such as erectile dysfunction, impotency, abnormal rhythms, palpitations, nausea, vomiting, headache, dizziness, joint pain, lethargy, tiredness, weakness but there is no need to worry. If a patient complains of erectile dysfunction, Viagra can be given but even after taking Viagra there are a few side effects like weakness, headache, dizziness, running nose, indigestion, etc. If a patient complains of headache after taking Viagra, he can be given Paracetamol. Even Paracetamol may lead to liver failure, constipation, or allergy, for which some other medicine can be provided.*

*The doctors have a solution for every problem in the form of medicine. For instance, for indigestion, Zantac can be recommended. Even after Zantac, a patient may complain of insomnia, diarrhea, nausea, or constipation, but again some medicine can be recommended. In the same way, for a person suffering from abnormal rhythm, Pronestyl can be given which may result in diarrhea or loss of appetite. If he complains of loss of appetite, he can be given Imodium. However, some side effects of Imodium are constipation, dizziness, abdominal pain, vomiting and nausea.*

<b>Diuretics</b>	<b>Viagra</b>	<b>Paracetamol</b>	<b>Zantac</b>	<b>Pronestyl</b>
Impotency	Indigestion	Constipation	Constipation	Bitter taste
Joints pain	Runny nose	Allergy	Insomnia	Weakness
Weakness	Weakness	Liver failure	Weakness	Headache
Headache	Headache	Jaundice	Headache	Nausea
Nausea	Backache	Nausea	Nausea	Dizziness
Palpitations	Redness	Diarrhea	Diarrhea	Diarrhea
Dizziness	Dizziness	Stomach pain	Dizziness	Appetite loss

*So, in this way, the list of medicines keeps increasing and at the end of the day, the patient himself forgets the problem for which he had initially consulted the doctor. He just remembers the medicines to be taken in the morning, afternoon, and night. He starts taking medicines as food and feels that he is protected because of these medicines. This is enough for you to understand that the patient is now going to drown in a whirlpool of problems. He can only be saved by his due diligence.*

## *Evidence of Harms caused by Hospitals and Drugs*

- *The current medical system is far from being safe. Medical researchers have continued to highlight the lower safety of the medical profession. An important example is the number of people that die due to medical error in hospitals every year. In 1999, the prestigious Institute of Medicine published a report titled 'To Err is Human' that shocked the medical world. It stated that 98,000 people die annually due to medical mistakes in hospitals.<sup>[66]</sup>*
- *Another report was published in Journal of the American Medical Association (JAMA) in July 2000 by Barbara Starfield MD. It stated that the health care system contributes to poor health of Americans through its adverse effects. For example, every year the United States estimates about 12000 deaths from unnecessary surgery, 7000 deaths from medication errors in hospitals, 20000 deaths from other errors in hospitals, 80000 deaths from nosocomial infections in hospitals and about 106000 deaths from adverse effects of medications. These total to 225000 deaths per year from iatrogenic causes which becomes the third leading cause of death in the United States, after deaths from heart disease and cancer.<sup>[67]</sup>*
- *After a few years, a group of researchers thoroughly reviewed the statistical evidence and their findings on medical errors were shocking. Gary Null PhD authored a paper titled 'Death by Medicine' that presents powerful data that today's medical system often causes more harm than good and is far from safe.*

*This fully referenced report demonstrates the number of people having in-hospital, adverse reactions to prescribed drugs to be 2.2 million per year. The number of unnecessary antibiotics prescribed annually for viral infections is 20 million per year. The number of unnecessary medical and surgical procedures performed annually is 7.5 million per year. The number of people exposed to unnecessary hospitalization annually is 8.9 million per year. The most stunning statistic, however, is that the total number of deaths caused by conventional medicine is an astounding 783,936 per year.<sup>[68]</sup>*

- *An article published in the Journal of Public Safety in September 2013 found that a minimum of 210,000 preventable deaths per year occur in the U.S. and that the number may exceed 400,000 because of the limitations of the search tools they used. Incredibly, they also determined that serious harm to patients in hospitals may be 10-20 times greater than that horrific lethal number of 400,000! That means between 4 million and 8 million people are seriously harmed in hospitals annually in the U.S!<sup>[69]</sup>*

*This shows that the medical industry has absolutely failed in the prevention and treatment of illness, sickness, and disease. More and more people are going to visit doctors than ever before. More and more people are getting diagnosed regularly through blood tests, X-rays, ultrasounds, etc. than ever before. More people are taking pills and drugs than ever before. There are more surgeries performed than ever before. But still, more people are sick.*

*Majority of the population suffers from one or more chronic diseases like type-2 diabetes, heart disease, hypertension, thyroid imbalance, polycystic ovarian syndrome, obesity, multiple sclerosis, asthma, bronchitis, sinusitis, chronic kidney disease, ulcers, piles, gastroesophageal acid reflux, constipation, cancer, etc. The only winners in the medical system are the healthcare and drug companies. The drug companies' profits are skyrocketing while the health index of the masses is declining sharply. The medical industry has no genuine interest in the prevention and curing of any illness but their own profits.*

*In my personal experience with hundreds of people with the above conditions, I have seen that majority of these diseases that have been termed as incurable, are reversible and also curable within a few months by eliminating the cause of the disease by following a regimen of natural diet and lifestyle that has the potential to activate self-healing mechanism of the body. Anyone who is ready to eradicate the root cause of their disease will successfully recover if they un-do what caused the disease and start doing what heals it. You can read more about such natural cures in my book 'Advanced Nutrition Therapy: Goodbye Drugs and Diseases'.*

*An ideal scenario would be waking up in the morning full of energy, vitality, content, and feeling blessed. You enjoy your day with energy, a bounce in your step, a smile on your face. You don't feel stressed, anxious, or depressed; you don't feel tired, you have no headaches or pain in your body; you are not overweight, and your skin is glowing. You have a good appetite and eat what you want, and you are never that hungry. You don't deprive yourself of the foods you enjoy. You go to sleep at night, and you sleep soundly and peacefully and get a wonderful whole night's rest. Your skin, your hair, and your nails look healthy and radiant. You have strength and tone in your muscles. Your body is fluid, graceful, and flexible. You are firm, strong, vibrant, and feel great! These are the signs of a healthy person.*

*We all must take responsibility for our own health. We have to become our own doctor, nutritionist, healer, and therapist. We have to arm ourselves with knowledge of medical procedures, and natural ways of healing, besides the various frauds that exist in the medical industry. The proponents of New World Order have almost wiped out the knowledge of natural healing, medicinal herbs, and prevention of diseases.*

*We all should make efforts to prepare ourselves for the upcoming challenges. The purpose of my books is to educate you on the subjects of high importance that can empower you to save lives, live healthy and stay safe from experimental drugs and therapies. In the upcoming chapter we will discuss some small practical steps that we can take to prepare for the coming challenges.*

## STEPS TO TAKE AGAINST THE NEW WORLD ORDER

*The tyrannical forces are determined to submit all of humanity to unprecedented tyranny through their Great Reset, Agenda 2030, and the New World Order. Is there anything that normal people like you and me can do to stop them? Yes, absolutely! Remember, they are far less than 1%, while we are the vast majority of 99.99% of humanity. We have the power, not them. Their greatest fear is that we would realize this. Once the masses of humanity rise up, and begin to take intelligent action, it's game over for these evil forces.*

- *Be Brave: You must raise your voice against oppression, don't be silent. If you see something is happening wrong with someone, raise your voice. Make your effort to correct it. Because if you don't do that, and when you are in trouble, others will be silent too. If you gather courage and raise your voice, it will give others the confidence to do the same. When we stand by and do nothing, we are encouraging the unrightful act through our silence. This is the time to stand up and do something. Do not comply with the mandates that forbid human interaction and force yourself and your loved ones with experimental injections. They can never arrest the whole population if everyone declines it. If enough of us don't go along, there is nothing they can do. No government can arrest millions of people! We must do a united non-compliance.*
- *Inform the Public: The key to the success of these criminal operations is the ignorance of the public. Their worst nightmare is that humanity would become aware of what is going on. Because once the people understand what is really going on, they will resist, and the plans of the corrupt leaders will fail. That's why they focus all their efforts on brainwashing the population to keep them ignorant. Our main focus must be to create awareness among people around us in all possible ways. Distribute our videos, books, flyers, articles, reports, etc. to the people in your circle, organisation, school, work, etc. Never give up doing this. We have to open the eyes of the people, so they will stop complying and start resisting.*

*Since we don't own mainstream media, we have to inform people by handing out flyers, distributing brochures door to door, and putting up posters in public spaces. We need to place ads in local newspapers, rent billboards, and pay for radio commercials, to raise awareness.*

- *Inform the Authorities: Inform the people in your community that are unknowingly the minions of the criminal entities by unquestioningly executing their insane orders. We must open their eyes. Send short letters, distribute the copies of my books like 'The Vaccine Crime Report' and 'Do Face Masks Really Work' to them. We need to wake up the local government officials, law enforcement officers, school directors,*

*teachers, hospital staff, local media, judges, pastors, lawyers, etc. Many of them are bribed to support the criminal schemes, but some are not, and once their eyes are opened, they can become powerful forces of truth. Share the truth to make people start thinking. Don't expect immediate results but begin with dropping a few truth bombs that can activate the critical thought process.*

- *Independent Connection: Step away from being dependent on the government services and start creating alternative solutions. This goes for shopping, health care, media, finances, etc. Learn to grow your own food, invest in off-grid energy solutions, and start your own business. Start the adventure of moving away from their control systems and learn to thrive as an independent human being. Connect with like-minded people, so you can learn from them and help one another. Don't become dependent on organizations but use them to grow in knowledge and become more effective in your resistance.*
- *Gear Yourself Up: Prepare for the coming crisis, like food shortages, power blackouts, cyber pandemics, natural disasters, and financial collapse. Inform yourself about how to prepare for times of crisis. Prepare mentally and practically. Create backups for food, water, energy, and medicines. Build a community if possible, so you can help others and be helped by them once disaster strikes. Learn to love and serve others when they are in need.*
- *Know the Law: You must educate yourself and others about the laws of the land. These criminals are violating every imaginable law. They trample every constitution, international agreement, medical code - they don't care about anything. If you get to know the laws of your land, you can resist their tyranny and point out how they are committing acts of terrorism, murder, abuse, treason, and so on.*
- *Pray to Almighty: We must pray with passion and love. Pray for justice to be done on the earth, and deliverance to come to humanity. God is an ocean of infinite love. When we vibrate in divine love, we are fearless, we cannot be manipulated, we cannot be fooled, we cannot be divided, we are strong and firm. We must use our spiritual authority as a child of the Almighty to rebuke and destroy demonic strongholds. When we say "NO!" to these evil powers, they are rendered powerless.*
- *Support the Heroes: Support those who fight for the future of our world. If you are financially enabled, then use your resources as a weapon to defeat the criminal elites and empower the freedom fighters. The corporations are smarter than most of us. They don't sit on their money but use it very strategically to deceive humanity. They invest, for example, in the media, which they use to blind people. Follow their example and become strategic with your resources. Don't wait until you are dead but use your funds now to sponsor powerful initiatives that can make a real difference in the world. Together we can end this nightmare and build a better world. The future is bright if we all do our part. You may distribute the bulk copies of the books like "The*



*Vaccine Crime Report” and “Do Face Masks Really Work?” it will cost extremely low if printed in bulk, but their influence on the masses can be a lot to bring a revolution. Imagine if every person got to read this book once, don’t you think it will trigger their critical thinking and zeal to revolt?*

## HOW CAN YOU HELP US SPREAD THE MESSAGE

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*Here is a powerful way to promote the truth in this book, it will cost you no money, but just a few minutes of honest review, and this is extremely effective, more than you can think of. So here it is:*

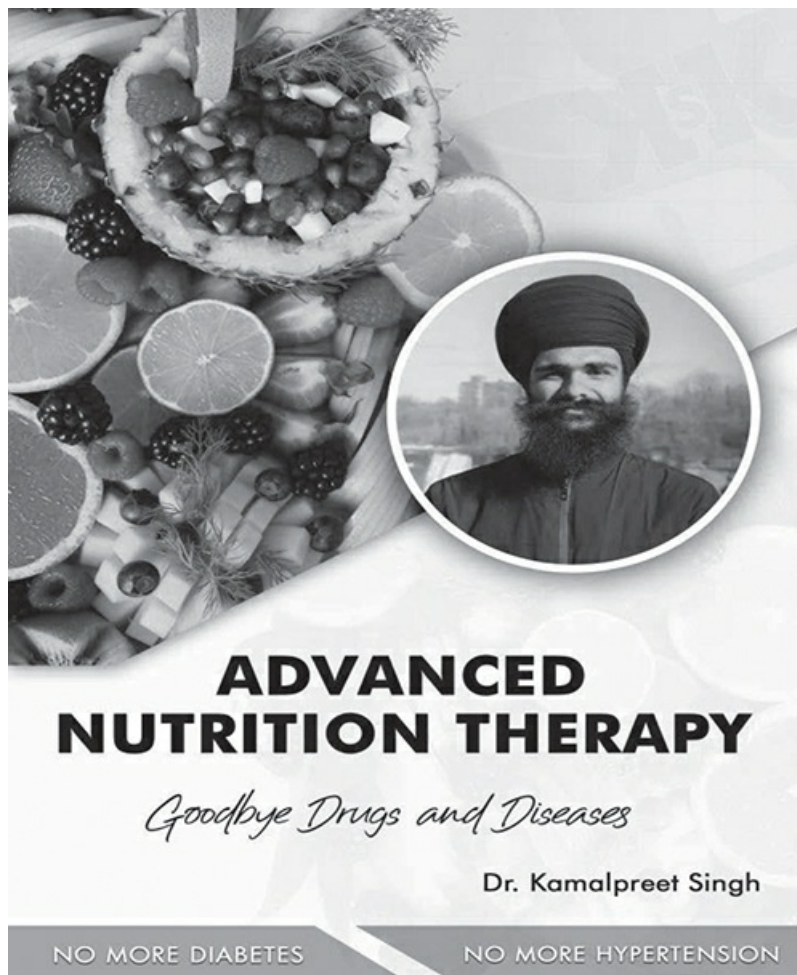
- 1. Read this book thoroughly and note the most important points you read in this book.*
- 2. Make a short video (of about 3 mins) holding the book in your hands explaining how you feel about this book and why the person watching the video should read this book and how this book will help him and the society as a whole.*
- 3. Send this video review to us at [kamalpreetsingh@gosatvik.ca](mailto:kamalpreetsingh@gosatvik.ca) or through any other social media platforms that you might be connected with us. We will upload your video review on our platform to spread the message. If you wish, you can also upload it on your social media platforms to inform your audience. You might not realize but this small step can help us awaken many more people.*

*The video review is the most effective because it includes your personal character in it, it has your personal experience in it, it is more genuine, and more people may feel connected to your experience. You may include any of your personal experience with the face masks, or vaccines, or the pandemic, etc. in the video as that will help the audience connect with the message. This will not cost you any money but will definitely help us in spreading the message across and awakening more people to the reality of the tyranny that is being planned on us. This is one of the ways in which you can help us in raising awareness and make your contribution to the effort of collecting and presenting this life-saving information.*

## ADVANCED NUTRITION THERAPY BOOK

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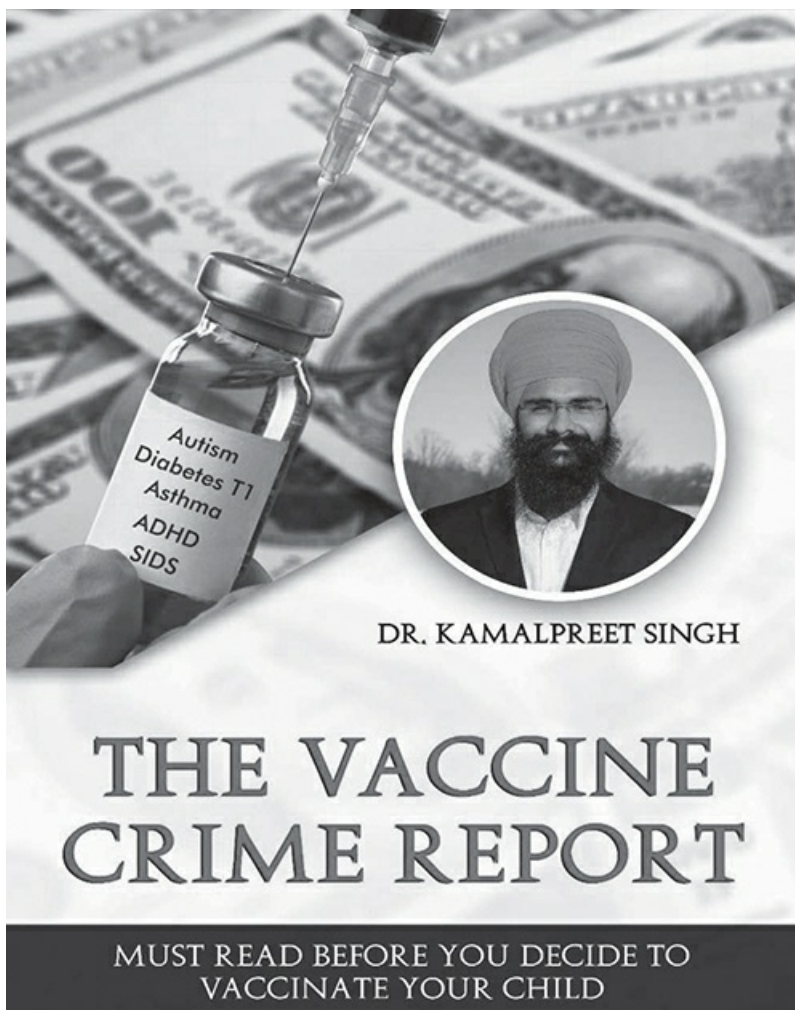
*Advanced Nutrition Therapy: Goodbye Drugs and Diseases is a Best-Selling book by Dr. Kamalpreet Singh that focuses on reversal of chronic illness through whole food plant-based diet. Delicious and easy to make recipes are provided to ensure healthy cooking habits. The book was rated in the top 5 books in Diabetes section by Amazon. Thousands of copies of the book have been sold within a few months of publishing. The book can be purchased from Amazon or through the website <https://gosatvik.ca>*



## THE VACCINE CRIME REPORT

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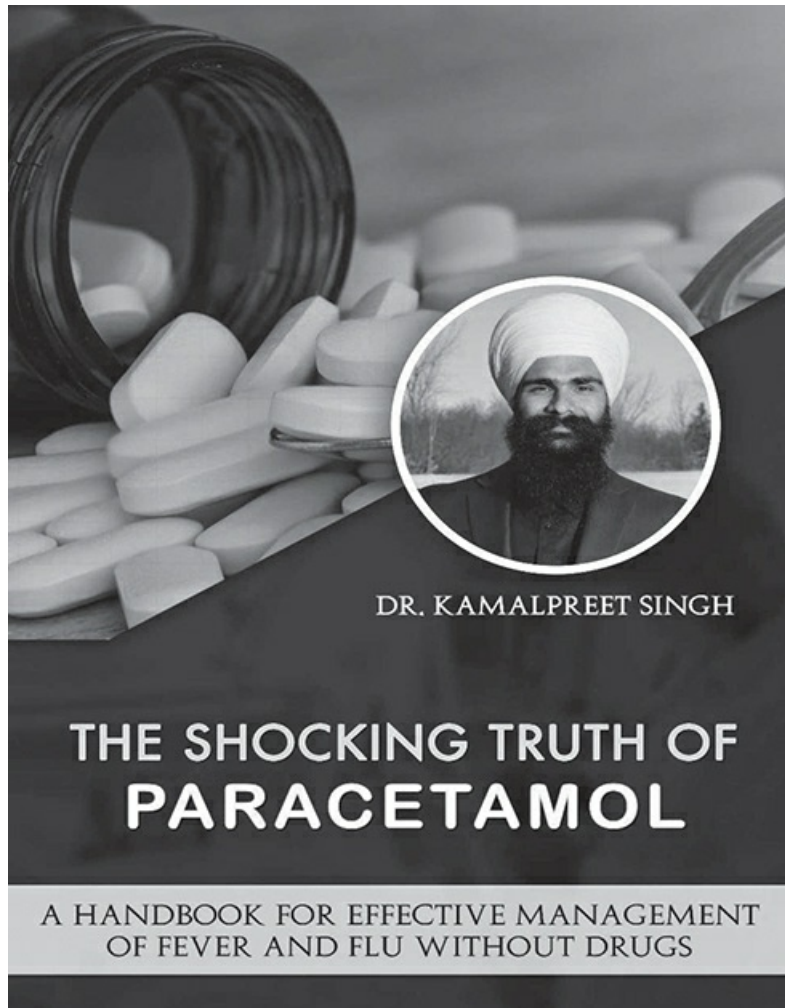
*The Vaccine Crime Report gives you access to the findings of credible scientific studies published in prestigious medical journals that refute the claim that vaccines are safe and effective. The information in this book is extremely important for every person especially parents who wish to make an informed decision about their child's health. The book can be purchased from Amazon or through the website <https://gosatvik.ca>*



## THE SHOCKING TRUTH OF PARACETAMOL

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*The Shocking Truth of Paracetamol gives you access to the findings of credible scientific studies published in prestigious medical journals that refute the claim that paracetamol is safe and effective. The health complications associated with paracetamol are asthma, liver failure, kidney failure, debilitating chronic diseases, impaired neurodevelopment, etc. This book also serves as a guide to manage fever and flu without drugs to avoid future health issues.*



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