

READ THIS FIRST BEFORE EVER WEARING A MASK (Warning Update)

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Except for healthcare providers and when in high-risk venues, no one should be wearing a mask.



“People, take off your masks before you really make yourself sick!”

— *The Coronavirus Coach*

Most masks are quite unhealthy and some are even disease-promoting—Here’s why!

Chemical Off-gassing

Those who are manifesting COVID-19 symptoms have a greater need for fresh clean air. Because of the various respiratory illnesses associated with *Coronavirus syndrome* they require prana-filled air more than anything. So do folks who want to prevent catching the coronavirus.

However, when wearing a synthetic mask the person is filtering their air through a synthetic material that outgases the petrochemically derived constituents that most are made of. The masked individual is then breathing in those aerosolized toxic chemicals.

Many of the sickest COVID patients already have various respiratory illnesses and/or chemical sensitivities, so putting a mask on them is the worst thing that can be done. The same applies to people who are relatively healthy but have E.I. syndrome or MCS.*

***E.I. Syndrome = Environmental Illness Syndrome; MCS = Multiple Chemical Sensitivity**

Brand new products just taken out of a box are notorious for outgassing various chemical toxins. Many of the highest rated masks even off-gas noxious VOCs (volatile organic compounds) because the optimal filtration structure requires such a matrix of chemical compounds. In the case of a new mask, which is placed right over the mouth and nose, these vaporized chemicals go right into both airways.

Therefore, patients stricken with the novel coronavirus ought to be spared from such a misguided practice. A chemical overwhelm can even trigger a respiratory condition that compels the attending physician to put the patient on a ventilator which ought to be strictly avoided for COVID-19 patients.

CAVEAT from the Coach: The olfactory nerve lacks a true blood-brain barrier which is acknowledged to be 8 cells thick. There are only 4 to 6 cells surrounding the olfactory nerve making it a much more vulnerable area for vaporized chemicals to enter the brain. Hence, when a COVID-19 patient is breathing all their air through a toxic mask for weeks or months, they are inevitably experiencing an influx of harmful toxins into their brain tissue. Depending on the age,

overall health and sensitivity of the individual, this predicament can produce its own set of concerning neurological symptoms.

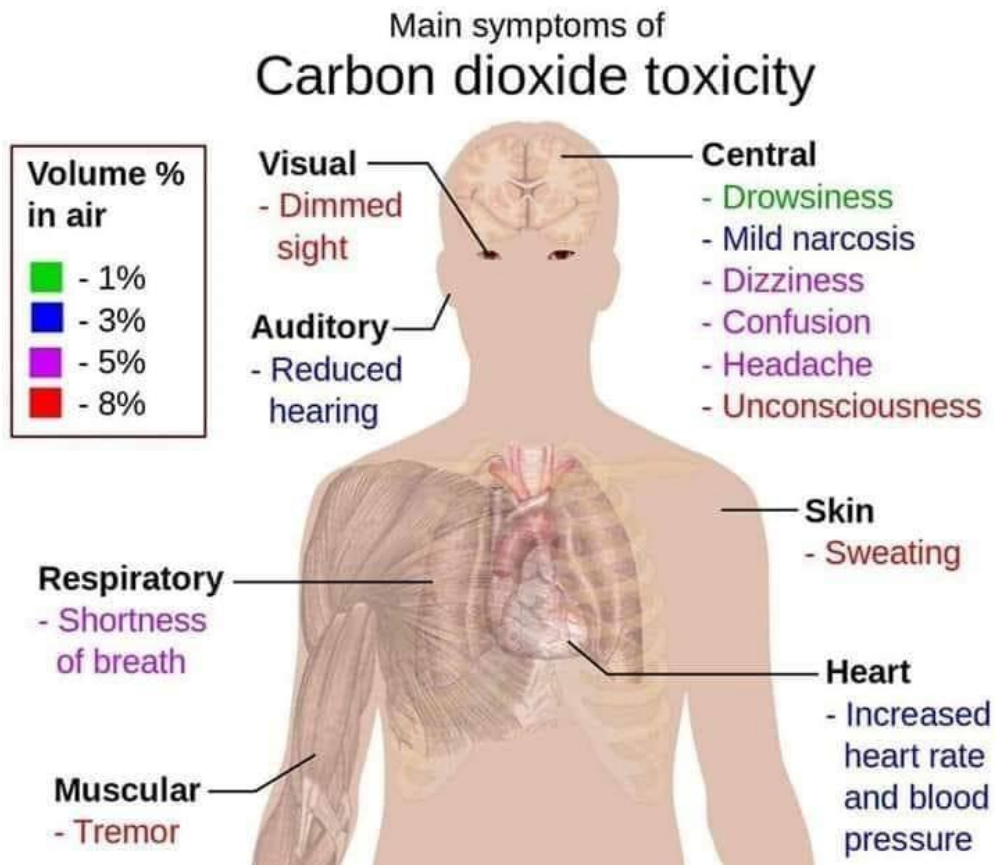
Oxygen & Carbon Dioxide

With each and every in-breath, the sick individual is also intaking some of the carbon dioxide they just exhaled.

Instead of breathing in fresh clean air full of oxygen, the mask is diminishing their oxygen intake and replacing it with the respiratory waste product—carbon dioxide.

By subtly decreasing their oxygen levels in this manner they are being deprived of the most powerful healing agent for respiratory diseases—*Molecular oxygen* (O_2).

Furthermore, even a slight increase of the carbon dioxide levels in their bloodstream can contribute to anxiety and feelings of nervousness as well as cause headaches, dizziness and fatigue.



The flip side of the very same problem is that prolonged mask wearing can lead to oxygen deprivation also known as hypoxia. See: [Physician Warns About Prolonged Mask Wearing and Hypoxia](#)

For these reasons especially, both the healthy and the ill should avoid wearing a mask like the plague otherwise you may end up getting this coronavirus plague.

Unhygienic and Unsanitary

Even after wearing a mask for a short period of time it becomes filthy. The more polluted the indoor and/or outdoor ambient air is, the quicker the mask will become contaminated.

Not only is the mask capturing particulate and chemical pollution from the ambient air, the accumulation of these throughout the course of a day further obstructs the necessary breathing process.

Hence, the longer a mask is worn in a polluted environment, the dirtier and more contaminated it will become. Just take a close look at the return air filter in your home or garage if you want to see what's happening with a well-worn mask; albeit, on a much smaller scale.

Now let's add into the mix the constant coughing and sneezing and spitting up phlegm and mucus. What will inevitably develop regarding the mask is a worst-case scenario that can push the patient onto a ventilator. This is only one reason so many hospital inpatients are being vented; the inappropriate treatment plans also include specific pharmaceutical drugs that are strongly contraindicated for *Coronavirus syndrome*.

KEY POINT: Venting COVID-19 patients has proven to be injurious to the lungs and often deadly, as several doctors and nurses have testified. Five medical school professors in Italy have also correctly pointed out the extreme risks of ventilators in this scientific research paper: [Covid-19 Does Not Lead to a "Typical" Acute Respiratory Distress Syndrome](#)

Damage the Immune System

The following excerpt was taken from this article published by the Alachua Chronicle in Gainesville, Florida: [Face masks can damage the immune system](#).

Stress can lower Your immunity. A face-covering or mask that interferes with respiration can add to stress. Cortisol is a hormone closely linked with stress. It works as a key player in the body's stress response and is often measured in research as an indicator of stress.

Cortisol plays a vital role in the body's functioning; it's secreted by the kidney's adrenal glands. But high and sustained blood levels of cortisone in individuals stressed by the fear of COVID-19 can trigger serious and emergent health issues.

Higher and more [prolonged levels of cortisol](#) in the bloodstream (such as those associated with chronic stress) have been shown to have negative effects, such as:

- - - **Impaired cognitive performance**
 - Suppressed thyroid function
 - Blood sugar imbalances such as hyperglycemia
 - Decreased bone density
 - Decrease in muscle tissue
 - **Higher blood pressure**
 - **Lowered immunity** and inflammatory responses in the body, slowed wound healing, and other health consequences
 - Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are **heart attacks, strokes**, developing metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems.

Uncomfortable and Depressing

Anyone who has ever worn a tight, scratchy, synthetic mask knows they are so uncomfortable they want to take it off as soon as they put it on (the much more comfortable 100% cotton masks simply don't work). And, that the longer they feel compelled to wear the mask, the more depressing the whole experience becomes.

Not only is this discomfiting experience physically depressing for all the reasons explained above, it can also become emotionally distressing.

There is a LOT of anecdotal evidence that proves the longer the mask is worn throughout the day, the more dispiriting. Likewise, the more days or weeks of continuous mask-wearing, the more distressful life becomes.

The best example of this new fact of life can be found in the many stores where the employees have been forced to wear a mask during the entire work day. Clearly, they are not happy. Nor are they as helpful as they used to be. The usual courtesy and cheerfulness have been replaced with gloom and/or sadness and/or frustration and/or anger.

Inflammatory Wedge Issue

Whoever put out the official advice of wearing a mask in the manner which has been adopted nationwide has performed a tremendous disservice. Common sense tells everyone that when your immune response can be so compromised by constant mask-wearing, a case of *Coronavirus syndrome* becomes much more likely.

The medical authorities and health officials in charge of the coronavirus response effort need to draft a new national policy post haste before more damage is done to the individual and collective health of the American people.

After many decades of managing all sorts of similar epidemics and pandemics, there is no good reason why such an improper recommendation was ever issued. Many of those epidemics involved similar respiratory diseases, so what makes COVID-19 so different except the nonstop fear-mongering.

Those responsible for this extremely bad mask advice have created — wittingly or unwittingly — a toxic coronavirus culture whereby the mask wearers are looking at those who abstain as being dangerous nonconformists who are somehow threatening the mask-wearer's health.

In this way, mask-wearing is quickly becoming a divisive wedge issue that has been driven deeply into the heart of the body politic. This certainly does not help the healing process which many are in dire need of today and beyond.

Families and friends are not only being unnecessarily separated during critical periods of the COVID-19 disease process, social tensions are intensifying even more during this extremely tempestuous election year. This state of affairs only creates a more conducive environment for coronavirus clusters to mushroom; after all, stress weakens the immune system (unless it's well managed).

Special Note: The flurry of recommendations that were issued by government officials and medical authorities everywhere were fundamentally fear-driven and not based on science or reality. This fear-based guidance has served to stampede countless people into the pen of blind compliance. Not only are many unaware victims of this extremely bad advice never leaving home without a mask on, some of them are closely monitoring every individual in their viewing space without a mask. Others are so bold as to police the erroneous policy as vigilantes do catching lawbreakers. For these and other reasons, the mainstream media and governments across the country are obligated to clarify mask guidance with all deliberate speed.

Conclusion

Yes, healthcare workers ought to wear **hospital-grade mask rated as N95 anti-viral** in every setting that requires one. By the way, **even Dr. Fauci says not to wear a mask, except for healthcare providers.**

Likewise, housebound COVID-19 caregivers should also wear a healthy, non-toxic mask when working with a sick family member, friend or loved one, but only when necessary. It's important to immediately take the mask off whenever it's not needed.

Obviously, every situation is different and demands its own proper response. For example, a crowded New York City subway needs to be addressed differently than taking a walk down a quiet suburban street. Hence, city dwellers have their own decisions to make whenever they're walking through a high-traffic area or crowded space.

On the other hand, folks living in rural America can basically go mask free. The same goes for most suburbanites. As for the park or the beach, this is when everyone ought to freely bask in the therapeutic sunlight and open-air environment.

The **bottom line** here is for everyone to use their common sense. The guidance provided in this coronavirus coaching session can be used to inform any decision to wear or not to wear a mask. But perhaps the most important instruction is that *no one should ever give in to offensive peer pressure to wear a mask when they know in their bones it's the wrong thing to do.*

Everyone, please stay safe and pray for protection.

Be well!

[The Coronavirus Coach](#)

May 9, 2020

WARNING Update: The Summer months are an especially dangerous time for folks to wear a mask. In point of fact, several governments around the world have issued official warnings about how wearing a mask can contribute considerably to the development of heat exhaustion and/or heat stroke. Particularly in warmer climes such as the American Deep South and Southwest, people need to be extremely careful about needlessly wearing a mask. For children, masks can be downright fatal. Similarly, the elderly ought to be wary about being bullied into mask-wearing, specifically those with chronic or acute respiratory ailments. Those individuals with certain underlying conditions, notably the older and infirm, can be much more vulnerable to heat exhaustion during the hot season. See: [WARNING! Medical experts in Japan say wearing a mask during the hot summer greatly increases risk of heatstroke](#)

Recommended Viewing

[You had better listen to this expert before you wear a mask \(Video\)](#)

Recommended Reading

[Here's How Everyone Can Avoid Getting The Coronavirus](#)

[Here's why the beach is the best place to be during the 2020 pandemic.](#)

<http://thehealthcoach1.com/?p=7598>