
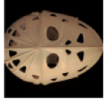


2) Masks versus Breathing Barriers?

This is a mask:  This is a breathing barrier: 

Breathing barriers force you to re-inhale your exhaled air. This leads to 3 problems:

1. The O₂ levels go down lower than the minimum determined by occupational health and safety codes as dangerous. (1)
2. Excess CO₂ leads to hypercapnia, which is toxic for the body. (1) Common symptoms range from drowsiness, inability to focus and mild headaches to irregular heartbeats, seizures, and panic attacks. (2)
3. The humidity buildup, once it hits 80%, is perfect for bacterial growth.

The SARS-CoV-2 virus is much smaller than the pores in fabric/paper (0.1 µm vs 80 to 500 µm). The size differential resembles a mosquito flying through a hole in a chain link fence. Even the largest water droplet that could harbor the virus and remain suspended in the air is ~60 µm.

The Canadian Pandemic Influenza Plan for the Health Sector (2006) stated: "There is no evidence that the use of masks in general public settings will be protective when the virus is circulating widely in the community." (3) It is the same for SARS-CoV-2 as this virus is even smaller than the influenza virus.

(1) <https://www.citizenshealth.ca/transcription-english-chris-schaeffer/>
(2) <https://www.healthline.com/health/hygieneandpersonalcare>
(3) https://openlibrary.org/books/OL22249328M/The_Canadian_pandemic_influenza_plan_for_the_health_sector_2006

3) Viral Transmission versus Prevention/Protection?

Most of the COVID-19 rules and policies put in place were based on the theory that COVID-19 can be transmitted by those who have NO SYMPTOMS. This theory was perpetuated by the use of PCR tests and reports of rising "case counts." The data used early on re: "asymptomatic transmission" have since been re-examined and shown not to be reliable.(4)

The diagnosis of an infectious disease depends on two essential coexisting factors, i.e., the **presence of its characteristic symptoms** and **identification of its causative agent**. Without the presence of both factors, there can be no confirmed case of COVID-19. These are the 6 requirements of Disease Transmission:

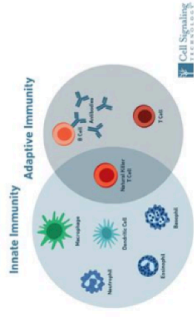
1. A sufficient dose of an infectious agent.
2. Existence of a viable infectious agent.
3. A mode of escape.
4. A mode of transmission.
5. A portal of entry.
6. A susceptible host.

An individual might harbor SARS-CoV-2 and have non-existent to mild non-specific symptoms, but **unless the live virus is expelled in sufficient amounts by coughing and sneezing to overcome the natural defenses of a secondary host, transmission of the infection will not occur.**

The focus should be on reducing the susceptibility of the population, strengthening the immune system and using proven preventative measures.

(4) https://www.canadiancovidcarealliance.org/wp-content/uploads/2022/07/22-JL14_Hardie_CCCA-Critique-of-LTC-Facilities.pdf & <https://www.bitchute.com/video/F1toB1PXqHx/>

4) Natural versus Vaccine Acquired Immunity?



The immune system has two main parts.

1. Innate immunity, our first line of protection, is made of barriers to keep pathogens out of our body and other responses (like fever and inflammation) that stop pathogens from spreading.
2. Adaptive immunity allows our bodies to recognize a pathogen, destroy it, and remember it.

Being exposed to the entire virus allows our body to make antibodies to all its proteins, not just the spike protein. (5) The mRNA vaccine products target **only one protein** on the surface of the SARS-CoV-2 virus. Because the many other components of this virus are not being targeted, they are free to mutate resulting in new variants.

The mRNA BNT162b2 (Pfizer) vaccine reprograms innate immune responses. **Repeat doses wear down and weaken the body's own immune response.** Multiply dosed people are more susceptible to many common viral infections (like shingles)(6), variants of COVID-19, and a resurgence of cancer.(7)

(5) <https://www.canadiancovidcarealliance.org/media-resources/how-does-our-immune-system-cope-with-sars-cov-2/> (6) <https://masscar.substack.com/p/the-brt162b2-mrna-vaccine-against> (7) <https://masscar.substack.com/p/covid-19-is-not-the-problem>