

Face Masks

Can Damage the Immune System!

Perhaps That Is Why People Are Supposed to Wear Them All Along!



Above – Memorial Day, 2020 at the Ocean Beach, Face mask and social distancing. The “New Normal” for remembering those who died so we can do this!

With the constant stress presented by the fear and anxiety of Covid-19, wearing a face mask or self-designed facial covering can become a hazard to the health of the majority of our population who remain in good health.

When a healthy population becomes unhealthy due to excessive stress driven by hyperbolic media fear of Covid-19, any of a variety of different diseases can break through that weakened immune system to cause more active cases of Covid-19, metabolic, heart, and other diseases like cancer.

[Len Cabrera, April 3rd:](#) The mass hysteria (and bad public policy) on coronavirus is due to exaggerated computer models. The numbers for the month of March in Alachua

County were barely a “sniffle,” much less a pandemic at 35 cases per 100,000 people (.035%).

[Bio-Statistician Knut M. Wittkowski](#): *“With all respiratory diseases, the only thing that stops the disease is herd immunity. About 80% of the people need to have had contact with the virus, and the majority of them won’t even have recognized that they were infected, or they had very, very mild symptoms, especially if they are children. So it’s very important to keep the schools open and kids mingling to spread the virus to get herd immunity as fast as possible, and then the elderly people, who should be separated, and the nursing homes should be closed during that time, can come back and meet their children and grandchildren after about 4 weeks when the virus has been exterminated”*

[Alachua Chronicle, May 1st](#): *“The Commission moved forward on mandatory facial coverings in spite of the CDC voluntary recommendation for masks, the governor’s voluntary recommendation for masks, and the conclusion from Paul Myers (Florida Department of Health in Alachua County) that [there is no consensus](#) on the wearing of face masks.”*

[Len Cabrera, April 29th](#): *“The facial covering mandate is an example of petty tyranny we’ve been witnessing all over the country. They made that recommendation even though earlier in the day Governor DeSantis held a [press conference](#) where Dr. Sunil Desai [downplayed the need](#) for masks, saying hand hygiene is more important: *“If your hands aren’t clean, that mask is worthless.”* He also said, *“Hand hygiene and not touching your face and the social distancing, judiciously applied in the most high-risk groups, and is the most important”*.*

Paul Myers, the Alachua County Administrator for the Florida Department of Health, echoed Dr. Desai in the [County Commission meeting](#) on April 28, saying that the evidence for the usefulness of masks being worn by the public does not support a mandate for mask wearing. He cited a review of 52 studies that concluded *“cloth masks are ineffective as source control”* and N-95 masks are *“not recommended for source control.”* He also said the CDC guidance is that masks should be a *“voluntary public health measure”* (emphasis added). “

“So according to local, state, and national experts, the general public does not need to wear masks.”

[NY POST](#): 4/29/2020 – Dr. Michael Ryan at WHO Health Emergencies Programme lauds Sweden for avoiding lockdowns.

“What it (Sweden) has done differently is it has very much relied on its relationship with its citizenry and the ability and willingness of its citizens to implement self-distancing and self-regulate,” Ryan said. “In that sense, they have implemented public policy through that partnership with the population.”

"I think if we are to reach a new normal, Sweden represents a model if we wish to get back to a society in which we don't have lockdowns," Ryan said.

Virologist [Dr. Judy Mikovits, PhD](#) offered a science-based warning about wearing face masks:

"The masks on walks outside and while driving in your car is mind blowing to me. Do you not know how unhealthy it is to keep inhaling your carbon dioxide and restricting proper oxygen flow? I honestly cannot believe how non-logical we have become! We as a society seem to just listen to (perceived) authority without question. I don't see a whole lot of critical thought happening here, I'm sorry to say. Why I opt NOT to wear a mask. Well, let me break it down for you. The body requires AMPLE amounts of oxygen for optimal immune health. Especially during a so-called 'pandemic'. Proper oxygenation of your cells and blood is ESSENTIAL for the body to function as it needs to in order to fight off any illness.

"Masks will hamper oxygen intake. Unless you are working in a hospital setting, it is NOT necessary. But go ahead and hold onto to your security blanket if it makes you feel better. I do not listen to the government when it tries to instruct me on how to maintain health, nor do I trust their 'stats' (which we know are based on unconfirmed numbers).

"You want to be healthy, and then make sure to apply it to all aspects of your life. Stop smoking, change your diet, stop consuming alcohol, turn off your Wi-Fi and cell phone, stop getting injected with neurotoxins, stop taking toxic medications, stop using so many chemicals in your everyday life, practice proper hygiene (WASH YOUR HANDS). Most importantly, go outside and BREATHE DEEPLY, get some sun, drink plenty of (filtered) water, sleep well and learn to LISTEN to your body."

In addition to Dr. Mikovits warning, there are additional problems with wearing a face mask that increase stress on the immune system.

Stress Can Lower Your Immunity

Cortisol is closely linked with stress

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.

Offering a face mask “waiver” to shoppers “diagnosed” with COPD, asthma, or related pulmonary diseases misses the point since any healthy person who wears a face mask can become immune compromised by the additional stress that attempting to breathe through a mask can place on the individual.

A face mask or facial covering can displace oxygen to the lungs and increase the levels of carbon dioxide intake when exhaled air – trapped inside the mask – is re-breathed.

More stress is realized when accumulated moisture causes the mask to “clog” the inspiration of air through the mask with increased resistance to inhalation and exhalation. Blocking the passage of air through the mask, even partially, places excessive demands on thoracic muscles and the diaphragm. The result is that breathing becomes more difficult and labored – even among a healthy population. Pushing a shopping cart through a grocery store under these conditions can result in labored respiration.

In certain individuals, especially those suffering from PTSD, mask obstruction can cause claustrophobia, panic attacks, or a feeling of suffocation. These individuals are more prone to blood pressure spikes, heart attacks, and stroke. All of these factors combined can compromise those with otherwise-normal immune systems.

Covid-19 is a time when the public is encouraged to maintain high immunity and healthy habits in order to avoid a serious respiratory illness. But elected officials unwilling to defer critical health policy decisions to experts in health care can too easily be seen as arrogant and politically motivated.

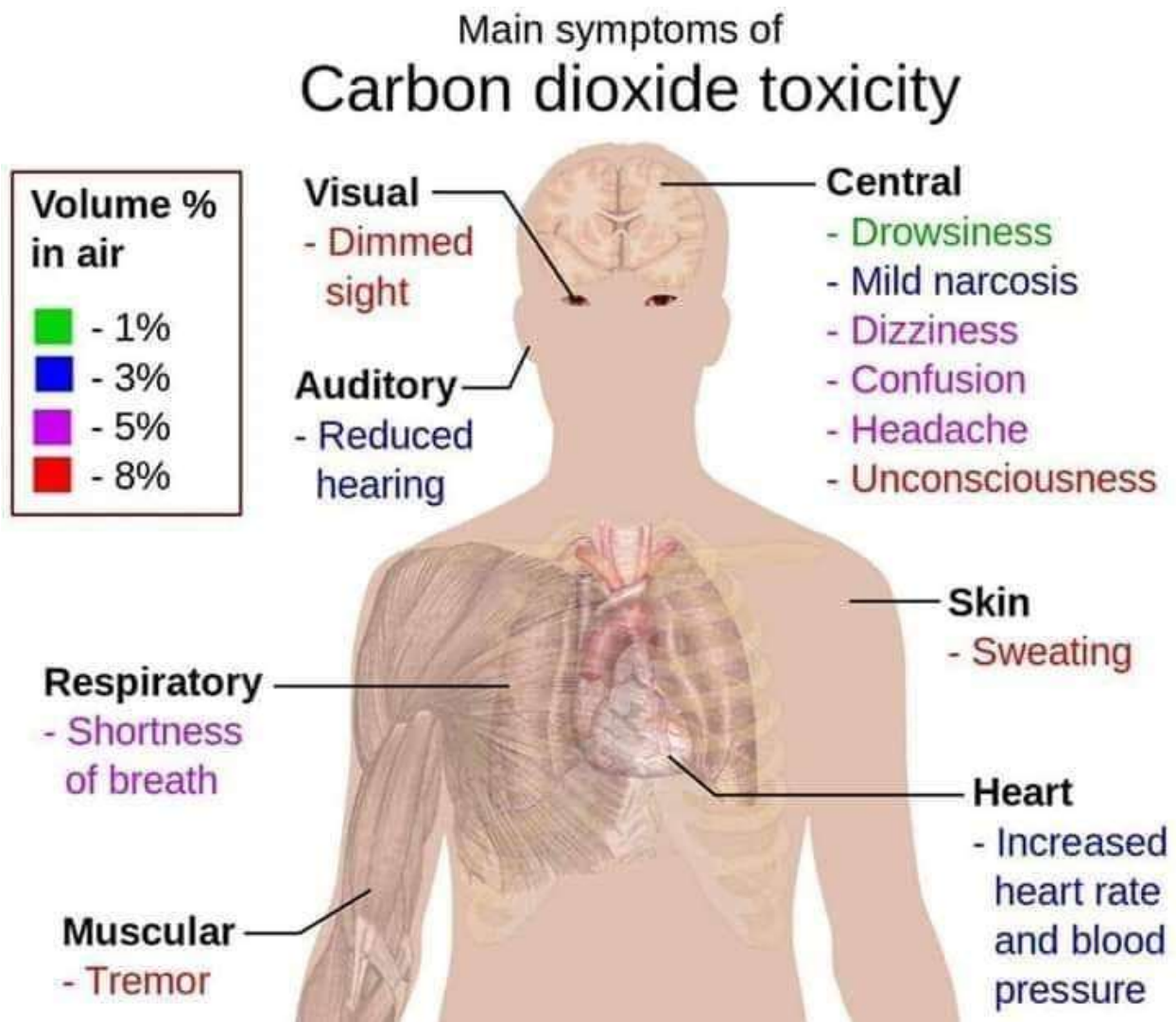
Sweden has already proven to the satisfaction of Dr. Michael Ryan at WHO that a lockdown is not necessary to achieve herd immunity while maintaining a low-stress and viable economy.

The concept of flattening the curve was to prevent hospitals from overflowing with patients, but the forecasts for patient load and mortality were wildly high by orders of magnitude.

We also all just witnesses national protests and Antifa riots with people not “socially distancing” nor wearing masks which were supported by the same folks, and even a group of doctors, who told us to close down our businesses, stay inside, and if necessary to leave for essentials....to wear masks. No worry about COVID-19 for protests, but masks for groceries. Huh? The immediate danger of wearing a silly mask is Carbon Dioxide Toxicity for any length of time. Of utmost importance is the issue that face masks damage one’s immunity, a key factor in resistance to COVID-19

Even after scientific reports have said that masks are completely useless and of no benefit whatever, people are still forced to wear masks?

It is imperative that we do our own research and think for ourselves. Compliance might be deadly and further tank small businesses and our economy.



It’s time to look at Covid-19 more like a seasonal flu outbreak rather than a scary pandemic.

A few weeks ago face masks were said to be useless and even dangerous against COVID-19. Now, people are urged to wear them and some cities are making them mandatory. Was this a complete 180 made for health reasons? Or to create a specific social climate?... The New World Order plan is almost complete, crush the economy and humanity is Crushed!

Because, right now, the mask is not about health – it is about turning you into a walking, talking agent of fear.



THE FACE MASK: A POWERFUL SYMBOL OF COVID-19 OPPRESSION

After two months of COVID-19 panic and terror, the world is now being ushered into a “new normal”. However, there is nothing “new” nor “normal” about an oppressive police state that haphazardly revokes rights and freedoms while citizens snitch on each other. Nope, such regimes have existed in the past. And, in societies that dare call themselves “free” and “democratic”, the “new normal” is an aberration – a slippery slope towards a global totalitarian regime.

Despite the fact that all viruses inevitably peak and phase-out from human circulation, profound and permanent changes are being made to society. And, to the elite, COVID-19 is the perfect opportunity to create a society that is rooted in fear, dehumanization, and widespread distrust of the “other”.

Since symbols rule the world, one symbol perfectly embodies this “new normal”: The face mask.

THE MASKS SPEAK...



A headline from Canada about masks and the “new normal”. Equivalent headlines can be found across the world.

Although face masks were deemed useless and even dangerous only weeks ago, they are now being enforced in several cities around the world. What happened?

Did science make a last-minute, game-changing discovery about masks? No. However, those who are profiting from this crisis saw an opportunity: It can be instrumentalized to create a specific social climate. It is about keeping fear, anxiety, and paranoia going. It is about being constantly reminded that things are NOT going back to normal. In short, it is about social engineering.

Here’s how the usage of the face mask made an inorganic, unnatural about-face in cities worldwide.

Not Necessary

In the early onset of the pandemic, nearly all organizations and specialists advised against wearing a mask. Here’s an infographic made by the World Health Organization (WHO) in late 2019

“For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection”.



In March 2020, the WHO was still advising against wearing masks.

Dr. Mike Ryan, executive director of the WHO health emergency program said at a media briefing: “There is no specific evidence to suggest that the wearing of masks by the mass population has any potential benefit. In fact, there’s some evidence to suggest the opposite in the misuse of wearing a mask properly or fitting it properly. ”Meanwhile, the US Surgeon General was also urging people to not wear masks.

In April, Dr. Brosseau, a national expert on respiratory protection and infectious diseases at the University of Illinois at Chicago published an article titled [“Masks-for-all for COVID-19 not based on sound data”](#). She wrote:

“Sweeping mask recommendations—as many have proposed—will not reduce SARS-CoV-2 transmission, as evidenced by the widespread practice of wearing such masks in Hubei province, China, before and during its mass COVID-19 transmission experience earlier this year. Our review of relevant studies indicates that cloth masks will be ineffective at preventing SARS-CoV-2 transmission, whether worn as source control or as PPE.

Surgical masks likely have some utility as source control (meaning the wearer limits virus dispersal to another person) from a symptomatic patient in a healthcare setting to stop the spread of large cough particles and limit the lateral dispersion of cough particles. They may also have very limited utility as source control or PPE in households.

If masks had been the solution in Asia, shouldn't they have stopped the pandemic before it spread elsewhere?”

On the [official website](#) of the Canadian government, a page lists lots of reasons why homemade masks are practically useless while also hindering oxygen intake.

Homemade masks are not medical devices and are not regulated like medical masks and respirators. Their use poses a number of limitations:

- they have not been tested to recognized standards
- the fabrics are not the same as used in surgical masks or respirators
- the edges are not designed to form a seal around the nose and mouth
- they may not provide complete protection against virus-sized particles
- they can be difficult to breathe through and can prevent you from getting the required amount of oxygen needed by your body

These types of masks may not be effective in blocking virus particles that may be transmitted by coughing, sneezing, or certain medical procedures. They do not provide complete protection from virus particles because of a potential loose fit and the materials used.

Fast forward a few weeks. Here's a headline from the CBC (which is funded by the Canadian government).

What happened? The answer can be summed up in one word: Agenda.

Complete 180 and Media Mask-arade

After advising against the mask for weeks, the CDC made a complete 180 in early April. This decision was not the result of new science. The world elite realized that the widespread usage of the mask creates the perfect fear-based social climate to advance

its agenda. It can be used to justify longer lockdowns, intrusive contact tracing, and all kinds of oppressive measures.



Of course, a shameless media mask-arade quickly ensued.

The governor of Colorado wearing a mask during a press conference.

The mayor of Los Angeles wears a mask during a press conference, saying “this is the new style”.

In this slightly terrifying Instagram post, Hillary Clinton dubs the mask “the must-have accessory for spring”.

Of course, children around the world are being indoctrinated into wearing the mask.

Probably the most grotesque use of the mask for agenda reasons can be found during White House press conferences.

Although these people are outside and spread apart, these reporters are wearing masks for the cameras.

A journalist asking a muffled question behind his face mask – a perfect way to symbolize mass media being “muffled” by the elite.

When the cameras are off, the reporters turn into the rapper [Future](#) when he chants “Mask off, f*ck it mask off”.

White House reporters removed their masks after a press conference. Also, no social distancing.

The same hypocrisy was also found indoors. [Power Tie@realPowerTie](#)

The mask is for show?

This media mask-arade has a specific goal: To normalize the widespread use of the mask in public places. And governments around the world are being pressured to make the mask mandatory.

A recent article that throws around the words “science” and “expert” to force mask compliance.

On May 11th, the city of Paris made masks mandatory in public transportation. The city is already testing ways to enforce it.

A headline from Bloomberg about Paris testing face recognition software to identify those who do not wear a mask.

The Meaning of the Mask

Do not be fooled. The elite is not enforcing the mask because it cares about your health. It is all about the agenda. As COVID infections and deaths drop around the world, the masses are looking to go back to some kind of normalcy. They do NOT want that. The widespread use of the mask is the perfect tool to keep COVID-related fear and oppression going.

It does not take a Robert Langdon from DaVincinci Code to realize that the mask is a powerful symbol. A person wearing a mask is a startling sight that affects us on a visceral level. It instantly triggers our deeply-rooted fear of illness and death. It unconsciously raises our brain’s stress and anxiety levels while alerting us of impending danger. Each masked face is a reminder that things are not normal, that we should be afraid, and that we are still looking for outside forces to save us.

On a human level, the mask dehumanizes the people around us. How can we relate and associate with other people if we cannot tell if they’re smiling or not? How can we connect with other people if we can only communicate using muffled words through a piece of cloth? We can’t. Quite to the contrary, the mask says: Stay away from me, I don’t trust you.

What about the children who are growing up in this climate? They are being “groomed” into believing that this new normal is ... normal.

This specific social climate is pure gold for social engineers who are looking to profoundly alter society. A society that is subjected to fear and panic becomes irrational and readily accepts any measure that promises some kind of safety. And this is what is happening now.

In Conclusion

To be clear, I personally do not care if you wear a mask or not. If it makes you feel safer, then, by all means, wear one. You can even cover your eyes and ears for all I care. However, if you began wearing a mask after the media mask-arade, ask yourself this question: Why now? Can't you make decisions based on facts and your research rather than blindly obeying mass media?

Because, right now, the mask is not about health – it is about turning you into a walking, talking agent of fear.

PROOF! The COVID-19 ‘Comedy of Errors’ was really a “Tragedy by Design”

Posted on [June 11, 2020](#) by [State of the Nation](#)

G. Corona Virus, by JD Hall

▲”CDC admitted they screwed up COVID19 infection counts and intentionally misled the public and have apologized, clarifying that the amount of people truly infected is much lower than what was originally reported — an error so egregious it made the director of the Harvard Global Health Institute say “how could the CDC make this mistake? This is a mess.

▲The American Coronavirus Task Force also admitted to fudging the National COVID19 death count when Dr. Birx said the deaths are people who died “with” COVID19 not “from” COVID19, thus making the real death count much lower than what is currently being reported.

▲Dr. Anthony Fauci admitted masks won't help against the virus and mask manufacturers are now including warnings that their products do not deter COVID19.

▲Fauci also said that continuing to close the country could cause irreparable damage.

▲CDC backtracked their initial claim that led governors to shutdown their states & clarified that COVID19 does not spread easily on surfaces.

▲Governor of New York Andrew Cuomo confirmed a recent health study showing that 70% of new infections actually originate at home, thus making stay at home orders one of the most dangerous mandates currently in place.

▲ Trump stopped funding the WHO and threatened to cut off money permanently until they can prove they are no longer corruptly influenced by communist China after they lied to our country about human to human transmission of COVID19 in January.

▲ The curve is flattened, the CDC, WHO, Dr. Fauci, our governors, and many more were completely wrong about the potential threat of this virus.

▲ Even California is opening up sooner than anyone expected because the evidence contradicts the long standing and inaccurate narrative still upheld by the extremely dishonest & corrupt media.

▲ If you are still living in fear, don't be. The media, global organizations, the government, and its agencies "mislead" the public.

▲ People called those of us who knew this all along conspiracy theorists, but it turns out we were just following the facts!

▲ Open up your businesses, churches, and homes. Don't fall for the lies any longer. If you fell for the lies this time, wake up and join the army of truth seekers fighting on the front lines.

The CDC just confirmed a 0.2% death-rate for [#COVID19](#) ... For that, we have:

- **Added nearly 6 trillion to national debt**
- **Laid-off or furloughed 50 million workers**
- **Placed 60 million on food stamps**
- **Gone from 3.5% to 14.7% unemployment**
- **Crippled the petroleum industry**
- **Ruined the tourism industry**
- **Bankrupted the service industry**
- **Caused an impending meat and protein crisis**
- **Threatened, fined, and arrested church leaders**
- **Exacerbated mental health problems**
- **Shut down schools and colleges**
- **Given unbridled power to unelected officials**
- **Increased suicides higher than COVID deaths**
- **Delayed surgeries and treatments for profound illnesses**
- **Infringed upon countless important civil liberties**
- **Placed 300 million Americans on house arrest**

These consequences are largely due to two things:

• The first is our view of government as a god that can control Providence and plagues. In our hubris, we increasingly view the government as a deity who can stop acts of nature.

• The second is our sniveling, 21st-century commitment to safety. Our desire to be "safe" ruined our fiscal, physical, medical, food, energy, and national security.

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accountable practitioners called scientists and engineers. They often invented cool new things as a result of their studies, but generally they had no primal urge to use their knowledge to dominate other people, groups or even entire societies.

Then certain other scientists and engineers rose up and made a discovery of their own. If true science was ever-so-slightly skewed and engineering disciplines were applied to society at large, then they could indeed use their “knowledge” to dominate and control other people, groups, entire societies or even, heaven forbid, the entire planet.

The first group pursued science. The second group pursued pseudo-science.

Merriam-Webster defines pseudo-science as “*a system of theories, assumptions, and methods erroneously regarded as scientific.*” The Oxford dictionary clarifies by stating, “*a collection of beliefs or practices **mistakenly regarded as being based on scientific method.***”

Pseudo-science quickly emerged as the principal domain of Technocrats, but they soon found that scientific debate with those promoting real science was most inconvenient to their social engineering goals. The solution was simple: **claim that their own pseudo-science was indeed the real science, and then refuse debate by excluding all other voices to the contrary.**

In the context of pseudo-science, this report will examine the three primary tools of fighting COVID-19: **face masks, social distancing and contact tracing.**

Face masks

The Occupational Safety and Health Administration (OSHA) website plainly [states](#) that cloth face masks “*Will not protect the wearer against airborne transmissible infectious agents due to loose fit and lack of seal or inadequate filtration.*”

But, what about surgical masks? OSHA is clear here also that they “*will not protect the wearer against airborne transmissible infectious agents due to loose fit and lack of seal or inadequate filtration.*”

But then right under these statements, OSHA furiously backpedaled by adding an FAQ section on COVID-19 directly underneath and [stated](#),

OSHA generally recommends that employers encourage workers to wear face coverings at work. Face coverings are intended to prevent wearers who have Coronavirus Disease 2019 (COVID-19) without knowing it (i.e., those who are asymptomatic or pre-symptomatic) from spreading potentially infectious respiratory droplets to others. This is known as source control.

Consistent with the [Centers for Disease Control and Prevention \(CDC\) recommendation](#) for all people to wear cloth face coverings when in public and around other people, wearing cloth face coverings, if appropriate for the work

environment and job tasks, conserves other types of personal protective equipment (PPE), such as surgical masks, for healthcare settings where such equipment is needed most.

So, wearing a face mask cannot protect you from getting COVID, but it is supposedly able to keep someone else from getting it from you? OSHA is speaking out of both sides of its mouth. What it calls “**source control**” likely puts the real motive out in the open: since you are the **source**, it’s about controlling **YOU**. There is no true scientific rationale for anyone but the sick and medical workers to wear masks.

The truly healthy have no business wearing a mask, period.

But, what about asymptomatic carriers?

On June 8, 2020, Maria Van Herkove, PhD., head of the World Health Organization’s emerging diseases and zoonosis unit released a compilation of a number of contact tracing programs from various nations and plainly stated “*From the data we have, it still seems to be very rare that an asymptomatic person actually transmits onward to a secondary individual.*”

This writer hates to think what happened to Dr. Herkove overnight at the hands of her WHO handlers, because the next day she *also* furiously backpedaled and stated “*I used the phrase ‘very rare,’ and I think that that’s misunderstanding to state that asymptomatic transmission globally is very rare. I was referring to a small subset of studies.*”

It is clear that Dr. Herkove’s first statement that naively repeated the clear facts of the matter did not follow the WHO’s justification for non-infectious people to wear masks. In fact, the entire mask wearing narrative hangs on the single pseudo-scientific idea that asymptomatic people can spread the virus.

In a recent Technocracy News article authored by highly-respected neurosurgeon Dr. Russell Blaylock, MD titled [Face Masks Pose Serious Risks To The Healthy](#), he concluded, “*there is insufficient evidence that wearing a mask of any kind can have a significant impact in preventing the spread of this virus.*” (Blaylock represents real science.)

Nevertheless, in the face of clear evidence of the worthlessness of face masks for preventing disease,

- States and municipalities are mandating that face masks be worn by all citizens when outside their home
- Large and small companies are forcing their employees to wear masks
- People at large are scared to death to not wear a face mask for fear of getting sick or being mask-shamed by others if they take it off.

Breath Is Vital To Life

Many people believe that face masks lower the percentage of oxygen available for inhaling because you rebreath much of your exhausted breath. However, a face mask itself does not retain a significant amount of your exhaled breath since most of it is exhaled through the mask into the open atmosphere. Furthermore, when you inhale, most of the air delivered to your lungs comes from outside the mask.

The real science is much more complicated than the amount of residual air contained within a face mask.

The real problem with breathing through a mask is that the lungs and chest muscles must exert a lot of extra energy to inhale and exhale. In other words, you must work harder to breathe the same amount of fresh air that you would normally breathe without a mask.

For this reason, those who already have impaired lung functions, minor as they may be, should never wear a mask unless it is for a specific purpose for a very short period of time. The older you are, especially those over 70, lung capacity and muscle strength decline rapidly.

This writer has already encountered several retail store employees, forced by their employers to wear a face mask during work hours, who exhibit symptoms like headache, shortness of breath or dizziness. When asked if they relate their symptoms to wearing the mask, every single one has emphatically said "Yes!".

Workers with the most physically demanding jobs are the most likely to exhibit these kind of symptoms. Other considerations are age, any preexisting conditions of the lungs (like pleurisy, COPD, chronic bronchitis, pneumonia, etc.) or chest muscles and factors like poor physical condition and obesity. Actually, any debilitating health condition should be a red flag. In other words, those who are prone to get winded without a face mask will immediately be at a disadvantage when wearing a mask. The net effect is that the lungs receive less fresh air with vital oxygen even as the body is under more physical stress.

Every employer and government entity that mandates the wearing of face masks should be required to do two things: first, they should carefully consider each employee as an individual to determine their suitability for wearing a mask. All factors mentioned above should be included, and in any case, no one should be required to wear a mask if it puts too much stress on their lungs.

Many state-level politicians are now mandating the wearing of face masks for all citizens in public places. They have fallen prey to pseudo-science and are now putting entire populations at risk for physical harm that has nothing to do with the COVID-19 virus.

In sum, lung strength, physical condition, age, pre-existing conditions, physical demands of the job, etc., should all be carefully considered by all. A blanket statement that all employees or all citizens should wear face masks is wholly inappropriate.

Social Distancing

Adding to the fear of contagion, people across the nation are driven to practice social distancing, or staying 6 feet apart at all times. This is practiced to excess in almost every commercial establishment with markers taped or painted on the floor and shopping aisles converted into one-way travel only.

Yet, two real scientists at the University of Oxford in Britain, Professors Carl Heneghan and Tom Jefferson, wrote in [The Telegraph](#) (UK) recently that “*the two-metre rule has no basis in science.*” Their article was titled *There is no scientific evidence to support the disastrous two-metre rule.*

According to these scientists,

The influential Lancet review provided evidence from 172 studies in support of physical distancing of one metre or more. This might sound impressive, but all the studies were retrospective and suffer from biases that undermine the reliability of their findings. Recall bias arises in research when participants do not remember previous events accurately, and it is problematic when studies look back in time at how people behaved, including how closely they stood from others.

*More concerning was that only five of the 172 studies reported specifically on Covid exposure and proximity with infection. These studies included a total of merely 477 patients, with just 26 actual cases of infection. In only one study was a specific distance measure reported: “came within six feet of the index patient”. **The result showed no effect of distance on contracting Covid.***

Heneghan and Jefferson further noted,

*On further independent inspection of 15 studies included in the review, we found **multiple inconsistencies in the data, numerical mistakes and unsound methods in 13 of them. When assumptions over distance were made, we could not replicate any of them.***

This is the hallmark of modern pseudo-science: inconsistencies in the data, numerical mistakes, unsound methods and inability to replicate results.

What is the real purpose of social distancing? It certainly is not to curtail contagion. The only other possibility is to curtail economic activity and prevent social cohesion. Humans are social beings, after all, and lack of close proximity leads to depression, anxiety and even serious health consequences.

Contact Tracing

Contact tracing is an established practice in modern medicine. It is useful for the early stages of serious infectious diseases like Ebola, tuberculosis and sexually transmitted diseases like chlamydia.

Every credible expert on contact tracing says that it is effective only up to the point of mass distribution. In other words, during the early stages of a contagion or a slow moving or very serious disease.

In the case of COVID-19, the horse has already left the barn. Except to harass people, there is nothing useful that contact tracing can accomplish.

Yet, almost every state in America is implementing a wide-ranging contact tracing program that may ultimately employ some 300,000 tracers.

The Center for Disease Control website [states that](#) *“Contact tracing will be conducted for close contacts (any individual within 6 feet of an infected person for at least 15 minutes) of **laboratory-confirmed or probable COVID-19 patients.**”*

Furthermore, CDC complete definition of “close contact” is, *Someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.*

If you are “exposed” to such a person, your personal information will be collected and you will be contacted by the “tracer” to be instructed to quarantine for up to two weeks. The infected person could have been mistaken about having contact with you. They could be someone who just wants to get you in trouble. If you live in Washington state, where all restaurants are now required to record the contact information of every patron, you might not have a clue that was infected, but you will be quarantined anyway.

Now, the CDC’s declaration of “6 feet” above takes us back to social distancing, where we just learned above that there is **“no effect of distance on contracting COVID”** in the first place.

Thus, find that contact tracing misses the mark on two main points: first, the virus is too widespread throughout the population to make tracing effective and second, the criteria of six feet for defining a “contact” is bogus.

So, why are governors, mayors and health departments ramping up for a nationwide exercise in obtrusive contact tracing? Again, pursuing a path of pseudo-science, the intended outcome is control over people.

Conclusion

The American public is being spoon-fed a steady diet of pseudo-science in order to justify the wearing of face masks, social distancing and contact tracing. Yet, the actual science points in the polar opposite direction.

Furthermore, those who try to present the real science are shamed, ridiculed and bullied for having such narrow-minded views.

This is a clear sign of Technocrats-at-work. Instead, these are the ones who should be exposed, shamed and ridiculed.

In sum, these dangerous and destructive policies are designed to curtail economic activity, break down social cohesion and control people. Moreover, they fit the original mission statement of Technocracy as far back as 1938:

Technocracy is the science of social engineering, the scientific operation of the entire social mechanism to produce and distribute goods and services to the entire population...

It is highly doubtful that most state and local leaders understand the lack of real and verified science behind their actions and mandates. Nevertheless, they are implementing policies that are destructive to our economic system, harmful to our personal health and ruinous to personal liberty.

This writer suggests that you print multiple copies of this report and deliver it to every political leader, every commercial establishment, all family and friends, etc.

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Patrick Wood is editor of Technocracy News & Trends, and a leading and critical expert on Sustainable Development, Green Economy, Agenda 21, 2030 Agenda and historic Technocracy.

He is the author of *Technocracy: The Hard Road to World Order (2018)*, *Technocracy Rising: The Trojan Horse of Global Transformation (2015)* and co-author of *Trilaterals Over Washington, Volumes I and II (1978-1980)* with the late Professor Antony C. Sutton.

Wood remains a leading expert on the elitist Trilateral Commission, their policies and achievements in creating their self-proclaimed “New International Economic Order” which is the essence of Sustainable Development and Technocracy on a global

My final thoughts are revealed in the sub-title on page 1!

Blessings,

Pastor Bob, EvanTeachr@aol.com
www.pastorbobreid.com