

## Masks –what you need to know

The masks worn in stores and on walks outside and while driving in your car are dangerous to your health rather than help you and others.

Most people touch their mask and ‘contaminate’ their hands then ‘contaminate’ whatever they touch next. How is that helping?

Do you know how unhealthy it is to keep inhaling your own carbon dioxide and bacteria? Plus it restricts proper oxygen flow. It leads to **Carbon Dioxide Toxicity**.

Research what you are told to do rather than rely on an outside source.

### How the body works

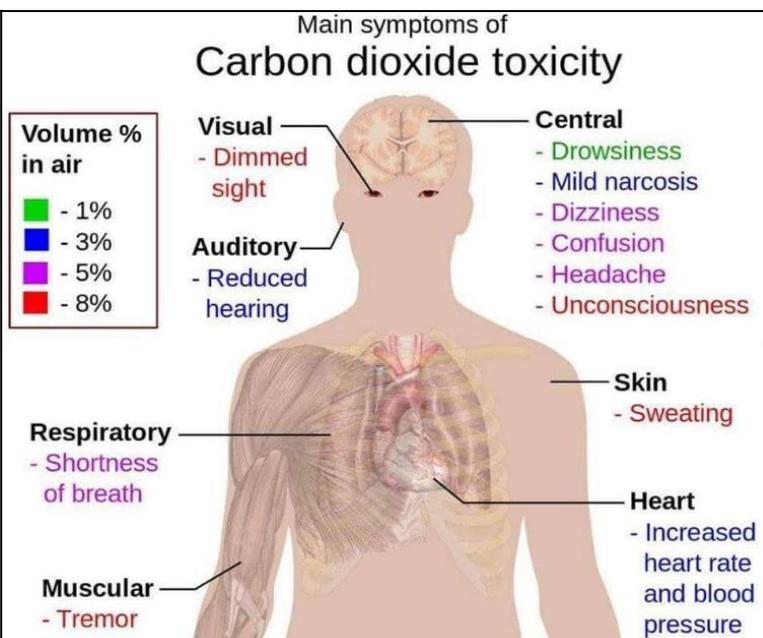
Let's break it down for you.

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.**  
**Carbon dioxide will increase and cause issues.**

Most importantly, go outside and BREATHE DEEPLY, get some sun, drink plenty of (filtered) water, sleep and learn to LISTEN to your body.



Unless you are working in a hospital setting, a mask is NOT necessary.

You want to be healthy? Then make sure to apply it to **ALL** aspects of your life:

Spend time outdoors, Eat healthier, Stop smoking and Stop drinking alcohol,

Turn off your Wi-Fi and cell phone, Stop using so many chemicals in your everyday life and practice proper hygiene (WASH YOUR HANDS).

Smile: it's free!

P.S. Staying in quarantine contributes to your getting sick. It suppresses your immune system.

We are meant to be outside and mingle with others face to face; we are ‘social’ creatures.

That's how our immune system stays strong as we adapt to our environment.