

Breathe In...
Breathe Out!

NO MORE MASKS!



WHY WE SHOULD DROP OUR MASKS IMMEDIATELY!



SCIENCE SHOWS MASKS HAVE NO EFFECT ON THE TRANSMISSION OF VIRAL INFECTIONS

A meta-analysis (compilation of numerous researches) of several studies and other meta-analysis from 2011, 2016, 2019 and 2020 concludes that **"FACE MASKS WERE FOUND TO HAVE NO DETECTABLE EFFECT AGAINST TRANSMISSION OF VIRAL INFECTIONS."**

Reference: <https://www.primarydoctor.org/masks-not-effect>

MASKED MOUTH CAUSES GUM DISEASE, WHICH INCREASES CORONAVIRUS DEATH RISK BY 900%

New research has determined that a person with gum disease who tests positive for the coronavirus (Covid-19) is nine times more likely to die than a positive case without gum disease.

<https://healthfreedom.news/2021-03-07-mask-mouth-gum-disease-coronavirus-death-risk.html>

At the same time another publication from September 2020 says: "Mask Mouth" – Dentists Warn Gum Disease and Tooth Decay Have Increased 50% Since Mask Mandates Began.

<https://phillipschneider.com/mask-mouth-dentists-warn-gum-disease-and-tooth-decay-have-increased-50-since-mask-mandates-began/>

CONCLUSION: MASKS INCREASE THE CORONAVIRUS DEATH RISK!

THE GOVERNMENT TRAINED MASKS EXPERTS (OSHA EXPERTS) SAY MASKS DO NOTHING FOR YOUR PROTECTION

Doctors aren't experts on masks. They bring in an OSHA professional: Occupation Safety Health Administration, government agency that focuses on air quality and what you need to do when wearing a mask, how to wear it and everything about it. The experts are clear. Not only it makes no sense wearing a mask to protect from viral infections, but wearing a mask without the need of it is damaging to your health. Video: <https://thehighwire.com/videos/mask-whistleblowers-tell-all/>



SWEDEN'S NO-LOCKDOWN AND MASK FREE MODEL PROVEN SUCCESSFUL

Countries like Sweden, Taiwan, Vietnam, Nicaragua and others are doing much better than most countries without imposing mask mandates and lockdown, proving that masks were **NEVER NEEDED** on first place. In Texas statistics show decline in the number of cases despite of the full abolition of all lockdown restrictions, including masks.



A SHOCKING LIVE TEST ON CARBON DIOXIDE

This live test demonstrates how masks make carbon dioxide levels shoot above the 10,000 limit of the test device in just half a minute. Carbon dioxide levels and potential health problems:

- 250-350 ppm: normal outdoor level
- 350-1,000 ppm: occupied spaces
- 1,000-2,000 ppm: complaints of drowsiness and poor air
- 2,000-5,000 ppm: headaches, sleepiness, poor concentration, loss of attention, increases heart rate, slight nausea
- >5,000 ppm: **Toxicity** or **oxygen deprivation** could occur. This is the **PERMISSIBLE EXPOSURE LIMIT** for daily workplace exposures.

SOURCE: BITCHUTE.COM Video title: The Shocking Live Mask Test That Became The Highwire's Most Banned Video of 2020



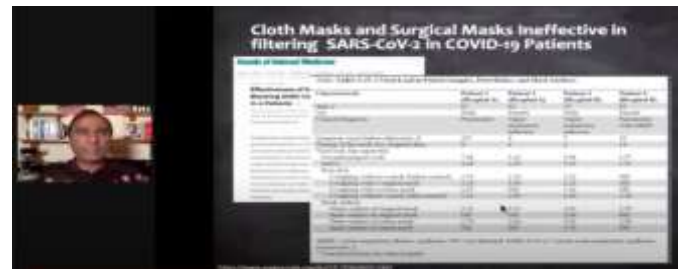
AN ALARMING LIVE TEST ON OXYGEN



In this live test a professional firefighter uses expensive testing equipment that firefighters work with to detect critical levels of oxygen. It takes just seconds for the equipment to start giving out a signal that the oxygen levels are dropping below the safety zones.

SOURCE: BITCHUTE.COM Firefighter ends mask debate once and for all

MASKS PROVEN INEFFECTIVE FOR COVID-19



In this video Dr. Shiva quotes a scientific research showing mask being **ineffective for filtering the SARS-CoV-2 virus in COVID-19 Patients.**

SOURCE: YouTube, Dr Shiva Live: To Mask or Not To Mask? That is the Question

PSYCHOLOGICAL EFFECTS OF WEARING A MASK

- Generates a feeling of fear and helplessness
- Stimulates states of depression
- Takes away half of your face and creates a barrier between people
- Diminishes the eye contact between people
- People with masks smile much less
- Reduces the richness of communication



During slavery slaves were forced to wear masks as to symbolically mark them as not having a voice and to be owned and under the control of another person.

NO-SENSE-MASKS: THE PSYCHOLOGY OF CONFORMITY

These eye-opening videos on human psychology will explain how incredibly easy it is for people to conform to things that make absolutely no sense like wearing masks, when manipulated in the right way.



Conformity experiment –are people sheep?

In this video an unaware of the experiment woman joins a group of actors who stand up every time there's a beep in the room. What's more shocking though is that not only she goes on doing this while left alone in the room, but she manages to teach all the new comers to do the same without anybody ever trying to find the meaning of it. The conclusion is that people are ready to do unreasonable things when confronted with the possibility to be left out of the group, because people are social beings. *YouTube: Social Experiment – most people are sheep, <https://youtu.be/MEhSk71qUCQ>*

The ASCH experiment of conformity. During the 1950s Solomon Asch conducted and published a series of experiments that demonstrated the degree to which an individual's own opinions are influenced by those of a majority group. Demonstrating how a "normal" human being can be pressured into unusual behavior by people they deem as authority figures, or by the consensus of opinion around them. In the video a subject is placed in a group of actors who were instructed to give wrong answer to a very simple visual test. Shockingly the subject conforms to the group false answer and starts giving the same false answer simply to remain in the majority of the group. *YouTube: The Asch Experiment, <https://youtu.be/qA-gbpt7Ts8>*



The Milgram Experiment reveals a shocking reality about human's nature showing that people under the pressure of receiving commands from a powerful figure with authority are ready to cause pain and suffering without observing the reasons and consequences. In this video Derren Brown recreates The Milgram Experiment in his show The Heist. *YouTube: The Milgram Experiment | THE HEIST | Derren Brown, <https://youtu.be/Xxq4QtK3j0Y>*



todayThe Giraffe Toy Experiment by Derren Brown demonstrates the power of subliminal messaging when his subject picks up a predicted item from a toy store. The same way the signs and the voice messages in stores today create a powerful subliminal influence on people by installing fear and irrational behavior like wearing a mask that makes absolutely no sense. *YouTube: Derren Brown's Toy Story | HOW TO CONTROL THE NATION | Derren Brown, <https://youtu.be/EchfO2pjOrM>*

The Elevator Conformity Experiment is another revelation of how people can comply to the group just by body communication. *YouTube video: Elevator Conformity Experiments by Solomon Asch, <https://youtu.be/3vAKfdan0ao>*



SO, WHO WANTS YOU TO WEAR A MASK

There's a small group of globalists who'd like to take full control over the nations in order to impose their New World Order. They have no scruples and barriers and they create situations of panic and fear to steal our freedoms and make record profits.

Karl Marx on the profit of the Capital: "...**100%(profit)** will make it (the Capital) ready to **trample on all human laws; 300% (profit)**, and **THERE IS NOT A CRIME AT WHICH IT WILL SCRUPLE, NOR A RISK IT WILL NOT RUN, EVEN TO THE CHANCE OF ITS OWNER BEING HANGED. IF TURBULENCE AND STRIFE WILL BRING A PROFIT, IT WILL FREELY ENCOURAGE BOTH.** "



WEARING THE MASK CONTRIBUTES TO THE mRNA SHOTS HYPE

Did you know that by wearing a mask you unwillingly contribute to the injuries and death of people caused by the mRNA shots, as **irrational fear LEADS to irrational decisions** and there's **NO REASON** of risking with a completely new biological technology while there are very well established, proven and completely safe alternatives.

THEY WERE KILLED BY THE mRNA SHOTS



(Pictures taken from the cases collected in The Covid Blog <https://thecovidblog.com/category/vaccine-deaths/>)

According to the European database of suspected adverse drug reaction reports EudraVigilance there are 8,430 deaths from the vaccine and 354,177 injuries by May 01, 2021 in Europe. These numbers though need to be multiplied by 100 as it has been proven that these databases represent less than 1% of the real life cases (Watch: Bitchute.com, EVIDENCE VACCINE SAFETY SYSTEM IS FAILING , Del Bigtree). Therefore the real numbers are:

REAL NUMBERS: 843,000 DEATHS AND 35,417,700 INJURIES IN EUROPE BY 1/5/2021

WHAT CAN WE DO?

- Stop wearing the mask. **It's really that easy! OFFICIALLY THERE'S NO PANDEMIC SINCE 19/3/2021 IN UK:** <https://www.gov.uk/guidance/high-consequence-infectious-diseases-hcid> **NO REASON TO WEAR A MASK!**
- By law if you're exempt **you don't need to show an exemption card**. So, all you need to do to stay anywhere mask-free is simply say "I'm exempt" if you're asked and that's all. **Once again, it's really that easy!** To find this regulation just type in google 'gov.uk exemption cards' and find under the section Exemption cards the text 'you do not need show an exemption card'
- If needed you can use an incredible library of letters challenging mask mandates created by the amazing Miri Anne Finch, lawyer, UKMFA. Her website: <https://miriaf.co.uk/>
- Print out few copies of this leaflet and always keep them with you to give to others
- Share this leaflet electronically or by printing and handing out or just putting in the mail-boxes
- Give/send this leaflet to your local authorities, shop managers, school principals, your MP, etc.



One good thing we've learned from masks: We can go so much beyond our own comfort zone out of responsibility, compassion and tolerance towards the others and if only we can use the same human feature for the better there'll be so much health, inspiration, hope and positivity for all of us!

Let's all start living in **FREEDOM, HEALTH & LOVE!**

DOWNLOAD & PRINT THIS LEAFLET AT:

<http://tiny.cc/BreatheAgainLeaflet> - A4

<http://tiny.cc/BreatheAgainLeafletA3> - A3