

DOCTOR'S NOTE

With regard to wearing mouth masks

Regardless of the regulations, it is not responsible for the bearer of this statement to wear a face mask. The following independent physicians state the following about wearing mouth masks:

**Dr. Russell Blaylock,
neurosurgeon:**

Possible consequences of wearing mouth masks: headache, respiratory complaints, CO₂ accumulation, hypoxia (oxygen deficiency in the tissues), up to serious life-threatening complications.

Prof. Dr. Dolores Cahill:

Mouth masks ensure that the wearer receives less oxygen. That puts pressure on your immune system. The latent viruses, including corona, will come up again.

Dr. Kelly Victory

It is not necessary to isolate healthy people. Face masks are intended for sick people. In addition, wearing mouth masks can increase the risk of infections.

Dr. Marije Berkelaar

We allow us to impose senseless and extremely unhealthy measures: quarantine of healthy people, the 1.5 meter company, the use of disinfectant hand gel and mouth masks, and maybe even a vaccine.

**Dr. Carla Peeters,
immunoloog (former RIVM
employee)**

Wearing a mouth mask makes it more difficult to get enough oxygen. The oxygen level in the blood can decrease with prolonged use. At the same time, the CO₂ content increases. This can increase inflammation and weaken immunity.

In addition, (toxic) substances used for mouth masks can end up in the lungs. They can cause damage there and increase the risk of bacterial and viral infections. Mouth masks can even contribute to the spread of viruses. In any case, the masks do not help to prevent the spread of the coronavirus. A virus particle is about 80 to 150 nanometers in diameter. This is too small to be blocked by the mouth mask fabrics.

Moreover, the official body on which the Dutch government bases its policy, the RIVM, declares about mask masks that the use of masks in public space has NOT been proven.

The bearer of this statement may rely on enforcement to respect this statement by independent physicians and not to question the integrity of these physicians. Doctors have taken the Hippocratic Oath, always putting the interests and health of the client or patient first. The bearer of this statement claims that you let his or her health prevail over rules or protocols.