





Watch Video

**Want more info from The Science of Masks video?  
See the facts...**

---



**CLINICAL EVIDENCE & SUPPLEMENTARY DATA****Demonstrating ineffectiveness of masks in surgery**

Disposable surgical face masks for preventing surgical wound infection in clean surgery.

Cochrane Systematic Review

[READ THE ARTICLE](#)



The evolution of the surgical mask: filtering efficiency versus effectiveness.

Infection Control & Hospital  
Epidemiology

[READ THE ARTICLE](#)



Surgical face masks in modern operating rooms—a costly and unnecessary ritual?

The Journal of Hospital  
Infection

[READ THE ARTICLE](#)



## Wearing of Caps & Masks Not Necessary During Cardiac Catheterization.

Catheterization & Cardiovascular  
Diagnosis

[READ THE ARTICLE](#)



## Masks-for-all for COVID-19 not based on sound data.

Center for Infectious Disease  
Research & Policy

[READ THE ARTICLE](#)

# Virus Transmissibility Data

One Virus Particle is Enough to Cause Infectious Disease

Science Daily

[READ THE ARTICLE](#)

Measles Virus Can Live for up to Two Hours in an Airspace

CDC – US Gov

[READ THE ARTICLE](#)

Droplets and Aerosols in the Transmission of SARS-CoV-2.

The New England Journal of Medicine

[READ THE ARTICLE](#)



## Closed environments facilitate secondary transmission of coronavirus

BMJ

[READ THE ARTICLE](#)

### CLINICAL EVIDENCE & SUPPLEMENTARY DATA

## Demonstrating ineffectiveness of masks in reducing the spread of infectious disease



A cluster randomised trial of cloth masks compared with medical masks in healthcare workers.

BMJ Open

[READ THE ARTICLE](#)



N95 masks v. SARS-CoV-2 particle size

American Chemical Society

[READ THE ARTICLE](#)



Unmasking the surgeons: the evidence base behind the use of facemasks in surgery.

Journal of the Royal Society of Medicine

[READ THE ARTICLE](#)



Surgical Mask vs N95 Respirator for Preventing Influenza Among Health Care Workers.

JAMA

[READ THE ARTICLE](#)



Surgical mask to prevent influenza transmission in households: a cluster randomized trial.

PLoS One

[READ THE ARTICLE](#)



Use of surgical face masks to reduce the incidence of the common cold.

American Journal of Infection Control

[READ THE ARTICLE](#)



Systematic review of the efficacy of face masks and respirators against coronaviruses and other respiratory transmissible viruses for the community, healthcare workers and sick patients.

The International Journal of Nursing Studies

[READ THE ARTICLE](#)



Effectiveness of N95 respirators versus surgical masks in protecting health care workers from acute respiratory infection

The Canadian Medical Association Journal

[READ THE ARTICLE](#)



The efficacy of medical masks and respirators against respiratory infection in healthcare workers.

Influenza & Other Respiratory Viruses

[READ THE ARTICLE](#)

## Popular Mask Effectiveness Studies That Ignore Real World Conditions

(And Demonstrate Even More Mask Ineffectiveness Upon Further Investigation)

Circulated **articles** state things like, “a cloth mask offers more protection than a surgical mask for people nearby.” With data gathered from participants putting a mask on for a few moments and coughing 5 times to establish said effectiveness. Upon further review, the study itself noted, “both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS-CoV-2 from the coughs of patients with COVID-19 to the environment.” Even though they came to that conclusion with what can easily be considered an inadequate amount of data (they’ve since retracted), what’s even more alarming is that the



Frequently referenced hamster study with the dubious [headline](#), “Surgical Masks Can Reduce Spread of Covid-19 virus by up to 75%”. To replicate “real-life situations” the lead researcher placed surgical masks between the cages of hamsters in an isolated facility. If this [study](#) replicates real-life situations to the researcher, we should all be seriously concerned by the type of social life he has.

## Hong Kong University

[READ ARTICLE NOW](#)

Researchers at [Texas A&M](#); declare that face masks prevented more than 66,000 infections in New York City in less than a month. The study makes hasty assumptions of universal consistency in mask quality, mask fit, duration of time worn, assumptions that the wearers aren’t touching their face, that their aerosols and droplets aren’t being deflected and sprayed all over their face, hair, clothes, and creating clouds of droplets from above, below, and through the sides of the mask. And it’s also assuming that the masks are effective in the first place, which the vast majority of real-world clinical trials show that they’re not. Lastly, their graph demonstrates a downward trend in infections prior to mandatory masking and doesn’t

scientists found when test subjects coughed into the masks, even more virus particles ended up on the OUTSIDE of the mask than on the inside of the mask. It may come as a surprise, but that’s simply how viruses can travel in the real world.

## Annals of Internal Medicine

[READ ARTICLE NOW](#)

Yet again, another study positing the efficacy of masks by having participants breathe/cough into a collection apparatus. This time it was a G-II bioaerosol collecting device. To repeat, this on and off duration of mask use and direct collection of particles neglects how viruses travel in the real world and how the duration of mask usage makes them exceedingly less effective.

## Nature Medicine

[READ ARTICLE NOW](#)



*differentiate the effects from social distancing, shelter-in-place, etc.*

## **PNAS**

[READ ARTICLE NOW](#)

*Sexual contact carries some risk for exposure to infection with severe acute respiratory syndrome coronavirus 2 during the coronavirus disease 2019 pandemic.*

## **Annals of Internal Medicine**

[READ ARTICLE NOW](#)



CLINICAL EVIDENCE & SUPPLEMENTARY DATA

**Demonstrating the physiological and psychological damage caused by mask usage**



The physiological impact of wearing an N95 mask during hemodialysis.

Journal of the Formosan Medical Association

[READ THE ARTICLE](#)



Rise in childhood mental health issues resulting from the social lockdown.

University of Oxford

[READ THE ARTICLE](#)



### Respiratory consequences of N95-type Mask usage in pregnant healthcare workers.

Antimicrobial Resistance and Infection Control

[READ THE ARTICLE](#)



### Carbon dioxide rebreathing with close fitting face respirator masks.

Anaesthesia

[READ THE ARTICLE](#)



### Carbon dioxide rebreathing in respiratory protective devices.

Ergonomics

[READ THE ARTICLE](#)



### Surgical mask induced deoxygenation.

Neurocirugia

[READ THE ARTICLE](#)



### Protective Facemask Impact on Human Thermoregulation.

The Annals of Occupational Hygiene

[READ THE ARTICLE](#)



### Amygdala Responsivity to High-Level Social Information from Unseen Faces.

The Journal of Neuroscience

[READ THE ARTICLE](#)



### Mental health issues in children amidst COVID-19 pandemic.

The Canadian Medical Association Journal

[READ THE ARTICLE](#)



### Effects of wearing N95 and surgical facemasks on heart rate, thermal stress and subjective sensations.

The International Archives of Occupational and Environmental Health

[READ THE ARTICLE](#)



### Immune cells become overactive when oxygen levels are deranged.

University of Edinburgh

[READ THE ARTICLE](#)



### Fight or flight increases immune gene expression but does not help to fight an infection.

Journal of Evolutionary Biology

[READ THE ARTICLE](#)



### The Developmental Origins of the Social Brain.

Frontiers in Psychology

[READ THE ARTICLE](#)**CLINICAL EVIDENCE & SUPPLEMENTARY DATA****Demonstrating health/immune system/covid-19 relationship and coronavirus susceptibility**

Up to 650,000 people die of respiratory diseases linked to seasonal flu each year.

World Health Organization

[READ THE ARTICLE](#)

SARS-CoV-2 mutation

Cell

[READ THE ARTICLE](#)

People with low NK cell counts had much higher rates of severe infections from COVID-19.

Medical Hypothesis

[READ THE ARTICLE](#)



### Comorbidities the rule in New York's COVID-19 deaths.

NY State Dept. of Health

[READ THE ARTICLE](#)



### Immune response to a 30-minute walk.

Medicine & Science in Sports & Exercise

[READ THE ARTICLE](#)



### Characteristics, Comorbidities, and Outcomes Among 5700 Patients Hospitalized With COVID-19 in the New York City Area.

JAMA

[READ THE ARTICLE](#)



### Sleep-deprivation reduces NK cell number and function.

Psychoneuroendocrinology

[READ THE ARTICLE](#)



### The State of US Health Burden of Diseases.

JAMA

[READ THE ARTICLE](#)



### The impact of stressful life events on natural killer cells.

Stress & Health

[READ THE ARTICLE](#)



### Spotlight on World Obesity Rates.

Central Intelligence Agency (CIA)

[READ THE ARTICLE](#)



### Sleep deprivation effect on the immune system mirrors physical stress.

American Academy of Sleep Medicine

[READ THE ARTICLE](#)



### FDA clears IND application for natural killer cell-based COVID-19 therapy.

Healio

[READ THE ARTICLE](#)



### The prevalence of stress in primary care.

JAMA Internal Medicine

[READ THE ARTICLE](#)

WANT MORE CLINICALLY PROVEN DATA ON COVID-19?

**These resources are packed with real world, clinically proven data to ensure  
you are informed and empowered**



# The Model Health Show & Shawn Stevenson Have Been Featured In

## The Model Health Show

Look and feel better than you ever have with honest, straightforward fitness strategies from the world's top health experts.

### BEGIN YOUR JOURNEY

[Get More Energy](#)

[Burn Body Fat](#)

### TMHS COMMUNITY

[Youtube](#)

[Twitter](#)

### SHAWN STEVENSON

[About](#)

[Hire for Speaking](#)

### LEGAL INFORMATION

[Disclaimer](#)

[Terms of Use](#)





**Be Successful in Life**

**Master Sleep**

**Facebook**

**Instagram**

**Resources**

**Contact**

**Privacy Policy**

Copyright © 2020 Advanced Integrative Health Alliance. Website by GIF Design Studios

