

Let the Children Breathe – Breathing in Excessive CO₂ & Hypercapnia

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by [Dr. Mark Sircus](#)

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Though CO₂ is the primary gas that gives rise to life, few people on the planet understand much about CO₂. It just so happens that life and health depend on high enough levels of CO₂ in the blood and tissues. Carbon dioxide is a nutrient and a product of respiration and energy production in the cells, and its lack or deficiency is a [starting point for profound disturbances in the body](#).

When it comes to CO₂, you might as well be talking to fish about land and air. The biggest scam in the history of man is about CO₂ and man-made global warming. Climate change is real, but it's [intense climate change](#) and [cold climate change](#).

CO₂ is crucial to life, health, and even the safe use of oxygen in hospitals. CO₂ is precious, so more is better; [ask any plant on the planet](#).

“Over the oxygen supply of the body carbon dioxide spreads its protecting wings.”

Friedrich Miescher

Swiss physiologist, 1885

[Normal arterial levels of CO₂ have antioxidant properties](#).

Indeed, a group of Russian microbiologists discovered that

"CO₂ at a tension close to that observed in the blood (37.0 mm Hg) and high tensions (60 or 146 mm Hg) is a **potent inhibitor of generation of the active oxygen forms** (free radicals) by the cells and mitochondria of human tissues" (Kogan et al, 1997). Dozens of studies have shown that modern "normal subjects" breathe about 12 L/min at rest, while the medical norm is only 6 L/min. As a result, blood CO₂ levels are less than usual.

Carbon dioxide is present in the blood in several forms, such as bicarbonate, dissolved carbon dioxide, and carbonic acid, of which 90% is bicarbonate or HCO₃. Plants survive by extracting CO₂ from the air using magnesium at the center of chlorophyll and sunlight to convert it into proteins and sugars. In medicine, up to 5% carbon dioxide is added to pure oxygen to stimulate breathing after apnea and stabilize the O₂/CO₂ balance in the blood.

There has never been much doubt that CO₂ builds up behind a mask. [New research published in JAMA](#) (Journal of the American Medical Association) has found that wearing a face mask causes children to inhale dangerous carbon dioxide levels that become trapped behind the mask. (Fauci does not care and now planning to attack 25 million children ages 5-12 with unsafe vaccines they don't need.)

The peer-reviewed research letter from Dr. Harald Walach and colleagues found that the air masked children inhaled contained more than six times the legal, safe limit for closed rooms as set down by the German Federal Environmental Office. The safe limit is 0.2%, whereas the air the masked children inhaled contained over 1.3% carbon dioxide.

The effect was worse for younger children, *with one seven-year-old child inhaling air with 2.5% carbon dioxide, over 12 times the safe limit.* The study looked at two types of masks, FFP2 masks and surgical masks, and found no significant difference between the two. The authors explained that this

alarming result likely explains the complaints from children who wear face masks for long periods.

“Most of the complaints reported by children can be understood as consequences of elevated carbon dioxide levels in inhaled air. This is because of the dead-space volume of the masks, which collects exhaled carbon dioxide quickly after a short time. This carbon dioxide mixes with fresh air and elevates the carbon dioxide content of inhaled air under the mask, and this was more pronounced in this study for younger children.”

“This leads in turn to impairments attributable to hypercapnia. A [recent review](#) concluded that there was ample evidence for adverse effects of wearing such masks. We suggest that decision-makers weigh the hard evidence produced by these experimental measurements accordingly, which suggest that children should not be forced to wear face masks.”

The kinds of masks people are wearing were never (never!) designed to be worn for long periods, and doing so is very harmful. Are you aware that operating rooms are supplied extra oxygen to compensate for the reduction in oxygen flow from mask-wearing?

Hypercapnia

What has been in doubt is whether that would lead to a full-out case of hypercapnia. What this paper maintains is that mask-wearing leads to chronic but mild hypercapnia. However, the seriousness of hypercapnia is mitigated by widespread carbon dioxide deficiencies already existing in the blood. Nevertheless, that still does not make wearing masks a good idea, and for children, it marks health officials as inhumane stupid, or worse.

Chronic hidden hyperventilation (over-breathing) is very common among western populations leading to impaired oxygenation of body tissues. But what is driving down the O₂ levels is hyperventilation. It is getting rid of too much CO₂.

Meaning we need the CO₂ almost as much as we need the O₂.

The Reuters Staff concedes that [wearing a mask causes hypercapnia is partially accurate](#) but not wholly true. They say:

A small study in 2006 looked at healthcare workers wearing N95 masks during the SARS epidemic. It concluded that using N95 masks might cause the healthcare workers to develop headaches, and wearing them for shorter amounts of time may reduce the frequency and severity of the headaches ([here](#)).

A representative from the U.S. Centers for Disease Control and Prevention (CDC) told Reuters: “The **CO₂ will slowly build up in the mask over time**. However, the level of CO₂ likely to build up in the mask is mostly tolerable to people exposed to it. You might get a headache but you most likely [would] not suffer the symptoms observed at much higher levels of CO₂. The mask can become uncomfortable for various reasons, including sensitivity to CO₂, and the person will be motivated to remove the mask. It is unlikely that wearing a mask will cause hypercapnia.”

In the U.S. National Library of Medicine, we read, “[Wearing N95 masks results in hypooxygenemia and hypercapnia](#) which reduce working efficiency and the ability to make correct decisions. Medical staff are at increased risk of getting Severe acute respiratory syndrome (SARS), and wearing N95 masks is highly recommended by experts worldwide. However, dizziness, headache, and shortness of breath are commonly experienced by the medical staff wearing N95 masks. The ability to make a correct decision may be hampered, too.”

Dr. Baruch Vainshelboim, a [well-published author](#) from the Cardiology Division of Veterans Affairs, writes, “In addition to hypoxia and hypercapnia, breathing through facemask residues bacterial and germs components on the inner and outside layer of the facemask. These toxic components are

repeatedly rebreathed back into the body, causing self-contamination. Breathing through facemasks also increases temperature and humidity in the space between the mouth and the mask, releasing toxic particles from the mask's materials. Rebreathing contaminated air with high bacterial and toxic particle concentrations along with low O₂ and high CO₂ levels continuously challenge the body homeostasis, causing self-toxicity and immunosuppression."

In 1904, Danish scientist Christian Bohr noticed that hemoglobin binds oxygen more tightly at high pH than at low pH. This phenomenon is called the Bohr effect. CO₂ and bicarbonate, carbon dioxide's twin sister, are the vital players in the pH balance in both cells, blood, and other bodily fluids meaning CO₂ holds the keys to oxygen delivery. [If the level of carbon dioxide in the blood is lower than normal, this leads to difficulties releasing oxygen from hemoglobin.](#)

Death-Care Officials

The human race has made a huge mistake giving power and trust to healthcare officials who are more like death-care officials. Death and disease are the two overriding paradigms of modern civilization. Many of the wealthiest families in the world make their money poisoning humanity. The chemical and pharmaceutical industries have done tremendous harm, showing disease statistics, especially with cancer and autism.

This is a polite way of saying human beasts are at the helm of public health and their weapon of choice are vaccines backed up by muzzling and suffocation masks, social distancing, and lockdowns. **These medical and health beasts are the same ones who favored gain of function viral research in a lust to attack the human herd.**

It should be utterly clear that anyone connected to gain of function research should be rounded up and detained for Nuremberg-type trials. The lead guy in this large group is

Fauci.

It is utterly absurd that we trust the very people and organizations that created the virus and caused the pandemic to protect us from the harm they made. However, for more on masks and the injury, read [Mask Madness – The Death of Science](#) and [Mask Generated Infectious Pandemics](#).

FDA Approves Attacks on 25 Million Children

We have been betrayed on a scale that would make Judas look like a saint. The FDA and the CDC should be shipped off to hell where they can feel for the rest of eternity their actions against children. The Food and Drug Administration ([FDA](#)) was advised on Tuesday the 26th of October to authorize Pfizer's COVID-19 vaccine for children between the ages of 5 and 11. They do not care how many kids will get hurt from the shot!

The FDA's Vaccines and Related Biological Products Advisory Committee made the recommendation. Seventeen-panel members voted yes to recommend the authorization. One abstained. When are people going to start demonstrating in front of FDA offices?

Conclusion

“To my mind, [it's criminal \(not hyperbole\) to force children to wear masks all day](#). Setting aside the very real psychological effects, we're going to have a generation of brain damaged children. Ever heard the expression, “Not enough oxygen at birth?” That's a joke at the expense of a mentally challenged person, but that's literally what we're doing. And we're told it's to “keep us safe,” writes Guy Crittenden.

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