

Dear

Dr. M. Norman Oliver, State Health Commissioner

and

Dr. David E. Brown, Director of Department of Health Professions,

In response to your email I received on September 23rd, I think my reply is best served by going through your email paragraph by paragraph.

Let us begin:

“Dear Colleague:

As Commissioner of Health and as Director of the Department of Health Professions (DHP), we are writing to remind all health care practitioners in Virginia of your important role in protecting the health and safety of Virginians by adhering to Executive Orders for wearing face coverings and taking precautions during the COVID-19 crisis.”

The best way I can serve my fellow Virginians as a Doctor is adhering to factual and scientific standards and study. “Face coverings” as a measure to provide health and safety are not factual and scientific. When you say “face coverings” your lack of detail as to what “face coverings” actual are gives us just another example of the lack of validity these mandates hold for the health and safety of our fellow Virginians.

So, for this reply, I am going to assume that a face covering refers to a surgical mask, an N95, and a cloth mask.

Let’s start with some overall studies on the use of masks by those you probably deem as a source of authority on the subject:

3/15/2020

<https://www.news-medical.net/news/20200315/Reusing-masks-may-increase-your-risk-of-coronavirus-infection-expert-says.aspx>

“Dr. Jenny Harries, England's deputy chief medical officer, has warned that it was not a good idea for the public to wear facemasks as the virus can get trapped in the material and causes infection when the wearer breathes in.”

“For the average member of the public walking down a street, it is not a good idea,” Dr. Harries said.

"What tends to happen is people will have one mask. They won't wear it all the time, they will take it off when they get home, they will put it down on a surface they haven't cleaned," she added.

3/30/2020

This taken from an audio transcript which now seems to be deleted from the WHO website:

at 00:22:39) “We don't generally recommend the wearing of masks in public by otherwise well individuals because it has not been up to now associated with any particular benefit...It does have benefit psychologically, socially and there are social norms around that and we don't criticize

the wearing of masks and have not done so but there is no specific evidence to suggest that the wearing of masks by the mass population has any particular benefit. In fact, there's some evidence to suggest the opposite in the misuse of wearing a mask properly or fitting it properly or taking it off and all the other risks that are otherwise associated with that.”

3/31/2020

You should really like this one:

<https://www.newsmax.com/us/surgeon-general-adams--masks/2020/03/31/id/960679/>

“Surgeon General Jerome Adams Tuesday doubled down on his advice against healthy people wearing face masks to protect themselves from coronavirus, saying that wearing one improperly can "actually increase your risk" of getting the disease.”

4/3/2020 (Surgical Masks)

<https://time.com/5794729/coronavirus-face-masks/>

“The science, according to the CDC, **says that surgical masks** won't stop the wearer from inhaling small airborne particles, which can cause infection. Nor do these masks form a snug seal around the face. The CDC recommends surgical masks only for people who already show

symptoms of coronavirus and must go outside, since wearing a mask can help prevent spreading the virus by protecting others nearby when you cough or sneeze.”

And then on 5/27/2020 our Governor here in Virginia decides to mandate masks.

Here is some common sense for you about Healthy people wearing masks:

<https://www.nature.com/articles/s41591-020-%200843-2>

“There is little information on the efficacy of face masks in filtering respiratory viruses and reducing viral release from an individual with respiratory infections, and most research has focused on influenza....”

“...Among the samples collected without a face mask, we found that the majority of participants with influenza virus and coronavirus infection did not shed detectable virus in respiratory droplets or aerosols... given that each exhaled breath collection was conducted for 30 min, this might imply that prolonged close contact would be required for

transmission to occur, even if transmission was primarily via aerosols..”

<https://pubmed.ncbi.nlm.nih.gov/32513410/>

“455 contacts who were exposed to the asymptomatic COVID-19 virus carrier: 35 patients, 196 family members and 224 hospital staffs. NONE of the 455 contacts contracted the SARS-CoV-2 infection...”

Why Public Mask Mandates are Ineffective:

<https://www.nejm.org/doi/full/10.1056/NEJMp2006372>

“We know that wearing a mask outside health care facilities offers little, if any, protection from infection. Public health authorities define a significant exposure to Covid-19 as face-to-face contact within 6 feet with a patient with symptomatic Covid-19 that is sustained for at least a few minutes (and some say more than 10 minutes or even 30 minutes). The chance of catching Covid-19 from a passing interaction in a public space is therefore minimal. In many cases, the desire for widespread masking is a reflexive reaction to anxiety over the pandemic.”

Exercising with a Mask seems to be an extremely dangerous proposition, yet, I've never received an email from either of you warning of the dangers:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7306735/>

“Exercising with facemasks may reduce available Oxygen and increase air trapping preventing substantial carbon dioxide exchange. The hypercapnic hypoxia may potentially increase acidic environment, cardiac overload, anaerobic metabolism and renal overload, which may substantially aggravate the underlying pathology of established chronic diseases. Further contrary to the earlier thought, no evidence exists to claim the facemasks during exercise offer additional protection from the droplet transfer of the virus.”

Wow! So much and we haven't even gotten to cloth “face coverings” yet.

Balazy, Anna, et al. (2006). “Do N95 respirators provide 95% protection level against airborne viruses, and how adequate are surgical masks?” *Am J Infect Control*. 2006 Mar;34(2):51-7.

“The N95 filtering face piece respirators may not provide the expected protection level against small virions. As anticipated, the tested surgical masks showed a

much higher particle penetration because they are known to be less efficient than the N95 respirators. Some surgical masks may let a significant fraction of airborne viruses penetrate through their filters, providing very low protection against aerosolized infectious agents in the size range of 10 to 80 nm.”

Cloth Masks

<https://bmjopen.bmj.com/content/5/4/e006577.full>

“Cloth masks also had significantly higher rates of ILI compared with the control arm. An analysis by mask use showed ILI (RR=6.64, 95% CI 1.45 to 28.65) and laboratory-confirmed virus (RR=1.72, 95% CI 1.01 to 2.94) were significantly higher in the cloth masks group compared with the medical masks group. Penetration of cloth masks by particles was almost 97% and medical masks 44%.”

<https://academic.oup.com/annweh/article/54/7/789/202744>

“The use of fabric materials may provide only minimal levels of respiratory protection to a wearer against virus-size submicron aerosol particles (e.g. droplet nuclei). This is partly because fabric materials show only marginal filtration performance against virus-size particles when sealed around the edges. Face seal leakage will further

decrease the respiratory protection offered by fabric materials.”

Well, I have plenty more resources but I believe you get the point about masks.

But to continue in response to the first paragraph of your email:

The best way I can serve my fellow Virginians as an American is to not adhere to unconstitutional mandates regardless of any state of emergency as it was ruled by a Federal Judge in Pennsylvania, “even in an emergency, the authority of government is not unfettered. The liberties protected by the Constitution are not fair-weather freedoms — in place when times are good but able to be cast aside in times of trouble.”

The reason “face coverings” as you so aptly put are unconstitutionally mandated is because they are not based on science but based on belief and you cannot make me adhere to your belief systems.

Then you go on to say:

“Effective May 29, 2020, [Executive Order 63](#) mandated that face coverings be worn in any “indoor place shared by groups of people who are in close proximity to each other,” such as a health care practice. Likewise, [Executive Order 67](#), effective August 21, 2020, mandated that all businesses should adhere to the [Guidelines for All Business Sectors](#).”

So you basically forced businesses to adhere to the Governor’s mandates or what? They get shut down?

Moving on:

“The Virginia Department of Health (VDH) has received numerous complaints from citizens of the Commonwealth relating to non-compliance with these Orders, and some have pertained to practices of professionals licensed by one of the boards at DHP. Not only should DHP licensees be following the mandates and best practices for safety, but they should be the role models for such practices.”

Why would Virginians not wear masks?

Let me help you figure it out: <https://www.medicalnewstoday.com/articles/covid-19-and-face-masks-to-wear-or-not-to-wear#4.-Masks-might-harm-the-wearer>

1. Masks offer no protection to the wearer

a. Masks are not an effective way of protection from the new coronavirus, only N95 are, and masks have disclaimers saying they cannot prevent someone from acquiring the new coronavirus.

2. Evidence is lacking that masks protect anyone: the wearer or the public a. See the references above

3. Masks increase the risk of contracting an infection: COVID19 or others

a. Masks can become contaminated very quickly, and every time the wearer breathes in, they inhale contaminants

4. Masks might harm the wearer

- a. Masks limit oxygen intake and increase carbon dioxide (CO₂)
- b. Masks are dangerous for people with certain health conditions (COPD, asthma), as they may restrict breathing

i. The WHO acknowledge that people living with asthma, chronic respiratory conditions, or breathing problems may experience difficulties when wearing face masks.

ii. The CDC recommend that anyone who has trouble breathing should not wear a face covering.

Now, if you don't understand why Doctors and Health Care Professionals are not wearing masks it is most likely because they hold themselves to factual scientific standard over political ideologies and belief systems. Do you adhere to factual science over belief systems and political ideologies?

As Doctors, do you understand that the ideologies you are beholden too are only beliefs and not factual science?

I'm not surprised when elected and appointed officials act and become tyrannical. I think it's in the nature of it or certain people wouldn't hold these positions in the first place.

What not necessarily surprises but actually saddens me is how easily the general public is swayed into fear and ignorance and will report their fellow citizens for not following nonfactual unscientific mandates that are also unconstitutional.

Websites have been created for this very reason, have they not? Have you not encouraged this and other unconstitutional and anti American practices such as contact tracing?

Next:

“Again, we would like to stress the vital role that you play in protecting the public during this challenging time. Information specific to health professionals can be found on the [VDH](#), [DHP](#), and [CDC](#) websites.”

You’re right. I may very well play a role in protecting the public. Protecting them from unconstitutional and unscientific mandates which you and the Governor support and perpetuate.

I’m glad you mentioned the CDC in the paragraph because as I finish writing this to you the fatality ratio according to CDC looks like this:

0-19 yrs. old: 0.00003

20-49 yrs. old: 0.0002

50-69 yrs. old: 0.005

70+ yrs. old: 0.054

According to this CDC data, Covid has a lower fatality rate than Influenza which Dr. Fauci said had a 0.1 fatality rate.

This is what you are going to mandate a vaccine for? Seriously? You literally said you were going to mandate a vaccine for something that has a lower fatality rate than the flu?

And this is if the numbers are actually correct which, if you seriously look into PCR and antigen testing you cannot say under the scientific standard that the numbers of cases and even deaths are not inflated and inaccurate:

<https://www.bmj.com/content/bmj/369/bmj.m1808.full.pdf>

[https://www.emedicinehealth.com/
pcr_polymerase_chain_reaction_test/article_em.htm](https://www.emedicinehealth.com/pcr_polymerase_chain_reaction_test/article_em.htm)

[https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-
overview.html](https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html)

[https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/
antigen-tests-guidelines.html#table3](https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html#table3)

Let's finish up:

“Thank you in advance for your help in limiting the spread of COVID-19.

Sincerely,

M. Norman Oliver, MD, MA

State Health Commissioner

David E. Brown, DC

Director, Department of Health Professions”

Throughout this pandemic the only messages I received from you was one about a mandatory vaccine and one about wearing masks.

I heard nothing from you about your actual concern for Virginians Health.

I heard nothing from you about:

Exercise

Staying away from alcohol, tobacco, sugar...

Vitamins such as C, D3, and Zinc

Sunlight

Weight loss and the dangers of obesity

Positive mindsets

Chiropractic Adjustments and the relationship between structure and function of the body

Why didn't you talk to Virginians about making themselves healthier?

We know as Doctors that the best defense for sickness is actual health and well being.

What this pandemic showed is how ineffective most elected and appointed officials really are, and how their true nature is tyrannical. If this was a pandemic with a serious fatality rate we would be in catastrophic trouble.

Let me ask you this, Sir: If this was so serious why wasn't medical ozone units set up throughout Virginia as triage facilities?

Do you even know what medical ozone is and the massive value it has to the world?

Did you know that medical ozone is capable of eradicating Ebola and reversing the brutal effects of the disease?

Here is a study:

<https://clinmedjournals.org/articles/jide/journal-of-infectious-diseases-and-epidemiology-jide-6-113.php?jid=jide>

Don't believe it?

Well I actually know one of the Doctors that made this trip and was in this study. I will connect you with him anytime you want. Just say the word.

What about stem cells as a treatment for pandemics?

Do you know anything about stem cells?

Let me help you:

<https://rmrm.com>

I know both of these Ivy League medical graduates who are trained at the highest levels of emergency medicine and regenerative medicine. I know them extremely well. I will make the introduction for you anytime you want. Just say the word.

What about recommending Thymosin Alpha 1 to Doctors, nurses, and health care workers?

<https://academic.oup.com/cid/advance-article/doi/10.1093/cid/ciaa630/5842185>

Besides this transcript that is attached to the reply of the email you sent me about "face coverings", I have also attached a published research paper about 107 Covid patients successfully treated at a private clinic in Detroit Michigan with IV H2O2, IV Vitamins, and Medical Ozone. More proof that treatments have always existed for this pandemic.

What do you think will happen if we are ever really confronted with a pandemic that has a serious fatality rate?

Do you really believe that your performance over these months constitutes a grade of “excellence” when it comes to the care and protection of the health and well being of Virginians?

I do not.

Dr. Oliver, If you are not willing to be a Health commissioner that holds himself to the highest standards of science and have complete and total loyalty to the well being of the patient, then please, just get out of the way so someone can come in that will do the job of Health Commissioner on a level of excellence and make sure that we are prepared to overcome any pandemic that we encounter.

I wish you both the best for what is best in you.

May the Truth prevail,

Dr. Mattie Leto