

Face Protection in a Pandemic Shifting Gears Is More Reasonable

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Someone asked me about face shields. Lets discuss masks first. As Dr. Seheult, MD pointed out in one of his online lectures at MedCram, there are two kinds of masks.

Type one prevents things from coming **INTO** you through the mask. - N 95 Mask - The best
Type two prevents things from coming **OUT** from you through the mask. - Surgical Mask -

Dr. Seheult, MD recommended wearing both masks at the same time.

Point One

However, the N95 mask has pores (holes) that are about 3 microns wide. The COVID-19 virus is about 1 micron wide. (Dr. Seheult, MD) Grade schooling comes into play now, so do the math.

Point Two, Face Shields

The face shield is just a barrier that leaves the air flow untouched both to and from the face. Given that tiny spray from a sneeze can stay airborne for about three minutes (Dr. Seheult, MD) then a person wearing the face shield is hoping some of that spray will land on the face mask, right? That is but a guess. That process then leaves an infected face shield that can stay infected for 24 hours (Dr. Seheult, MD). Thus, extreme care must be used with handling this shield after it is infected. AND, you will never know if it is infected right now or not right? And it will become infected on the inside as well as the outside. Ah,,,,,. I'd say forget the shield.

Point Three

Most all of us are going to get this virus anyway, and survive it. Those unfit, overweight, people will have a reduced immune system function. If they are over 60 then strike three. If you are a smoker as well then wholly ramma shut my mouth strike four. Recall that excess weight puts a strain on the heart to feed all those extra adipose (fat) cells. Excess weight puts a strain on the endocrine system leading to diabetes, which then leads to vascular disease, which puts you at risk for a whole host of diseases including pandemic germs.

Recall that you cannot make your body, 'disappear an adipose cell'. You can shrink it for sure. I have written 17 articles located near the bottom of my Library page located in the link below. You will note from the date on those articles that I have been teaching my patients about this for a long time. And that date on the articles is just when I put it all into online format. Keep in mind this URL is case sensitive so get the capitals correct after the .com/. (If people want to know the why on those capital then email me and I will explain it.)

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<https://OptimalHealthSecrets.com/Library.html#WeightLoss>

Weight loss is probably deserving more articles now but I am busy with other more pressing things now so that will have to wait. Recall that doctors classify weight into about five categories, underweight, normal weight, over weight, obese, morbid obesity. Then they tack on various comorbid states. This all tells the clinician how to deal with this patient based on the patient's needs.

Staying Fit

By far this is the best idea of all. **Shifting Gears Is More Reasonable.** Because you cannot prevent infection for any appreciable length of time, then best to get fit and stay fit especially if you are older than 60. Any of us there yet?

In the article on **Immunity, Sleep, Fever, Heat, Cold, MedCram Videos** (April 1, 2020) you will see that I provide a **Getting Started** routine as a Self-Help strategy on page 2 and a bit on how to use heat and cold to boost immunity on page 3.

You will find data on all this in MedCram YouTube videos, some maybe earlier than the number 44. Links to those last four 44, 45, 46, 47 are in that document in the Videos link above.

An Additional Wellness Tool

I have finished the first draft outline protocols of a **Wellness Risk Management Boot Camp Staycation**. That is a stay at home Self-Help holiday type of routine. There will be a fee thought, to walk people through the measurement and workshops one at a time. People tend to not be able to arrange their lives to do Wellness on their own on a regular basis. First we need the Wellness Risk numbers and to get those we need to measure. That is done online.

So, I am going to go outside now and do a Jog-Walk right now. Going to practice what I preach. Bye for now.