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To Whom it May Concern:

As a psychotherapist and former nurse, I would like to explain what masking does to the body. From a biological perspective we are naturally programmed to become anxious when our lives are threatened in any way.

Our sympathetic nervous system (fight or flight) takes over and creates a scenario where we do not have to eat, drink, sleep, urinate or defecate. We breathe shallowly, our heart pumps faster in order to nourish the vital organs such as the brain and heart. To be in this fight or flight as a constant takes a significant toll on the body. When we mask the body reacts in this fashion as it believes it is at risk, as more time in this situation progresses the individual becomes more impaired. Masks make it impossible for an individual to breathe properly which creates a lack of oxygenation in the cells. Anxiety as a norm makes it impossible to learn anything other than "how am I going to survive."

We are seeing multiple children who are having significant behavior issues related to masking all day at school. The CDC has stated that masking does not work. The CDC also stated that hand washing is the single most effective way to combat the spread of germs. Why not teach PROPER handwashing and allow everyone to breathe again.

Thank you for your time and attention in this matter.

Sincerely,

Julie A Levesque, LPC, MSHSV, FMHC CCTP

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