

Good day,

My name is Laura. I have been in the fitness and wellness industry for the past 30 years. I have loved serving my community in Norwalk with my fitness/wellness programs for the past 15 years. To say I am saddened by the last 2 years of Covid response would be an understatement. I first knew something was wrong when doctors who are treating patients were getting silenced and censored. (2020) "For our health and safety." And "Misinformation."

How is silencing and censoring doctors good for our health and safety? Since when is having another opinion based on data misinformation? The silencing of doctors, the dismissal of natural immunity, and the dismissal of early treatment will go down as the worst medical crime in history.

The one field that helps people stay healthy is the one field that has been hurt by these mandates. Politicians never cared about our health, otherwise, they would long have enlightened us about the importance of vitamin D, physical exercise, a healthy diet, etc. It speaks volumes that the first thing they closed were fitness clubs. **The CDC now admits that 80% of the deaths that were from Covid had not one, not two, but 4 comorbidities. FOUR!** And yet, politicians argue for compulsory vaccinations instead of using a treadmill.

Speaking of early treatment. Covid went through my family. We followed early treatment protocol and recovered. We now have natural immunity, which the CDC now admits is better than vaccine immunity. My brother got hit hard. What did the doctor say to him? "Call us back if you can't breathe." That was the extent of his doctor's appointment. SHAMEFUL. I took care of him with early treatment.

About masks. The virus is smaller than what any mask can protect. Please do your research.

When you enter a restaurant, you need to wear a mask. As soon as you sit down to eat, you can take it off. There is no single virus that hovers. None of this makes any sense. What the masks do effectively is make us sick with bacterial infections. The mask mandates are UNCONSTITUTIONAL.

Vaccines are not effective. Not only are the double vaccinated and boosted people getting the virus anyway, but the side of effects of vaccine are enormous. Please see the VAERS data. I personally know people that are suffering from side effects of these EUA (there is still to this day no FDA approved covid vaccine in this country) vaccines.

And the kids? Forcing them with to get an experimental vaccine when they have a 99.9% survival rate of this virus? For what? To protect adults? Since when do we put this on children? Isn't it our responsibility to protect them? Are we forcing these vaccines on children to protect the pharmaceutical companies from liability? All lies will be revealed. The masks on kids? Eight hours a day they can't breathe fresh air. This is a crime, and it needs to end.

Stop all emergency powers, stop all mandates, unmask our kids. We need to heal. We are awake. You know it. We know it. Stop the insanity.

Thank you for your time,

Laura Krout

100 Richards Ave

Norwalk CT 06854

