

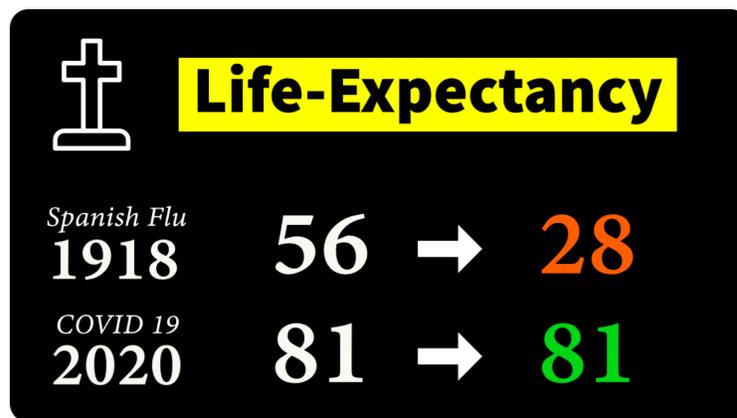


Dr. Simon 🙄 @goddeketal

28 Jan · 24 tweets · [goddeketal/status/1354647563312504834](https://twitter.com/goddeketal/status/1354647563312504834)



1/: Every day, we are inundated by horror stories around the virus. It seems as if we were facing the greatest health crisis of humankind. Nevertheless, the situation should be kept in perspective — a  thread  about life-expectancy and why the measures make everything worse.



2/: The mean age of death of people dying due to COVID 19 is 80.4 (82.5 female & 78.8 male) in the United Kingdom. The average life expectancy in the [#UK](#) lies around 81 years. In [#Germany](#), casualties were on average 82 years old (life expectancy: 81 years)

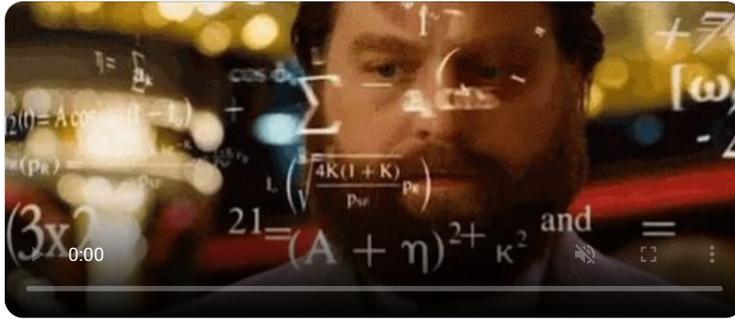
<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/adhocs/12376averageageofdeathmedianandmeanofpersonsw hose death was duetocovid19orinvolvedcovid19bysexdeathsregistereduptoweekending2october2020englandandwales>

3/: The situation was different during the 1918 Spanish flu pandemic. Back then, the average age of death of infected people was 28, while The average life expectancy was about 56. That's as if COVID-patients would die with 40 years nowadays.

<https://www.cdc.gov/flu/pandemic-resources/1918-commemoration/key-messages.htm>

4/: As we just learned, COVID does not significantly reduce the lifespan of people. Yet, it has an impact on everybody's life.

Let's have a look at which factors actually decrease our lifespan.

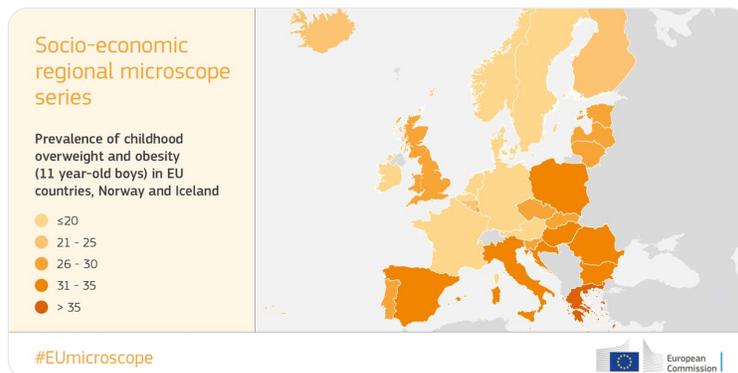


5/: Sugar consumption: sugar-rich diets lead to an early death. “It increases our risk of developing metabolic disorders, such as obesity and diabetes, and can shorten our life expectancy by several years.”

Too much sugar leads to early death, but not due to obesity
 Sugar-rich diets have a negative impact on health independent of obesity.
 Researchers discovered that the shortened survival of fruit flies fed a sugar-rich diet is not the result of their diabetic-l...

<https://www.sciencedaily.com/releases/2020/03/200319141024.htm>

6/: Have you ever heard of a sugar-related lockdown or a sugar-ban for children? Neither have I, even though obesity among children and adults is dramatically increasing.



7/: Loneliness: “Loneliness has been estimated to shorten a person’s life by 15 years, equivalent in smoking 15 cigarettes a day.” Corona measures such as lockdowns and limitation of contacts cause loneliness, especially in the group of elderlies.





Loneliness Is Harmful to Our Nation's Health

Research underscores the role of social isolation in disease and mortality

<https://blogs.scientificamerican.com/observations/loneliness-is-harmful-to-our-nations-...>

8/: Lack of Exercise: A review-paper states that physical activities generally are favourable to lifespan longevity. The principle of [#StayHome](#) and closing all sports clubs and gyms has an adverse effect on public health.

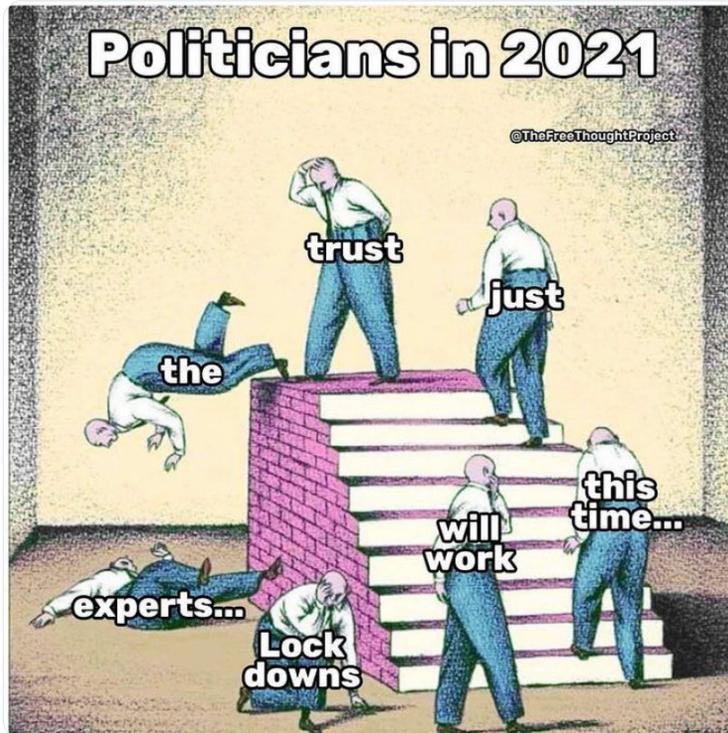


Do Elite Athletes Live Longer? A Systematic Review of Mortality and L...

Understanding of an athlete's lifespan is limited with a much more sophisticated knowledge of their competitive careers and little knowledge of post-career outcomes. In this review, we consider the r...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4534511/>

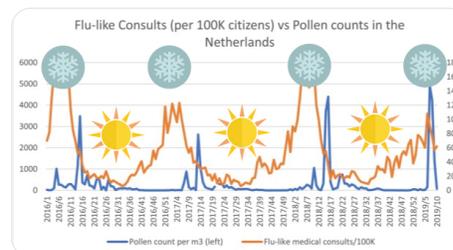
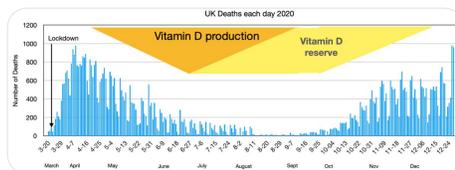
9/: Vitamin D: [#StayHome](#) has dramatic consequences for the vitamin D blood serum level. By spending an above-average period inside and having many summer vacations cancelled, people are expected to have much lower vitamin D in their blood than usual.



10/: Vitamin D is a hormone that regulates the immune response. Vitamin D deficiency is associated with a higher risk of infection and mortality. This is most noticeable during the winter when vitamin D stores are depleted.

PMC

Vitamin D Insufficiency and Deficiency and Mortality from Respiratory ...
 The COVID-19 pandemic goes along with increased mortality from acute respiratory disease. It has been suggested that vitamin D[3] supplementation might help to reduce respiratory disease mortality. ...
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468980/>



11/: People of colour are more vulnerable to vitamin D deficiency due to larger quantities of melanin. In the elderly, vitamin D synthesis in the skin is reported to be

widely diminished. Locking them up was a mad idea that could have cost them many years.



Vitamin D and Aging
Aging affects the formation of 1,25-dihydroxyvitamin D (1,25[OH]₂ D; calcitriol), the active form of vitamin D. Production of 1,25(OH)₂ D is reduced by 50% as a result of an age-related decline i...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3782116/>

12/: Fearporn: Media, influencers, politicians, and PR think tanks are currently spreading fear. We are cluttered with (mostly subjective) COVID-related news 24/7. The taken measures did reduce not only our rights but also medial plurality.

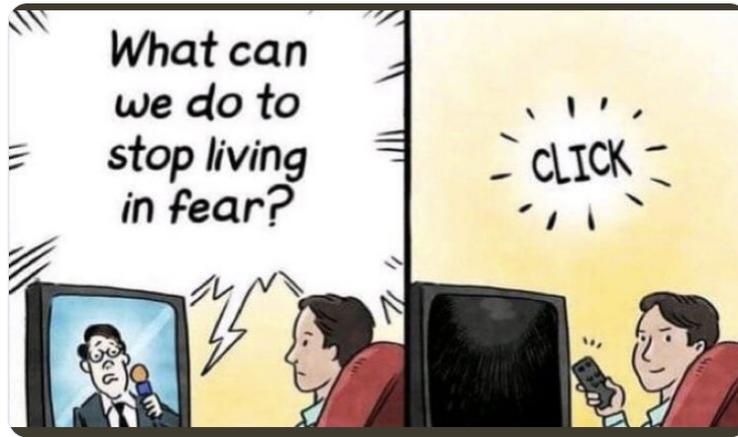
Coronavirus ‘could kill more people than two world wars combined’: Wuhan doctor



Wang Xinghuan, director of the Leishenshan Hospital in Wuhan. (AFP)

13/: Fear increases the stress hormone cortisol. Constant fear leads to the immune system becoming “resistant” and increases inflammatory [#cytokines](#) that further compromise the immune response. Fear can thus be considered a gradual [#killer](#).

14/: So why does the media do the opposite of what is saving lives? Why are we continuously confronted with apocalyptic and headline-grabbing news about killer-virus mutants, exponential growth, and long-term effects!?



15/: Talking about long-term effects, media coverage is partly contradictory: Erectile dysfunction (



COVID-19's link to erectile dysfunction | DW | 08.12.2020

Breathing issues, brain fog and a lingering loss of taste are just some of the long-term effects seen in coronavirus patients. Now, experts are warning that COVID-19 could also make it difficult to g...

<https://bit.ly/3iTRu3x>

) or permanent erection (



Man Suffers 4 Hour Erection With Covid-19 Coronavirus Infection

A patient admitted to a hospital near Paris had Covid-19 and suffered priapism, an erection lasting longer than 4 hours.

<https://bit.ly/3aerlZk>

)?

COVID-19's link to erectile dysfunction

Breathing issues, brain fog and a lingering loss of taste are just some of the long-term effects seen in coronavirus patients. Now, experts are warning that COVID-19 could also make it difficult to get an erection.



Man Suffers 4 Hour Erection With Covid-19 Coronavirus Infection



Bruce Y. Lee Senior Contributor @
Healthcare

I am a writer, journalist, professor, systems modeler, computational and digital health expert, avocado-eater, and entrepreneur, not always in that order.



16/: By the way, the author of the “long-term dingdong article” (no intentional reference to [@DrEricDing](#)) also wrote a journalistic masterpiece on why it is great to wear two masks. You can't make that up. [#facepalm](#)

Jan 26, 2021, 12:35am EST | 11,725 views

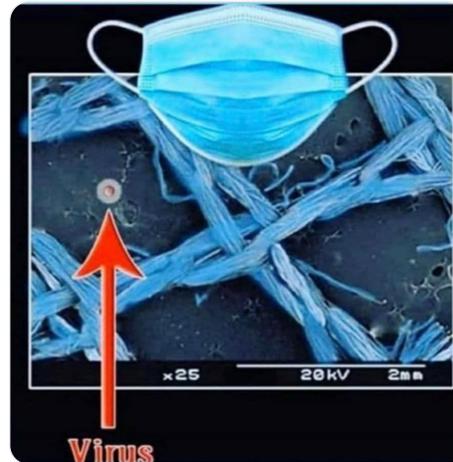
Double-Masking: How Two Masks Block Covid-19 Coronavirus Better Than One



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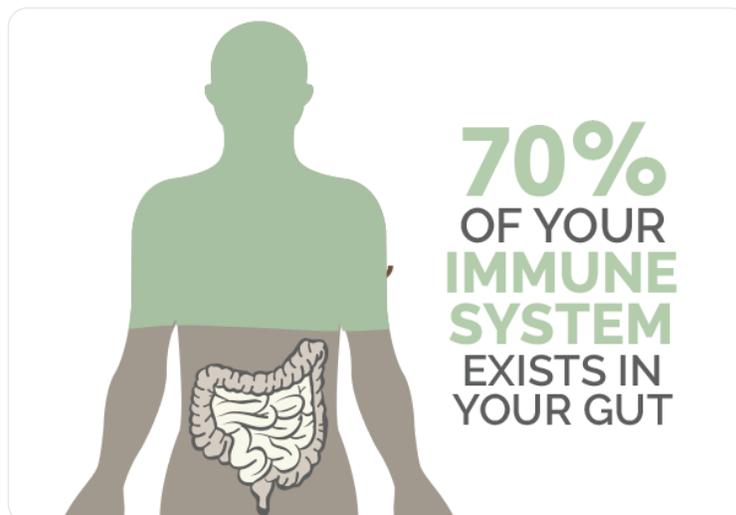
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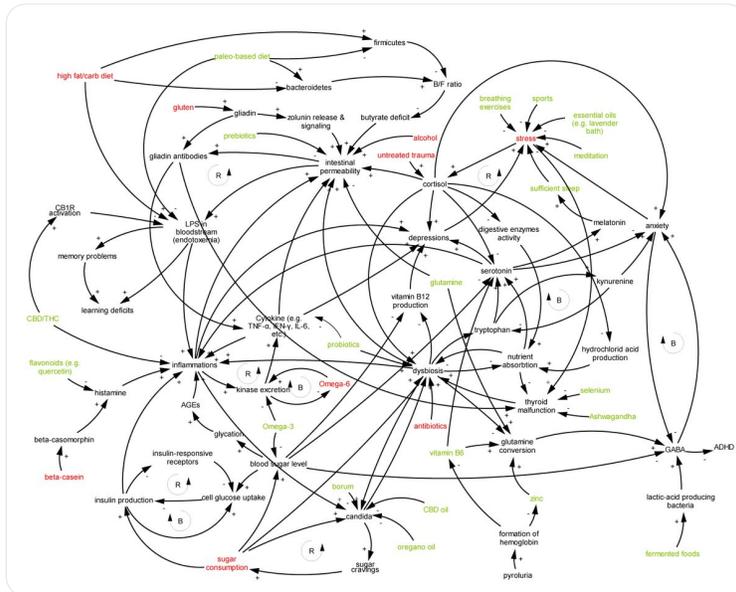


17/: Evolution has equipped us with a unique feature that is able to fight off pathogens. This feature is our immune system. It is concerning that the [@WHO](#) is now defining that herd immunity can only be achieved through vaccination. It did not work that way since humans existed.

18/: The immune system works well unless it is overstrained. As most of the immune system is located in the intestine, gut [#microbiota](#) plays a vital role in the immune system's functionality.



19/: Reducing dietary deficiencies, for instance consuming more omega-3 and less omega-6 fatty acids, reducing lectins and sugars make the immune systems more resistant to diseases. This means that we do not have to reinvent the wheel. This is neglected general knowledge.



20/: And even though all of this is known, the current pandemic is maintained by PCR tests that are designed to be faulty. A recent study reports that nothing is viable after Ct of 28.4. Yet, most #PCR-tests run with much higher cycle-threshold values.

Kevin McKernan @Kevin_McKernan

Nothing viable after Ct 28.4.
7 day infectious.
34 day qPCR positive.

nejm.org/doi/full/10.10...

3:26 AM · Jan 28, 2021

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21/: This is in line with our BTL (bayerlines.org). By back-solving available governmental data into scenarios, we can see that the current testing method is exceptionally erroneous with a low prevalence. #PCRgate #DrostenGate

