

# Could Pan-Mask Recommendations be Contributing to Regional Surges of COVID-19 Hospitalizations, and Should Examining Clinicians be Designing Individualized COVID-19 Prevention and Treatment Plans? A Pilot Single Case Study Investigates Mask-Wearing and Redox Balance/Imbalance to Determine the Feasibility of a More Extensive Investigation

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c This article, along with six other COVID-19 pilots, will be submitted to 15 universities in Alabama, USA; the Caribbean; Israel; Florida, USA; Jordan; Mississippi, USA; Tennessee, USA; Saudi Arabia; South Dakota, USA; West Virginia, USA; and Wyoming, USA, to gain academic appointments, replicate this pilot investigation on a larger scale, and to continue to design and launch additional pilot and wide-ranging studies to fortify further the new discipline of pH-Balanced International Cuisine and Dynamic-Longevity Lifestyles

**SUMMARY** (Submitted to the International Conference on Nutrition and Healthcare, Paris France, February 10-11, 2022, webinar oral presentation)

A significant fraction of international attention has focused on using tightly fitting masks postulated to minimize the spread, acquisition, and symptomatic manifestations of COVID-19 and its variants. The leading cause of morbidity and mortality of masked and unmasked people suffering from COVID-19 sepsis is an under or over-responsive immune system brought about by pH-imbalance nourishment, physical activity, and virtue practices.

No studies have investigated whether tightly fitting masks influence or do not sway systemic oxidative stress (SOS), systemic reductive stress (SRS), and prime systemic energy (PSE).

*Objectives:* The purpose of this single case pilot study is to test the feasibility of a more extensive study determining the impact or lack of effects of tightly fitting surgical and N95 mask-wearing for 2-hours on fourteen measures of SOS, SRS, and PSE in a disease-free subject living primarily within a pH balanced international cuisine and dynamic-longevity lifestyle for several years.

*Methods:* The subject screened for the inclusion/exclusion criteria.

*Results:* All thirteen markers for SOS, SRS, and PSE changed by wearing a mask to degrees varying from 50% to 1%. Four markers changed by 50% to 40%, two by 21% to 20%, four by 9% to 8%, and three by 4% to 1%.

*Conclusions:* This pilot single case study is a timely prompt to test these methods further in a more extensive research study in unison with the numerous US and international universities interested in establishing a department of pH-Balanced International Cuisine and Dynamic-Longevity Lifestyles.