Twitter Thread by Dr. Simon ■



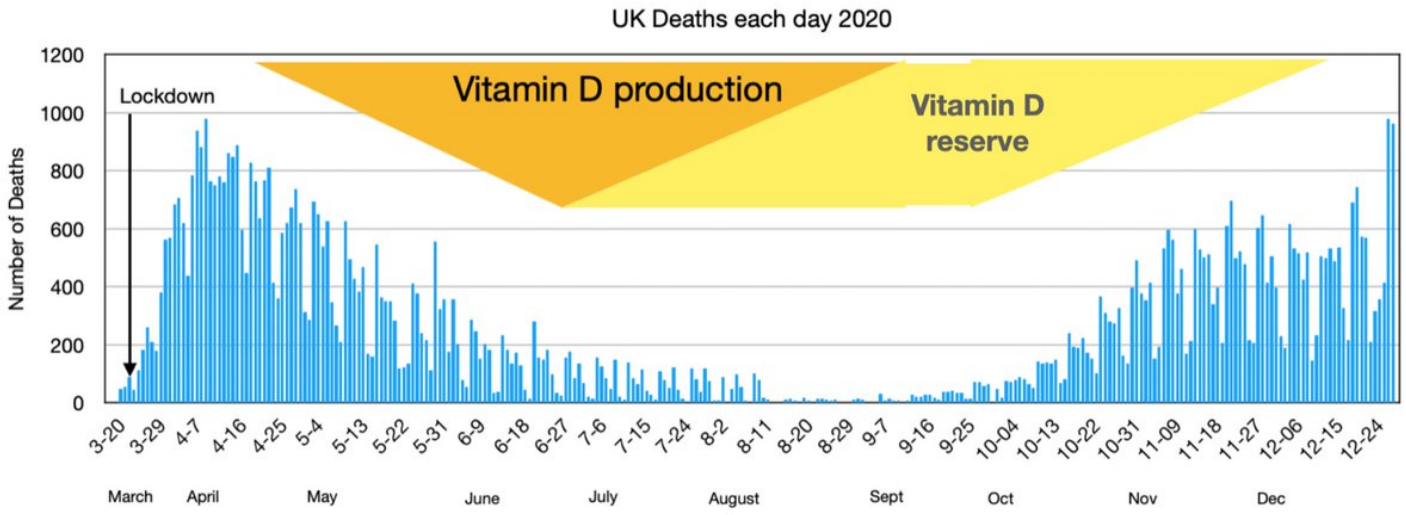
Dr. Simon ■
@goddeketal

Substantial analysis of @BenMarten regarding the mortality in Germany. Particularly noticeable is the "excess mortality" in December. Ben states that "lockdown deaths" could play an important role here. I would like to elaborate my thoughts on that. ■■Mini-Thread■■

> Im Dezember gibt es tats\xe4chlich, eine signifikante \xdcbersterblichkeit, die es allerdings so in den letzten 50 Jahren auch schon gab.
>
> Wir wissen, dass #Lockdowns keinen/kaum nutzen bringen. Daher k\xf6nnte man vermuten, dass hier zus\xe4tzlich auch noch die Lockdowntoten dabei sind... pic.twitter.com/nYjviDs51T
>
> — Ben Marten \U0001f642 (@BenMarten) January 22, 2021

Factor 1: Vitamin D deficiency.

Many people (especially elderly) have been locked in during the summer. Also the majority of holiday trips have been cancelled, leading to a lower 25(OH)D blood serum level as usual. The body can store vitamin D up to several months.



As vitamin D is a hormon that modulates the immune responses, we can assume that the lockdown measures had some adverse effect on our immune system. Especially elderly people in retirement homes must have been severely affected.

Factor 2: Loneliness

"Loneliness, it seems, can lead to long-term "fight-or-flight" stress signaling, which negatively affects immune system functioning. Simply put, people who feel lonely have less immunity and more inflammation than people who don't."

https://t.co/LMtdgbbvWC

Factor 3: Hyper Hygiene

Constant disinfections and high hygienic standards weaken the immune system. It gets literally "out of practice."

https://t.co/4AQrOqdl5n

Factor 4: Fear

Incessant medial fearporn leads to stress/anxiety, which again increases inflammation in nervous and immune systems. The unfounded scaremongering with respect to "new and deadlier mutants" aggravates the situation.

https://t.co/oriKL8wRvb

Factor 5: Other Diseases

Other serious and much deadlier diseases such as cancer are more and more being neglected, even though they deserve attention. There are also reports that surgeries are being rescheduled.

Factor 6: Cardiovascular System

In order to have a well-functioning cardiovascular system, physical activities are crucial. Sports clubs and gyms are being closed and many regions legally require wearing a mask in public spaces. Who goes for a run wearing a mask?

All mentioned factors have an impact on mortality rates. As there are no control groups, we can only make assumptions regarding the made observation. However, the responsible politicians should use more common sense when making decisions with respect to COVID-related measures.