

Short of breath from COVID-19 or pneumonia?  
No access to a ventilator?

***BREATHING***  
***RESCUE MASKS***  
***you can make in seconds***

a public service announcement from  
Donnay Detoxology LLC  
[www.DonnayDetox.com](http://www.DonnayDetox.com)  
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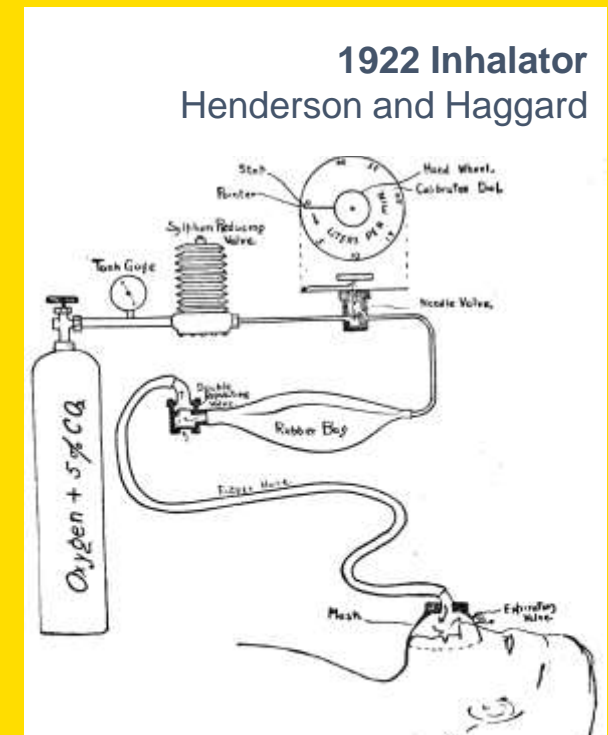
# Easiest Rescue Mask

1. Just put on CLEAN T-SHIRT with ROUND COLLAR  
*(If you only have V-neck, wear it backwards)*
2. LIE ON YOUR BACK and TILT CHIN TOWARDS CHEST
3. PULL COLLAR UP OVER NOSE so it is tight against your cheeks
4. BREATHE NATURALLY UNDER T-SHIRT as long as you can tolerate **but start slowly**, from 1 up to 30 minutes per hour, as needed
5. REMOVE SHIRT when done and WASH BEFORE RE-USING



# How does this boost breathing ?

- \* The last of your exhaled breath contains about 100 times more carbon dioxide (CO<sub>2</sub>) than outside air
- \* Rebreathing this CO<sub>2</sub> triggers carotid reflex to exhale more CO<sub>2</sub> → which boosts breathing with no conscious effort
- \* Doctors have been using devices that mix carbon dioxide with air or oxygen to boost breathing since 1920s
- \* But latest CO<sub>2</sub> device approved by US FDA in 2019 costs \$15,000



## ***Boosting breathing with CO2 also***

- \* quickly calms anxiety
- \* moves more oxygen from blood into organs
- \* speeds detox and recovery after
  - general anesthesia*
  - poisoning by alcohol*
  - opiates*
  - carbon monoxide*

What if you don't want to stretch your T-shirts,  
or don't have any ?

Lots of other ways to make  
Breathing Rescue Masks...



1) with clean hands –

Just cup them together tightly  
over your nose and mouth





## 2) with clean paper cup –

Just cut quarter-size hole in bottom and short notch in rim  
(so large end fits snugly over nose and mouth)

Lie down on back and hold cup tight against cheeks

Or wear a surgical mask over top to prevent spread of infection



3) with clean anesthesia or CPR mask --

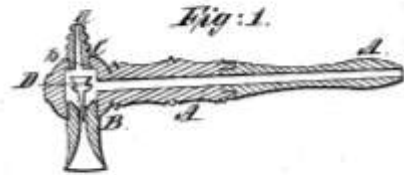
Just put 6-inch long tube in main hole



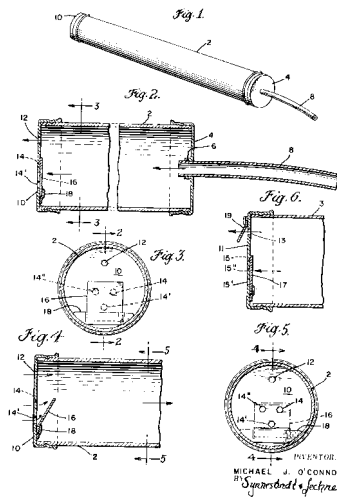


# Or try making one of many devices invented since 1843 to boost breathing whose US patents have expired

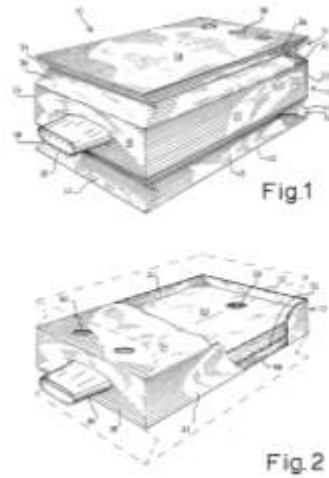
1843 US 3,079



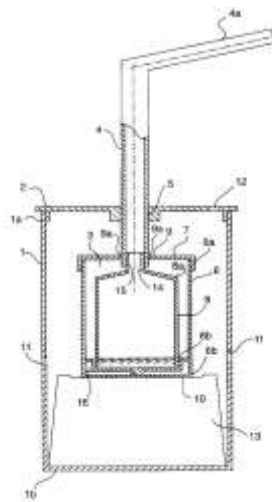
1975 US 3,863,914



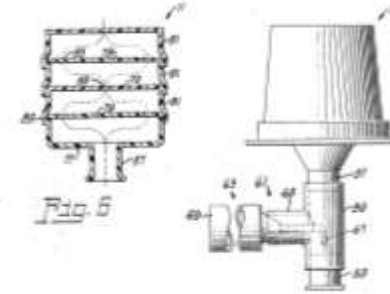
1985 US 4,508,116



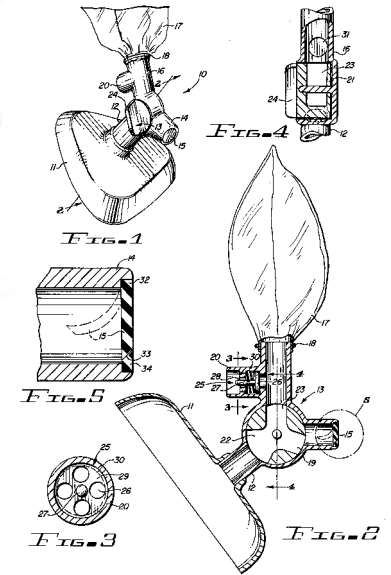
1998 US 5,775,640



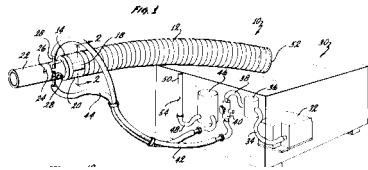
1969 US 3,455,294



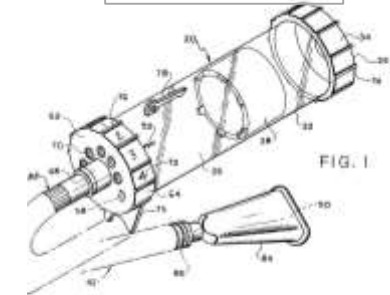
1980 US 4,192,301



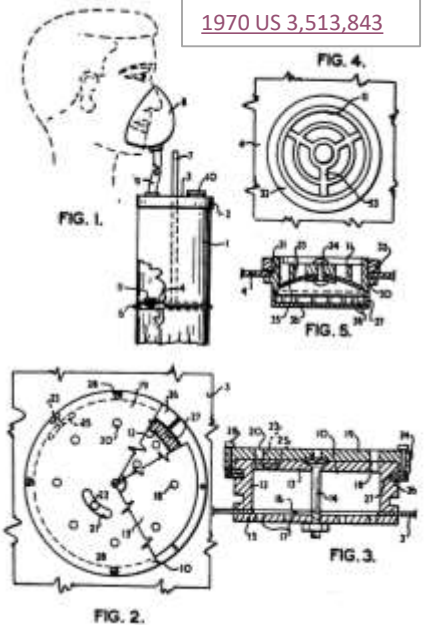
1981 US 4,301,801



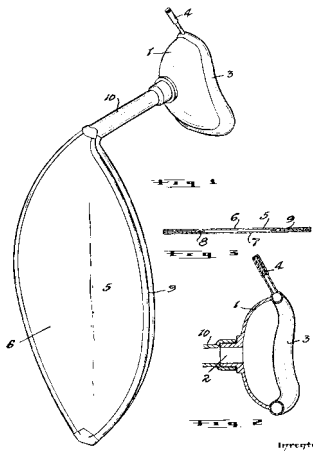
1980 US 4,221,381



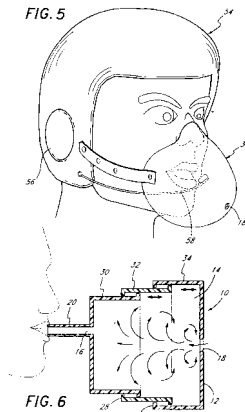
1970 US 3,513,843



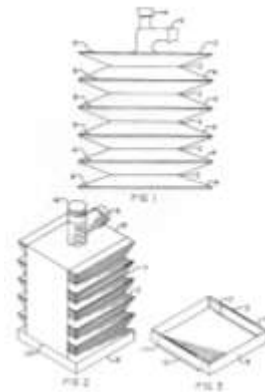
1935 US 2,007,330



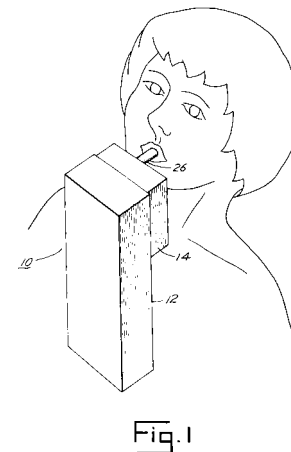
1997 US 5,647,345



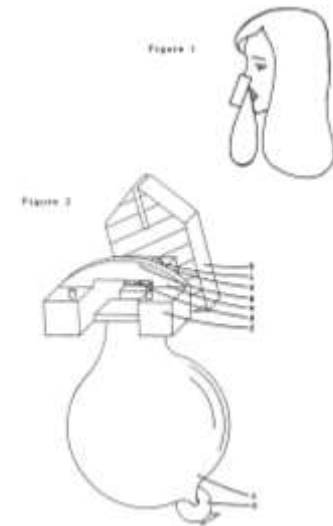
1982 US 4,345,605



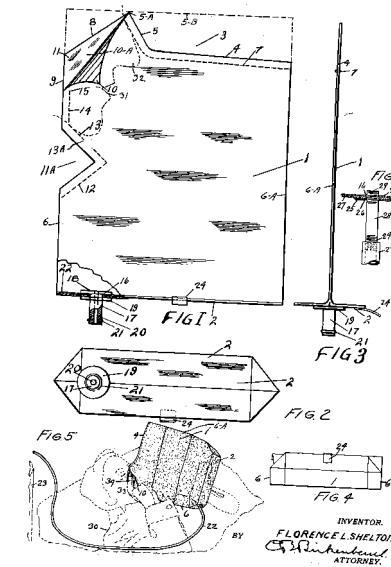
1981 US 4,275,722



1992 US 5,154,167



1943 US 2,321,256



# FOR YOUR SAFETY

## when doing rebreathing:

- Lie on your back ***as you may get dizzy, which may lead to passing out***
- If you start to get dizzy or feel worse, ***stop immediately*** and, before trying again, ***improve air flow:***
  - If using T-shirt → switch to one made of light cotton
  - If using cupped hands → loosen grip
  - If using paper cup → make hole larger
  - If using mask with tubing → cut tube shorter
- If your chest muscles tighten or get sore, reduce daily rebreathing time

# Evidence of Positive Effects from Rebreathing

- \* Collection of peer-reviewed published papers from PubMed ([www.tinyurl.com/rebreathing](http://www.tinyurl.com/rebreathing))
- \* Study of Donnay's modified CPR mask done at Johns Hopkins Sleep Disorders Center in 2016 ([www.osf.io/r748f](http://www.osf.io/r748f)) **6" tube boosted breathing 40% within 10 minutes**
- \* Some humans, cats, dogs, and other mammals prefer to sleep in a rebreathing position

## Before you try rebreathing, consider **DISCLAIMER:**

1. Any use you make of this information is at your own risk.
2. It was written by a **TOXICOLOGIST** for educational purposes only.
3. It is **NOT** intended as a substitute for the medical advice of a **PHYSICIAN**.
4. ***If you are having a medical emergency in North America, call 911.  
(outside North America, call 112)***



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