

February 3, 2021

Dear Mr. Chairman, Mayors and Council members of York Region,

Thank you for devoting your focused attention on the current Grey-Lockdown/Stay at Home Order.

I am appealing to you with concerns as an active member of the recovery community. The current restrictions throughout York Region have exacted a high cost in mental, physical and financial well-being. The burden borne in the community at large and within individuals who want to seek timely help from all manner of addictions is grave. Lockdowns severely diminish access to vital services and diagnostics. The toll in irrevocable consequences of suicides, overdoses, spousal and child abuse, poverty, unemployment and untold diseases of despair are mounting. There is an anticipatory grief held for the tally at the end of the day which will be paid in lives and dollars but will not be able to be measured for years to come.

Many do not qualify for financial assistance. I am one of them. My personal means are just above the thousand dollar per month threshold so I've gone from a projected six-figure income to being forced to pay my expenses from early withdrawals on retirement accounts. To assume everyone is being taken care of throughout the government imposed crushing of the economy is naive and short sighted.

I have cancer and am living proof of recovery from covid using complimentary medicines like D3, zinc, quercetin along with other vitamins. Censorship and refusal to invite open dialogue about successful paradigms of treatment with inexpensive modalities and repurposed prescription drugs - which have proven to be effective against covid - is a gross failure to educate and allow the public to make informed choices. Incurable cancers such as mine are best treated holistically. A healthy positive mind-set is tantamount to foster quality of life and prolong life expectancy. Please guide your decisions with common kindness, empathy and compassion.

The UN High Commissioner for Human Rights, Michelle Bachelet stated “COVID-19 is a test for our societies, and we are all learning and adapting as we respond to the virus. Human dignity and rights need to be front and centre in that effort, not an afterthought.” I have experienced an increased difficulty to maintain a sense of trust in the validity of measures being taken. It is negatively affecting my health and I hold you responsible.

I urge you, on behalf of all citizens, to request the Premier to end the unnecessary suffering caused by lockdowns. Continuing to do harm when these measures are not supported by sound science induces and promotes fear, anger and hopelessness. I have read that First Nation Elders consider seven generations prior and seven generations forward when making decisions. I ask for the same wisdom to be employed as you seek the greater good for all. Please do not allow the consequences to lay dormant in your conscience.

Respectfully,

Jaana Lehtola

[https://www.researchgate.net/publication/](https://www.researchgate.net/publication/341229994_Patterns_of_COVID-19_Mortality_and_Vitamin_D_An_Indonesian_Study)

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<https://www.ohchr.org/EN/NewsEvents/Pages/DisplayNews.aspx?NewsID=25668&LangID=E>