



A slow healthy death

Spiv & The Dumbday Chimpanzee

Whats in your head

Whats in your head

Zombie, Zombie

- *The Cranberries*

Evening, sorry I'm late and a *happy weirdy beardy man in the sky day* to you all.

First off, it seems that I was suffering from premature articulation on Friday evening when I told you that I had 2 articles all but ready for publication.

My bad, let me hear you say; B000.

I wasn't lying though.

However, the first article that I had all but ready and still is cept for another 15 minutes checking it over, has content in it that would be detrimental to myself should I publish it

now – which wasn't the case when I wrote it.

Sorry for being a bit cryptic there and it isn't even anything overly exciting either, but could never the less have caused me hassle next week – which will see us all hopefully moving to Iceland... Let me hear you say BRRRRR.

As for the second article, which wasn't quite written in its entirety?

Well, it became appropriate to add some extra detail, which is taking me quite a bit of bastard time to locate the information that I need.

Couple that with me having the most unproductive day ever yesterday despite spending practically all my waking hours since Friday night concentrating solely on site related business (cept for babysitting Clay 10PM last night untill 5AM this morning).

Add the fact that its all been done on 6 hours of broken sleep – and you have the reason for my afore mentioned premature articulation... Let me hear you say; ZZZZZZZZZZZZ

Moreover, you should see the state of my fucking eyes right now... In fact I may well have to get the old *windolene* out in a minute.

On top of that, I have a backlog of Chimp articles that need commenting on, so rather than spend the best part of today looking for the information needed to complete the 2nd of the articles – and in doing so neglecting to update the site – I thought that I best comment on some of those Monkey articles... Let me hear you say – *“GET THE FUCK ON WITH IT SPIV”!*

Oh, hello Voice of Reason. I was going to say: Let me hear you say; YEAHHHH, but you are quite right... So fuck off and let me get on with it.

Incidentally, has anyone else noticed the alarming way in

which my Voice of Reason is increasingly taking on a real persona. Spooky. Let me hear you say; OIII NUTTERRRRR.

Still, at least Voicemy isn't telling me to hit people on the back of the head with a claw hammer... No doubt only because of the fact that he doesn't own one... Yet... But it is his birthday next week.

Never the less, enough small talk. What do we know about Fluoride?

Well, for starters we know this:

Ingesting artificial fluoride chemicals does not prevent tooth decay, but rather destroys your insides and leads to the development of cancer and other illnesses. These are the disturbing findings of an assessment recently compiled by award-winning chemist, author, and founder of The Peoples Chemist.com, Shane Ellison.

Frustrating more than 50 years of bad science that has claimed the exact opposite, Ellison's appraisal of fluoride's negative effects on the body shows once again why removing fluoride from public water supplies is crucial to public health. And health freedom advocates must step up to be the educational catalyst for bringing about this change nationwide.

"Once ingested, fluoride compounds attack the structural integrity of our insides," says Ellison. "Collagen, a web-like network connecting our skeletal system to muscles, is torn apart by fluoride. We feel it as joint stiffness, ligament damage, and aching bones. This same mechanism leads to browning of teeth, an outcome known as fluorosis."

[Read More](#)

And we also know this:

The anti-fluoride movement has been spreading not only in United States but world-wide according to this document

from [Fluoride Action Network \(FAN\)](#). China, Germany and France have a full ban on water fluoridation citing serious health risks. In China, the World Health Organization has estimated that millions people have a crippling form of [skeletal fluorosis](#) from the naturally occurring fluoride that exists in the environment. Skeletal fluorosis is a painful bone disease and is directly attributed to excessive consumption of fluoride. Studies have also shown that even small increases of fluoride [exposes humans to mutagenic damage](#) and destructive changes to their DNA.

Under the EPA's own regulatory guidelines fluoride is listed as a [chemical neurotoxin](#) with substantial health risks. Sodium silicofluoride and hexafluorosilicic acid are the hazardous chemicals that make up the fluoridation process and are waste products originally created by the aluminum and fertilizer industries.

[Read More](#)

You can find plenty more information on Fluoride over at my Forum.

However, if you are not clued up on this poison then you owe it to yourself, your children and your children's children to get yourselves over there, pretty dammed sharpish.

And just for the record, what we have taking place in this country right now is a time delayed genocide, being deliberately carried out by the British Government, via one of life's essentials... I kid you fucking not.



Now, just because the majority of you reading this informative, well structured article – sprinkled with a liberal dash of mirth – know about the danger lurking in our water supply, doesn't mean to say that our dumbed down, common all garden Mr & Mrs Joe Average do... Let me hear you say; ZOMBIESSSSSSSSSS.

Ironically, the reason that they don't know is probably down to the fact that their clockwork operated attention span, located in their information retardant brains have absorbed too much fucking Fluoride... Let me hear you say DEERRRR.

However, it is pretty safe to assume that the Monkey Boys over at the Chimpanzee know that we are being deliberately poisoned.

Moreover, the fact that the Chimp neglects to mention the devastating, long term side effects associated with drinking water – bottled and tapped – over a prolonged period of time, in both of their articles (found below), is a gross dereliction of duty to a profession based entirely on the pursuit of truth and justice... Let me hear you say CRIMINAL CUNNNTSSSS.

The first of the two Chimp articles is about a primary school in Dagenham Essex – my home county as it happens – and is in connection with the school's headmistress or "Head Teacher" as they are called these days – despite 'Head Banger' being more appropriate – who has banned her pupils from drinking anything other than water whilst at school.

Now, the main reason for her putting the ban in place on drinking anything other than water, is because – drum roll please – *iiiiitttssss fuuuUCKING HEALTHIER... Let me hear you say; UNNNBEFUCKIN'LIEVABLE*

Moreover, according to the Chimp, the school website boasts that:

It 'understands the importance of being healthy to raise our levels of achievement; do our best and improve our health'.

Have a fucking word! Talk about being patronised... You can almost even imagine the tone of her voice... Then again, that may just be me since I imagine my Voice of Reasons too... Really spooky.

But it gets better... It always gets fucking better don't cha know.

You see, the other reason the educated idiot imposed the ban is so as the school could try and win the London Healthy Schools Award.

Dog give me fucking strength:

In a letter sent out to families on January 6, Mrs Chaplin told them 'you will no longer have the worry about providing a drink as we will supply the water' and said the new clampdown came as they tried to win the London Healthy Schools Award.

As part of the initiative, the school said it would provide water on the tables for children.

Fuck me, that's nice of them... I mean, why DIY when you can let the school do the poisoning for you?

Course, it is even more worrying that the LHS award is based on the principle that water is fucking good for you... Let me hear you say; COMMON PURPOSE CUNTS.

And, if you are still not convinced that there is a battle on for your children's minds, bodies and souls, then cop a load of this next crock of old shit.

Dinner fucking ladies, who back in the day used to drop their fag ash on your chips as they dished them up, and were for some unknown reason all called Mavis, have all now morphed into; proportional sustenance transfer and quality enforcement personnel.

Or put another way, canteen staff now given state spy status with the authority to search your child's lunch box in order to ascertain whether or not you are feeding your kids properly.

Mother Carly Nunn, 26, said her five-year-old daughter Teagan had her juice taken off her by dinner ladies.

She said: 'She put a straw in the carton and took one sip and it was taken off her and put in the bin.

'The next day I put it in a bottle but it was tipped onto the table to check the colour of it.'

Mrs Chaplin said lunchtime supervisors disposed of half-empty drinks and yoghurt pots to 'prevent spillages in lunchboxes' and said youngsters quizzed over their drinks were 'more than happy to confirm or demonstrate the water content'.

People, you want to start getting organised else we are surely fucked.

Now, the other bit of info contained within the article that

put a wry smile on my face was the greeting on Miss behaves letter:

Dear Mums, Dads and Carers

That greeting alone shows how tight a grip Common Purpose has got a hold of on the education system.

I mean fuck me! I thought that things were fucked up enough for the kids back at the turn of the century when my Stacey was the only one in her class who had to make a fathers day card for mothers day, prompting me to ask if single mothers got mothers day cards on fathers day – which is when I learned that Rochford Primary don't make fathers day cards on fathers day.

But now, it appears that “carers” are also the norm, and to such an extent that they are now deemed worthy of being included in all school correspondence!

What the fuck are we going to see next? Dear Mums, Dads, Carers & Rich Paedophiles?

What kind of fucked up world are we living in where we send our children to somewhere intent on destroying the family unit, taking note of our every fault to pass on to the SS and where they spend more time in the company of someone filling their heads with nonsense, lies, propoganda and now poison, than they do with their parents... Let me hear you say INSANITYYYYYYY.

Moving on to the second article, where we are told a tale about this super duper new soft drink that can help prevent you from developing Alzheimer's disease:

A scientifically developed soft drink, named Brainwave, has been designed to help you stay sharp and keep your brain healthy.

It could also help to reduce the chances of developing

Alzheimer's disease and dementia later in life, say developers.

Well, that has to be worth an 'hallelujah'. Let me hear you say HALLELUJAH, brothers, sisters and my sisters keeper.

However, soft drinks made with unfluoridated water are rarer than rocking horse shit.

Moreover, the Chimp article states:

The combination of ingredients in the drink helps the body to absorb the optimal amount of green tea – which has been proven to help to reduce the risk of cognitive degradation.

This would suggest that you would also “absorb the optimal amount of” fluoride.

And since:

Researchers recently expressed their surprise that low doses of sodium fluoride, equivalent to the amount found in 1 ppm fluoridated water, were found to cause brain damage similar to that found in Alzheimer's and other forms of dementia, and that low doses of aluminum fluoride (0.5 ppm) resulted in double the amount of aluminum found in the brain compared to 100 times the dosage of aluminum (50 ppm) without the fluoride. Source

I am fucked if I know how the lying cunts can make the claim that it helps prevent you from developing the cruel disease!

I mean fuck me, in theory drinking that shit will have you forgetting to get dressed in the morning potentially quicker than someone with bad guts can fart and follow through.

AND WE PAY THE FUCKING DERANGED CUNTS TO POISON OUR WATER SUPPLY IN THE FIRST FUCKING PLACE... Well I fucking don't, but then again I'm perceived as being mad.

And there endith today's lesson... Or put another way, just

sayin'.

Head teacher confiscates fruit juice from primary school pupils and forces them to drink water instead 'because it is healthier'

- **Headmistress sent letter to all parents telling them not to put juice in their child's lunchbox**
- **Several pupils have had their fruit juice taken off them by supervisors**
- **Angry parents are outraged by the decision which is leaving pupils 'thirsty'**

By [DAILY MAIL REPORTER](#)

PUBLISHED: 10:32, 15 January 2014 | **UPDATED:** 14:48, 15 January 2014

Children at a primary school have been banned from fruit juice after their headmistress decided they should only drink water.

Head teacher Elizabeth Chaplin brought in the new rule at Valence Primary School in Dagenham, Essex, as part of a 'health drive' and drinks other than water have been poured down the sink.

However, the move has been met with anger from parents with

one father, Ricky Biggs, pulling his son Ronnie out of school since the ban was enforced.



Furious Ricky Biggs, right, has kept his four-year-old son Ronnie, centre, off school since the fruit juice ban was introduced at the start of this term. Ronnie's mum Kelly, left, said Valence Primary School has brought in the rule to help it win a London Healthy Schools Award

He said: 'Ronnie doesn't drink water and when he's been in hospital they've given him squash. How can a hospital say squash is healthy, but a school say it isn't?'

Mr Biggs, 36, also said some children are going the whole school day without having a drink.

He said: 'We spoke to the head about it and she just offered us a transfer form to take him out.'

More...

- [Couple who took their children out of school for a week's holiday in Rhodes could face jail for refusing to pay fines](#)
- ['You could have ignored her': Mother writes a heartfelt thank you to the 'kind stranger' who entertained her autistic daughter during flight](#)
- [Summer babies skip school year: Local authorities forcing pupils to miss reception class if parents take advantage of rule to delay education](#)

In a letter sent out to families on January 6, Mrs Chaplin told them 'you will no longer have the worry about providing a drink as we will supply the water' and said the new clampdown came as they tried to win the London Healthy Schools Award.

As part of the initiative, the school said it would provide water on the tables for children.

HOW MUCH SUGAR IS IN FRUIT JUICE?

- **A small carton of orange juice contains about two and a half teaspoons of sugar, while a large glass has five.**
- **A 500ml bottle of Blackcurrant Ribena contains 52.6g of sugar which is the equivalent of 13 Oreo Chocolate biscuits.**
- **A Robinsons Fruit Shoot My 5 has a sugar content of 19%.**
- **A can of Coca-Cola contains almost nine teaspoons of sugar.**

But Ronnie's mum, Kelly Debenam, 36, said: 'The letter makes

it sound like they're doing parents a favour, but they're not.

'Other schools don't have this, it's not compulsory – it's just them trying to get this award.'

Mother Carly Nunn, 26, said her five-year-old daughter Teagan had her juice taken off her by dinner ladies.

She said: 'She put a straw in the carton and took one sip and it was taken off her and put in the bin.'

'The next day I put it in a bottle but it was tipped onto the table to check the colour of it.'

Mrs Chaplin said lunchtime supervisors disposed of half-empty drinks and yoghurt pots to 'prevent spillages in lunchboxes' and said youngsters quizzed over their drinks were 'more than happy to confirm or demonstrate the water content'.





Mother Carly Nunn, left, said her five-year-old daughter Teagan, right, had her fruit juice confiscated by lunchtime supervisors. Headmistress Elizabeth Chaplin said the juice ban was aimed at trying to promote a healthier lifestyle for pupils

She also admitted the new health drive had been received negatively by a 'small minority'.

She said: 'Regrettably our attempts to promote a healthier lifestyle have been received negatively by a very small minority.'

'We are undertaking a review of the whole lunchtime provision and the review group will include representatives from the parents, pupils, staff and governors.'

On its website, the school boasts it 'understands the importance of being healthy to raise our levels of achievement; do our best and improve our health'.

Mrs Chaplin said unhappy parents who wanted to take their children out of school had been offered transfer forms but said they had not been completed and the kids had returned.

THE LETTER SENT TO PARENTS BY MRS CHAPLIN



Headmistress Elizabeth Chaplin of Valence Primary School in Dagenham, Essex, sent a letter to all parents telling them of the new policy banning fruit juice drinks

Dear Mums, Dads and Carers

Happy New Year!

I hope you all had an enjoyable Christmas break and that you are prepared for a very eventful year ahead whatever the weather.

I just wanted to ensure the message that went home in the December newsletter regarding drinks with packed lunches was read by all parents.

We have always promoted and encouraged our children to adopt healthy lifestyles. We held the healthy schools award for many years.

The government and the Mayor of London are urging all schools to take the lead in reinforcing the benefits of eating and drinking healthily.

They are going as far as providing the funding for all children in reception, year one and year two to have free school meals from September if parents wish to take up this offer.

Our school dinner menu is nutritionally balanced and the only drink available to the children is water.

As part of our application for the London Healthy Schools Award, we have been asked to consider how we are reinforcing the message for those children who bring in a packed lunch from home.

As part of the school's action plan it was decided that our first step would be to ensure equality for all the children and that everyone would be offered water to drink at lunch time.

You will no longer have the worry about providing a drink as we will supply the water.

Please do not put any drink other than water in your child's packed lunch box as they will not be able to drink it at school.

In addition, we are recycling all our food waste from the kitchen and school dinners and are paying for this service.

In order for you to check what your child has eaten and to reduce our recycling we are sending all the waste from packed lunches home.

All children have access to water at all times throughout the day and we encourage children to drink regularly.

A healthy child is a happy child and we hope that by working together we can achieve our aims.

Thank you for your continued support.

Kind regards

Mrs Chaplin

Headteacher

Can this 'science-inspired' soft drink REALLY help prevent Alzheimer's?

- 'Brainwave' contains ingredients which 'help reduce cognitive degradation'
- Scientifically developed drink 'could help to maintain a healthy mind'
- Available in one flavour, Mango, Pineapple and Jasmine, drink has 2.5 cal
- Comes in multipacks of 24 for £35, from brainwavedrinks.com

By [DENI KIRKOVA](#)

PUBLISHED: 15:57, 15 January 2014 | **UPDATED:** 17:32, 15 January 2014

A scientifically developed soft drink, named Brainwave, has been designed to help you stay sharp and keep your brain healthy.

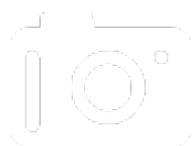
It could also help to reduce the chances of developing Alzheimer's disease and dementia later in life, say developers.

Brainwave recently commissioned a review of independent and published scientific research into the relationship between

green tea intake and cognitive health.



© Brianwave



Studies show drinking green tea at a certain level combined with other natural ingredients at a specific dosage encourages positive cognitive health

Results showed a positive relationship between drinking green tea at a certain level, combined with other natural ingredients at a specific dosage.

Developers say this inspired the product as it is today.

More...

- [Fancy snuggling up to twenty strangers for FOUR hours? Join the 'cuddle club' where you'll pay £29 for 'therapeutic touching' sessions](#)
- [Can a T-Shirt REALLY stop you hunching? Top with integrated elastic promises to alleviate back pain and restore posture for £105](#)
- [Gene breakthrough restores the sight of people with inherited eye disease and could save thousands from blindness](#)

The combination of ingredients in the drink helps the body to absorb the optimal amount of green tea – which has been proven to help to reduce the risk of cognitive degradation.

While published research, supported by Newcastle Science City, inspired the drink, developers say they will continue to fine tune the product as new data becomes available.



However, developers wanted to ensure they interpreted the information properly and commissioned a review

Richard Baister, founder of Brainwave says: 'To develop the drink the Brainwave team gathered research from across the world.

'To ensure we interpreted the information properly, we commissioned a review of this research by Dr. Edward Okello of Newcastle University's faculty of Agriculture, Food and Rural Development.

'Dr. Okello is a specialist in the field and his work was the inspiration for Brainwave.

'It is a fact that the study of Alzheimer's and Dementia is relatively new, in scientific terms, but medical expertise is developing quickly and hopefully it will soon be easier to treat and even prevent these conditions.'

The company pledges to help contribute to the fight against Dementia and Alzheimer's and is donating 25 per cent of profits to fund further research and projects helping those already living with these conditions.



The 2.5 calorie drink is sold in a minimum multipack of 24 for £35 – available only online

It is recommended that Brainwave is consumed daily to maintain optimum long-term brain health, and at 2.5 calories per bottle, it won't be adding inches to your waistline.

The drink is sold in a minimum multipack of 24 for £35, and available only online at brainwavedrinks.com

'It is recommended that Brainwave is consumed daily to maintain optimum long-term brain health. It is sold in a minimum multipack of 24'

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more: <http://www.dailymail.co.uk/femail/article-2539842/Can-science-inspired-soft-drink-REALLY-help-prevent-Alzheimers.html#ixzz2qq40m8q7>

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