



# Smile, you're on Candid Camera

## Dogman

I have credited the following article to *Dogman* since it is made up of too many articles to list and they are all credited as they appear anyway.

Beside that I have found *Dogman* to be an excellent, thorough and accurate researcher which I know through experience is very time consuming, especially when you take into account the huge amount of bullshit and disinformation that you have to wade through to get to the truth.

Therefore, credit where credit is due.

There isn't really much that I can add by way of comment since all you need to know about fluoride is contained in the articles below.

However, there is an article on this site (somewhere, but fuck knows where) about the "in-depth study undertaken by Cambridge University" that was commissioned by the government into whether or not fluoride is dangerous.

The government concludes from this report that fluoride is safe.

Then again, they would because they are a bunch of lying cunts

who want us all either dead or dead from the neck up.

You see, that afore mentioned article also contains a *You Tube* video, where the Cambridge University Professor who wrote up the findings refutes the governments conclusions and states that the complete opposite is true.

Therefore, DO NOT believe the hype

Fluoride is very, very bad for you and amongst other things can cause cancer, cause retardation of the brain and act as a sedative... All three of which are vital to the government agenda.

## **Britain: Blackpool Considering Adding Fluoride to Milk for School Children**

October 9th, 2013

Via: [Blackpool Gazette](#):

*Special plans to introduce fluoridised milk into Blackpool's primary schools moved one step closer after the scheme was backed by health chiefs.*

At a meeting of Blackpool Council's Health and Wellbeing board yesterday it was resoundingly agreed to push forward plans to provide milk to 77 primary schools in the town.

Dr Arif Rajpura, Blackpool's director of public health said: "Ideally we would like fluoridised water to be provided so that everyone has access to it, but that seems to be off the cards at the moment, with cost being an issue.

"The next best thing is milk fluoridisation.

“Fluoride is found in toothpaste and works to a degree on the teeth, but is soon washed off.

“But fluoride which is ingested can be continually secreted in the mouth through saliva.

“Some people have raised concerns about fluorosis, which leads to a mottling of the teeth, but the fluoridisation of milk is very safe.

“This is a no brainer from my perspective. (no brainer is right, fucking moron)

**“We have an opportunity to give kids the best chance in life, through the free breakfasts, free milk and now fluoridised milk.**

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**By Dr. Mercola**

*People in the UK may want to pay special attention to the following issue. The Blackpool Council’s Health and Wellbeing Board recently proposed adding [fluoride](#) to milk in its primary schools.*

*This so-called “dental milk” would ostensibly be introduced to promote dental health in school age children, since the town does not fluoridate its municipal [water](#) supplies. The proposal was supported by “an overwhelming majority.”*

*The dental health in Blackpool children is said to be among the worst in the country, with 43 percent of 12-year olds having at least one unhealthy tooth, compared to 33.4 percent nationally.*

*Ten other areas of the UK have already introduced fluoridated milk to its students: St Helens, Knowsley, Wirral, West Cheshire, Manchester, Trafford, Leeds, Sheffield, Barnsley and Doncaster.*

Councilor Tony Williams said parents should be given both sides of the argument before agreeing to let their children have fluoridated milk.

*“I believe that just adding fluoride to school milk falls far short of the need to tackle the problem,” he told the British Gazette.<sup>2</sup> “Better school dental programs should also be introduced with an increase in school visits from NHS dentists and oral hygiene specialists.*

*“Most school children in Blackpool are now eating two breakfasts a day with the school serving including starch and syrup. Children should be allowed and encouraged to brush their teeth in school after every meal.”*

*In response, cabinet member for health, Ivan Taylor, said that the council has not yet made any decision on the matter, but that they will be “testing the opinion of schools and anyone else that’s interested.” He also noted that parents would have the right to choose if they want their children to receive fluoridated milk or not.*

## **Why Is Poisoning of Children Considered a Valuable Public Health Policy?**

*The debate over the dangers of fluoride has been ongoing for more than six decades, despite the fact that study after study has confirmed that fluoride is a dangerous, toxic poison that bio-accumulates in your body while being ineffective at preventing dental decay.*

*Fluoride can also [create a calcium deficiency](#) situation by precipitating calcium out of solution. This causes low blood calcium, as well as the buildup of calcium stones and crystals in joints and organs. This could potentially turn out to be a concern with regard to adding fluoride to*

calcium-rich milk...

Worse yet, when you consider the fact that there are [25 studies showing that fluoride reduces IQ in children](#), the idea of giving fluoridated milk to school children is a shockingly bad idea, even if they don't also drink fluoridated water. Approximately 100 animal studies have also linked fluoride to brain damage. This includes such effects as:

Reduction in nicotinic acetylcholine receptors	Damage to the hippocampus	Formation of beta-amyloid plaques (the classic brain abnormality in Alzheimer's disease)
Reduction in lipid content	Damage to the purkinje cells	Exacerbation of lesions induced by iodine deficiency
Impaired antioxidant defense systems	Increased uptake of aluminum	Accumulation of fluoride in the pineal gland

One particularly striking animal study<sup>4</sup> published in 1995 showed that fluoride ingestion had a profound influence on the animals' brains and altered behavior. Pregnant rats given fluoride produced hyperactive offspring. And animals given fluoride after birth became apathetic, lethargic "couch potatoes." Other research has linked fluoride toxicity with the wide-ranging problems listed below.

<a href="#">Increases lead absorption</a>	Disrupts collagen synthesis	Increases manganese absorption, which is also <a href="#">linked to lower IQ in children</a>	Crippling skeletal fluorosis and <a href="#">bone fractures</a>
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Genetic damage and cell death	Increased tumor and cancer growth	Disrupts immune system	Inhibits antibody production
Brain damage, and lowered IQ	Dementia	Arthritis	Severe eye problems, including <a href="#">blindness</a>
Impaired <a href="#">thyroid</a> function	<a href="#">Bone cancer (osteosarcoma)</a>	Inactivates 62 enzymes	Muscle disorders

## Important Facts About Fluoride

*After reviewing the available evidence, the only rational conclusion you can come to is that fluoride's health dangers far outweigh the marginal dental benefits it might offer. For example, the science is very clear about the following:*

- *Fluoride acts as a cumulative poison and is in no way a "nutrient." It offers NO benefits at all to the human body.*
- *Fluoride exposure for many can easily reach toxic levels. For example, poison control should be called if you swallow a quarter milligram of fluoride from [toothpaste](#). Meanwhile just ONE glass of fluoridated water can contain this amount of fluoride.*
- *Fluoride is a cumulative poison that has been proven to cause wide-ranging, serious health problems, such as damage to your bones, brain and endocrine system.*
- *Dental caries can be prevented with means other than fluoridation, thereby avoiding the adverse effects of fluoride.*
- *Recent research reveals that ingesting fluoride in supplement form does not reduce cavities in primary teeth, and may in fact cause harm.*
- *When hydrofluorosilicic acid is added to water, over 99% goes down the drain and into the environment. It never comes in contact with a human tooth*

*A 2011 Cochrane Database Review, which looked at 11 studies*

involving more than 7,000 children, showed that the effect of fluoride supplements (in the form of tablets, drops, lozenges and chewing gum) on primary teeth could not be determined, with one study showing no cavity-reducing effect. Meanwhile, the study revealed that no difference was noted between fluoride supplements or topical fluoride for preventing cavities. The researchers noted:

“In the review, no conclusion could be reached about the effectiveness of fluoride supplements in preventing tooth decay in young children (less than 6 years of age) with deciduous teeth. Moreover, insufficient evidence exists to show whether or not using fluoride supplements in young children (less than 6 years of age) could mottle teeth (fluorosis), an effect of chronic ingestion of excessive amounts of fluoride.”

*What Really Causes Cavities and Obesity?*

Interestingly, the root cause behind both of these problems that “dental milk” and “low-calorie” artificially sweetened milk propose to address is identical, and can be summed up in two words: sweetened beverages—and when it comes to obesity, this includes those sweetened with artificial sweeteners!

Soda and other sweet beverages, including all fruit juices, have long been known to [increase your risk of cavities](#). Many of these types of beverages supply a double-whammy because they also cause dental erosion, which is a condition independent of the microbial action that produces cavities. Unlike caries, [dental erosion](#) is a process of incremental decalcification, which, over time, literally dissolves your teeth.

***If officials are adamant about pushing fluoride into a drink, it would appear to be a better choice to dump it into soda instead of milk or tap water.***

Sweetened beverages of ALL kinds are also one of the primary culprits behind our skyrocketing [obesity rates](#), which are closely mirrored in both the UK and the US. As recently reported in the Guardian Express, kids are 40 percent heavier today compared to just 25 years ago, and a growing number of studies have linked rising childhood obesity rates to increased consumption of sugary beverages, including those sweetened with no- or low-cal sweeteners.

In fact, artificial sweeteners have been shown to cause greater weight gain than calorie-laden sugars, and recent research has also found that diet soda drinkers suffer the same exact health problems as those who opt for regular soda, such as excessive weight gain, type 2 diabetes, cardiovascular disease and [stroke](#). In short, cutting out sweetened beverages is one of the quickest ways to simultaneously address your child's dental health and weight.

### The Best Way to Ensure Healthy Teeth

Anyone who has ever read Dr. Weston Price's book [Nutrition and Physical Degeneration](#) will soon recognize that [diet](#) is a major factor in dental health. Dr. Price wrote this book in 1920 and it is full of pictures of cultures with excellent dental health that rapidly deteriorated once processed Western [food](#) was introduced. When Dr. Price studied these native diets, he noticed some similarities in the foods that kept them so healthy. Among them:

- The foods were natural, unprocessed, and organic (and contained no sugar except for the occasional bit of honey or maple syrup).
- The people ate foods that grew in their native environment. In other words, they ate locally

*grown, seasonal foods.*

- *Many of the cultures ate unpasteurized dairy products, and all of them ate fermented foods.*
- *The people ate a significant portion of their food raw.*
- *All of the cultures ate animal products, including animal fat and, often, full-fat butter and organ meats.*

*I believe that if you have an optimal diet, without processed foods and sugars from infancy, you can be virtually assured of cavity-free teeth. All of the brushing and flossing in the world will not give you the healthy teeth that following the eating patterns described above will, so if you value your pearly whites, [get started eating a healthier diet today.](#)*

### *Aspartame—Another Harmful Ingredient Considered for Addition to Dairy*

*Earlier this year, the International Dairy Foods Association (IDFA) and the National Milk Producers Federation (NMPF) filed a petition with the FDA requesting the agency [“amend the standard of identity” for milk](#) and 17 other dairy products. This was done to provide for the use of any safe and suitable sweetener as an optional ingredient – including non-nutritive sweeteners such as aspartame—without having to indicate its use on the label.*

*The IDFA and NMPF claimed the proposed amendments would “promote more healthful eating practices and reduce childhood obesity by providing for lower-calorie flavored milk products” since many children are more inclined to drink flavored milk products than unflavored milk.*

*Funny how big business’ ideas of “helping children” keep*

revolving around the use of wholly unnatural ingredients that have clearly been proven toxic! In this case, I'm not sure what's more frustrating: the fact that the US Department of Agriculture (USDA) insists on using the flawed theory of [calories](#) as a measure of the "healthfulness" of school meals; their misguided insistence on fat free and low fat products to combat obesity; or their ignorant stance on artificial sweeteners...

When combined, what you end up with is a nutritional nightmare. How can anyone believe a fat-free, hormone-laced pasteurized milk-like product from cows raised on genetically engineered corn, flavored with artificial flavors, colors and chemical sweeteners might actually do a growing body good? The nutritional illiteracy within these agencies is staggering... yet they're responsible for making decisions that affect over 30 million school children across the US on a daily basis.

### *Improve Your Health by Ditching Sweetened Drinks*

Sweetened beverages, whether sweetened with sugar, corn syrup, naturally-occurring fructose, or artificial sweeteners like [aspartame](#), are among the worst culprits in the fight against obesity and related health problems, including diabetes and heart disease. Sweetened drinks are also a primary cause of cavities. Ditching ALL of these types of beverages can go a long way toward reducing your and your child's risk for cavities and weight gain—not to mention a long list of other chronic health problems.

Your best and most cost-effective beverage choice is to drink filtered tap water. Nothing beats pure water when it comes to serving your body's needs. If you

really feel the urge for a carbonated beverage, try sparkling mineral water with a squirt of lime or lemon juice.

Since we're on the topic of milk, I would also like to add my latest recommendations. As always of course, the only acceptable dairy products would be raw, unpasteurized organic varieties. Raw is more important than organic so don't be fooled. Although raw milk is only available commercially in a few states in the US, nearly everyone can get it by going to [RealMilk.com](http://RealMilk.com). For those of you who live in the UK or Ireland, The Natural Food Finder is one resource.

I recommend drinking whole milk only, the lower the fat content the more processed and less wholesome it is.

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#### **The UK's top 3 artificial sweetener brands:**

- [Canderel](#) – which contains aspartame
  - [Splenda](#) – which contains sucralose
  - [Sweetex](#) – which contains saccharin
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From <http://www.naturalfoodfinder.co.uk/>

Natural Sweeteners



## **Facts**

*Refined sugar, by some, is called a drug, because in the refining process everything of food value has been removed except the carbohydrates-pure calories, without vitamins, minerals, proteins, fats, enzymes or any of the other elements that make up food.*

*During the refining process, 64 food elements are destroyed. All the potassium, magnesium, calcium, iron, manganese, phosphate, and sulfate are removed. The A, D, and B, vitamins are destroyed.*

*Honey is the supportive food of the whole colony of bees. It is rich in predigested sugars that contain pollen, propolis, dust vitamins and enzymes that provide restorative and protective properties to the human consumer, provided it is not filtered and heated in processing.*

*The natural herbal sweetener, Stevia, was finally approved for human consumption in accordance with EU regulations as of 11th November 2011. Despite many other nations freely using stevia for years the EU held out. The weight of scientific evidence proving its safety was acknowledged at last!*

*Simply click on a suppliers name for details of where to purchase items. Some brand names can also be clicked for more information about the product. \* [For Southern Ireland please click here](#)*

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## **Avoid**

*White sugar, refined syrups and heated honey, high fructose products, concentrated fruit juices and all artificial sweeteners.*

□

## **Average**

*Standard maple syrup, unrefined sugar, organic filtered honey, jams and molasses.*

Brand	Suppliers
Clark's pure maple syrup	<a href="#">Asda supermarkets</a>

## Good

*Organic pure maple syrup, organic unrefined sugar, organic unfiltered honey, organic jams and molasses.*

Brand	Suppliers
Rowse organic pure canadian maple syrup	<a href="#">Sainsbury's Supermarkets, Planet Organic</a>
De Rit organic honey	<a href="#">Maharishi Ayurveda</a>

## Best

*Natural stevia, Organic rapadura, raw unfiltered honey, organic pure maple syrup or organic coconut sugar.*

Brand	Suppliers
<a href="#">Meridian</a> Organic maple syrup & blackstrap molasses	<a href="#">Goodness Direct</a> , <a href="#">Planet Organic</a>
Essential organic rapadura	<a href="#">Essential Trading</a>
Biona organic rapadura	<a href="#">Garlands Organic &amp; Natural</a>
Bio-Jaggery organic sugar (rapadura)	<a href="#">Maharishi Ayurveda</a>
Eco-Kiwi raw honey	<a href="#">Red 23</a> , <a href="#">Goodness direct</a> , <a href="#">Revital</a> , <a href="#">Auravita</a>
Green Bay organic raw manuka honey	<a href="#">Green Bay Harvest</a>
Biona organic unheated clover honey	<a href="#">Windmill Organics</a>
Biona organic blackstrap molasses	<a href="#">Windmill Organics</a>

<a href="#">Cocovida</a> Coconut sugar	<a href="#">Coconutty</a>
Naturally Green Stevia powder	<a href="#">Naturally Green</a>
Stevia Sweet natural powder	<a href="#">Stevia Sweet Shop</a>

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Robinson's Barley contains Aspartame.

Sensodyne Classic is a fluoride free toothpaste.

There is more on the forum in the Health section in particular on the threads:

Sweeteners, Dangers in Food and Drink.