

# POISON MY BLOOD

## "The Great Northern" CD / Digital Download

In the summer of 2008 Poison My Blood recorded their first album 'Monuments' at the Rape Of Harmonies studios (Heaven Shall Burn, Misery Speaks, ...) in Germany.

'Monuments' was released worldwide on January 1st 2009 through Disobedience Distro and Tornado Music. This caused the band to do several tours and play hundreds of shows, making a name for themselves as a hardworking and vicious metallic hardcore band.

In February 2010 Poison My Blood recorded their sophomore album 'The Great Northern' at Tonteknik Studios in Umeå, Sweden. The album was produced by Pelle Henricsson and Eskil Lövsström, known for their work with bands such as Refused, Poison The Well, Meshuggah, Cult Of Luna, etc.

A few months later the band signed with Let It Burn Records and 'The Great Northern' will be released in November 2010.

Poison My Blood is a relentlessly ambitious and motivated band, resulting in steaming and energetic shows. No matter the location, circumstances or whatever: Poison My Blood will go to the fullest. The band is their way to escape from everyday life and do something they love. Something they will put their heart and soul in.

So far the band has played and toured in Belgium, Sweden, The Netherlands, France, Germany, Luxembourg and the United Kingdom.

They have had the pleasure of sharing the stage with bands such as Misery Signals, Norma Jean, The Number Twelve Looks Like You, The Chariot, Silverstein, Bane, Strike Anywhere, Horse The Band, The Warriors, Ligeia, Cold As Life, Your Demise, The Banner, Architects, It Prevails, For The Fallen Dreams, Sworn Enemy and many more!



**BAND:** Poison My Blood  
**LOCATION:** Belgium  
**RELEASE:** „The Great Northern“  
**CATALOG NUMBER:** LIB 048  
**FORMAT:** CD / Digital Download  
**RELEASE DATE:** November 5, 2010

### TRACKLIST:

01. Isolation
02. We, the Dreamers
03. Thieves
04. Iscariot
05. Crossbearer
06. Fractures
07. I, the Destroyer
08. Comatose
09. The Conscious Ignorant
10. Year of the Black Rat

**LINE UP:** Wouter L'Homme *Vocals*,  
Stijn Borgers *Guitars*, Koen Delanghe  
*Guitars*, Tim Moens *Drums*, Tom  
Verryken *Bass*

### POINTS:

- PMB started from scratch. No name-dropping, no ex-bands, just five young guys who put everything they have on the map
- 3 European tours (over 10 countries) done already, one more to come in 2010
- A strong and broad fanbase in Belgium and the Benelux, soon to expand all over Europe
- "The Great Northern" was recorded and produced in Sweden by Pelle Henricsson and Eskil Lövsström (Refused, Cult of Luna, Poison The Well)
- A very fresh and modern approach to hardcore music, hardly ever heard in such technical and artistic perfection before