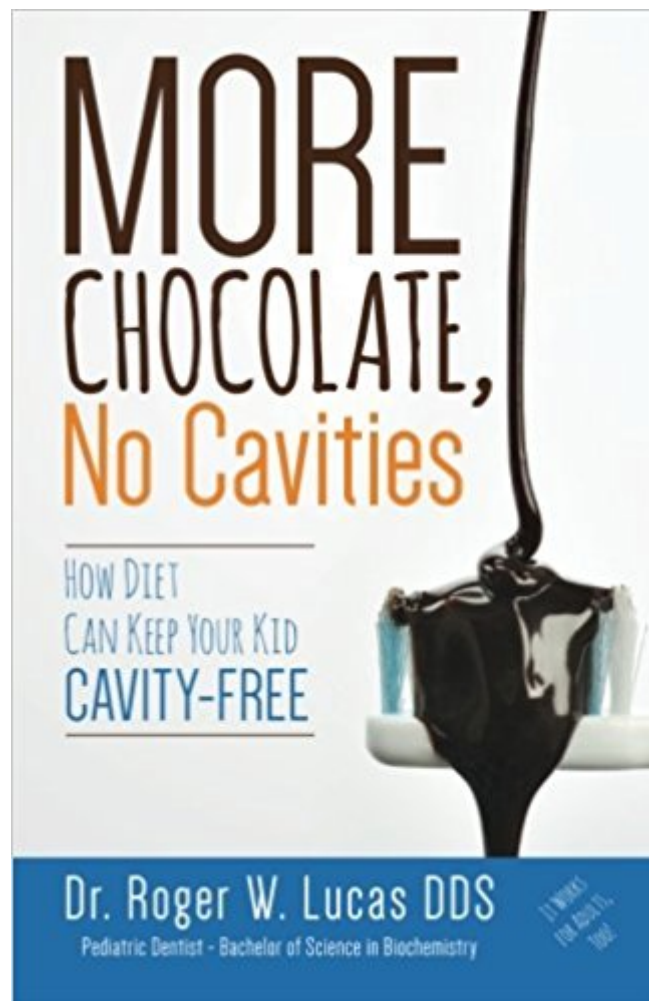




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# More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free



## Synopsis

A comprehensive, completely practical manual on how to care for your child's teeth from in the womb to age 18. Written by a biochemist/pediatric dentist/father of three who shows the science of why focusing on snack foods is the most important thing to do, and is actually less work instead of more. Learn how to spend the least amount of energy possible, and get the best results, and none of your friends will think you are crazy! Dr. Lucas is a six time winner of "Best Kids Dentist" Golden Teddy Award in Seattle ParentMap Magazine and helped thousands of families stay cavity free, even (sometimes) without flossing! ...Gasp!"I feel this book should sit on the shelves right next to What to Expect When You are Expecting. The lessons are invaluable.~Erin, mother of five. "I have already suggested the book to my patients and I am having my staff read it to be able to share the information as well."-Dr. Nolan Gerlach, DDS "Learning some specifics about bacteria and its impact on cavity development was a game-changer for me. This book has given me clear guidance on what to feed my kids to promote overall health, not just oral health." -Prediabetic mom "Passionate, helpful primer about maintaining children's dental health from a parent and expert."-Kirkus Reviews "Unlike many health books, this book is clear and entertaining."-Dan "Finally a book that gets it right on preventing dental cavities!" -Dr. Philippe Hujoel, PhD, DDS, MS, Professor of Epidemiology and Oral Health Sciences, University of Washington School of Dentistry.

\*\*\*\*\* Every day across America and the world, parents hear the words "Your child has eight cavities." Almost every time, the parents are completely surprised. Many times, neither the parents nor the dentists know why. The parents are confused because their child had a healthy diet and avoided sugar. Learn how to not get surprised by these cavities like over 70% of 7 years olds in America have. You read that correctly! Over 70% of children have a cavity by age seven, and nobody expects it to be their kid! If your child already had cavities, learn how to not keep getting them again accidentally in the adult teeth. This book will help parents following any nutrition plan, from paleo to "what's at Costco?" You will learn why preventing cavities is counter-intuitive, and can actually be less work instead of more effort. Dr. Lucas discusses the three myths of cavity prevention: Why baby teeth are important Why it isn't just genetics or weak enamel that causes cavities. (98% of the time) How a child or adult could easily get cavities even if avoiding all sugar and having excellent brushing habits (and even flossing) You will learn why the foods you give your kids are ten times more important than the time you spend brushing and flossing. (Brushing is still recommended, of course - however once you learn the right foods to give your kids, you can emphasize brushing less, like the author does with his own kids.) Dr. Lucas also explains how to use emotion-coaching techniques to be able to set healthy limits for your family. You will also learn

many of the common questions and pitfalls that other parents have had so you don't have to experience them yourself. By the time you finish this easy to read book, you will want to pass it on to your dentist, and other parent friends at baby showers once you see that a diet-based paradigm will be the new standard to prevent cavities. 100% of Net Proceeds in 2016 and 2017 will be donated to Healthy Smiles, Healthy Children: The Foundation of the American Academy of Pediatric Dentistry

## **Book Information**

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## **Customer Reviews**

Dr. Roger Lucas, pediatric dentist and biochemist, and founder of TheDentistDad.com, is leading the movement to help parents and dentists switch to a diet-focused prevention model that takes less work instead of more that is founded in reality! Many dentists are changing what they say to their patients every day after hearing him lecture or reading his book.

Very well written book and one that every parent of a young child should read. I work for a dental benefits company, and purchased several copies to distribute to patients that have young children. I will be looking at purchasing in bulk! The author describes the science in a very easy to read, interesting and informative manner. Dental disease can be prevented, and children can grow up to be cavity free. Parents need the information and resources to make changes to what their children eat - and how often - so their children can avoid the pain and anxiety of restorative dental care. Dr. Lucas provides that information! Very well done!

Excellent book. Dr. Lucas does a great job breaking down a complex subject into "bite sized"

pieces. Very good information for both parents and doctors.

Great book, easy to understand with useful information for healthy teeth. I wish my parents had known all this before I had so many cavities. Our kids diets and teeth will be much better thanks to this book.

This was a very helpful and informative book - I have started making changes already to my children's snack foods. Our family will be following Dr. Lucas' recommendations!

A thoughtfully written, engaging book that really brings a whole new perspective on preventing cavities in our kids while still letting them be kids!

Great book! I'd recommend it, and I purchase it for a friend!

Great information for parents!

Heed the advice of this awesome book! I learned the hard way: I did not feed my first son refined sugar except at his birthday party and Christmas. From a young age he loved apples, carrots, and other healthy foods. We brushed his teeth from the moment he grew them (4 months old!). So imagine my horror when he had two cavities at his 4 year old fall check up, along with a dentist who made me feel shamed. It was awful. Dr. Lucas gives both practical steps I can take (and have now taken!) to prevent cavities in my children's teeth, as well as the rationale for why these steps work. It's now easy for me to see in hindsight why my first two children each had two cavities by 4 years old. It was helpful that Dr. Lucas wears both dentist and dad hats as he writes, creating a plan that our family can follow without reinventing our lifestyle! This book has helped me switch from being anxious and paranoid about my kids teeth, to being confident.

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