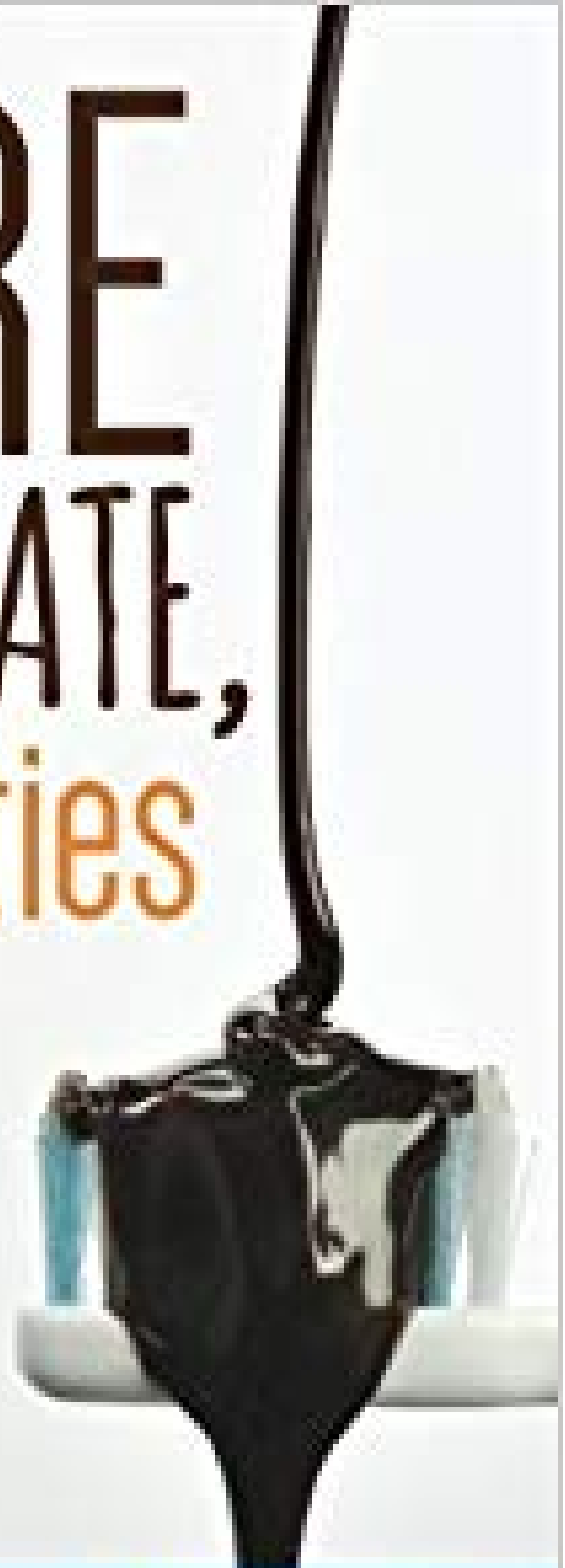


# MORE CHOCOLATE, No Cavities

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HOW DIET  
CAN KEEP YOUR KID  
CAVITY-FREE

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Dr. Roger W. Lucas DDS

Pediatric Dentist - Bachelor of Science in Biochemistry



*Dr. Roger W. Lucas DDS*

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



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The parents are baffled because their child got a healthy diet and avoided sugar." You will learn why preventing cavities can be counter-intuitive, and will actually be less work instead of more effort. Nolan Gerlach, DDS "Learning some specifics about bacterias and its impact on cavity advancement was a game-changer for me. Dr. Lucas is normally a six period winner of "Best Children Dentist" Golden Teddy Award in Seattle ParentMap Magazine and helped thousands of families stay cavity free, also (sometimes) without flossing!" Personally i think this book should take a seat on the shelves ideal next to What to Expect When You are Expecting...Gasp! . The lessons are invaluable. (Brushing is still recommended, needless to say - however once you learn the right foods to provide your kids, it is possible to emphasize brushing less, like the writer does with his own children. "I have already suggested the reserve to my individuals and I am having my personnel read it in order to share the info aswell. Philippe Hujoel, PhD, DDS, MS, Professor of Epidemiology and TEETH'S HEALTH Sciences, University of Washington School of Dentistry. Discover ways to spend minimal amount of energy possible, and get the best results, and none of friends and family will think you are crazy! This book has given me clear guidance on what things to feed my children to market overall health, not just oral health." -Prediabetic mother "Passionate, helpful primer about preserving children's oral health from a mother or father and expert." -Dr."-Dan "Finally a book that gets it directly on preventing dental cavities!"- Kirkus Testimonials "Unlike many wellness books, this book is apparent and entertaining."-Dr. \*\*\*\*\* Every day across America and the globe, parents hear the words "Your son or daughter has eight cavities." Nearly every period, the parents are totally surprised. Many times, neither the parents nor the dentists know why. A thorough, completely practical manual on how best to care for your son or daughter's tooth from in the womb to age 18. Figure out how to not really get surprised by these cavities like over 70% of 7 years olds in America have got. You read that correctly! By enough time you finish this readable book, you will need to pass it on to your dental professional, and other parent close friends at baby showers once you discover a diet-based paradigm will be the new regular to prevent cavities. If your child currently had cavities, figure out how to not really keep getting them once again unintentionally in the adult teeth. This book will help parents pursuing any nutrition program, from paleo to "what's at Costco? Compiled by a biochemist/pediatric dental practitioner/father of three who displays the technology of why focusing on snack foods may be the most important thing to do, and is actually

less work rather than even more. Dr. Lucas discusses the three myths of cavity avoidance: 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 very easily get cavities also if avoiding all sugars and having exceptional brushing habits (and also flossing) You will learn why the foods you give your children are ten times even more important compared to the time you may spend brushing and flossing."-Erin, mom of five.) Dr. Lucas also explains how to use emotion-coaching techniques to be able to set healthy limits for your family. You will also learn most of the common queries and pitfalls that other parents experienced so you don't have to experience them yourself. More than 70% of children have a cavity by age group seven, and no one expects it to end up being their kid! Some of the proceed will be donated to Healthy Smiles, Healthy Children: The Foundation of the American Academy of Pediatric Dentistry



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Great info! If your children have got cavities and you want to prevent more, buy this book! I work for a dental care benefits firm, and purchased several copies to distribute to sufferers which have young children. I will be looking at purchasing in mass! Lucas and also an easy task to follow advice. Oral disease could be prevented, and kids can develop up to be cavity free of charge. Parents need the info and resources to create changes to what their children eat - and how often - so their kids can avoid the pain and stress of restorative dental care. Dr. Lucas provides that information! Very well done! Preventing cavities while even now letting our children be kids! Dr. Must read for almost all parents! PSA: Should you have children, or teeth, you need to read this reserve! I wish I acquired found it sooner. Even better, it would be ideal for parents to read this publication when their infants were infants to prevent any cavities at all! I'd recommend it, and I buy it for a friend! Excellent book Excellent book. I want all dentists had taken his proactive scientific preventative strategy vs simply repairing harm done. READ THIS Publication! Great book This is an excellent book and definitely worth the purchase and read. Great publication for great teeth and better eating! Great book, easy to understand with useful information for healthful teeth. I wish my parents acquired known all this before I got so many cavities. Our children diets and teeth will be far better thanks to this book. Great book! Very great information for both parents and doctors. Dr. Lucas provides invaluable information in this easy to read, understand, and implement format. Although my kids are now teens or beyond, I am changing when as t snack as I keep around the house, encouraging them to drink more water after every food or snack, and buying the right sort of gum. Lucas does a great job breaking down a complex subject matter into "bite sized" items. I'd recommend it Great book! Informative I found this book to be informative mainly because Nd interesting. this reserve has become invaluable for me and my patients. A must-browse for all parents and doctors I am a dental professional and a mother or father of young kids; A thoughtfully written, engaging book that really brings a whole new perspective on preventing cavities inside our kids while still letting them be kids! Lucas does a great job of presenting his details within an easy-to-read, fun way. Dr. He's also extremely useful about his suggestions. There are various myths circulating about diet and cavities, but Dr. Lucas includes a strong science background and many years of dental encounter in order to dispel those myths. It really is heart-breaking for many parents to hear that their kids have cavities, despite brushing and flossing, so it's great to get some good reassurance from Dr. The writer describes the technology in a very readable, interesting and informative manner. Very well written book and something that each parent of a kid should read. Preventing cavities will take more than just avoiding candy and brushing twice a day time and it's not what you think! Five Stars good book Very helpful book! This was a very helpful and informative

book - I have started producing changes already to my children's snacks.  
Us will be following Dr. Lucas' recommendations!



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