



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

Roger Lucas

Download now

[Click here](#) if your download doesn't start automatically

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

Roger Lucas

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

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.

"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 childr

"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

"Finally a book that gets it right on preventing dental cavities!"

-Dr. Philippe Hujuel, 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?"

If you child is one years old, keep them cavity free for the next ten years. If your child is ten, keep them cavity free for the next ten years. Read this book for your own teeth.

In terms that any parent can understand, I will explain why you can spend less time brushing your kid's teeth if you focus on the foods you give them. No gross tasting cod liver oil. You don't have to milk a cow yourself. Just sane, practical advice that I have already helped thousands of families with. You will learn why I have one of the busiest pediatric dental practices in the Seattle area. Proactive parents love my advice!

Most of this they don't teach in dental school, but they should. Even the parts that your dentist already knows and cares deeply about, there is never enough time to discuss all of the "accidental" ways to to slowly get cavities over the years, or the reasoning behind it. Even I can't do it in my practice! My dental friends who have read this tell me "I am so glad you have written this down for parents."

By understanding the very basic science of how cavities work, you can filter out all of the useless advice, and focus on the absolute minimum to get the job done and have a cavity-free kid. You will find this book so refreshingly helpful, you will feel obliged to tell all of your friends about it

 [Download More Chocolate, No Cavities: How Diet Can Keep You ...pdf](#)

 [Read Online More Chocolate, No Cavities: How Diet Can Keep Y ...pdf](#)

Download and Read Free Online More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free Roger Lucas

From reader reviews:

Terry Dansby:

With other case, little men and women like to read book More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free. You can choose the best book if you want reading a book. Providing we know about how is important any book More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free. You can add expertise and of course you can around the world with a book. Absolutely right, because from book you can realize everything! From your country until finally foreign or abroad you will end up known. About simple issue until wonderful thing it is possible to know that. In this era, we can easily open a book or maybe searching by internet system. It is called e-book. You should use it when you feel uninterested to go to the library. Let's examine.

Jose Rosales:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free can be good book to read. May be it could be best activity to you.

George Seal:

Would you one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Try to pick one book that you find out the inside because don't judge book by its deal with may doesn't work here is difficult job because you are afraid that the inside maybe not while fantastic as in the outside seem likes. Maybe you answer could be More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free why because the wonderful cover that make you consider concerning the content will not disappoint an individual. The inside or content is definitely fantastic as the outside or even cover. Your reading sixth sense will directly assist you to pick up this book.

Paige Robinson:

Is it an individual who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free can be the response, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

Download and Read Online More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free Roger Lucas #HG89IZYNE5S

Read More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas for online ebook

More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas books to read online.

Online More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas ebook PDF download

More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas Doc

More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas Mobipocket

More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free by Roger Lucas EPub