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

Roger Lucas

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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

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-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 Hujoel, PhD, DDS, MS, Professor of Epidemiology and Oral Health Sciences, University of Washington School of Dentistry.

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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

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Henry Major:

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Inez Tuller:

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Andrea Whitt:

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Constance Argueta:

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of it. This great information can certainly drawn you into brand new stage of crucial contemplating.

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