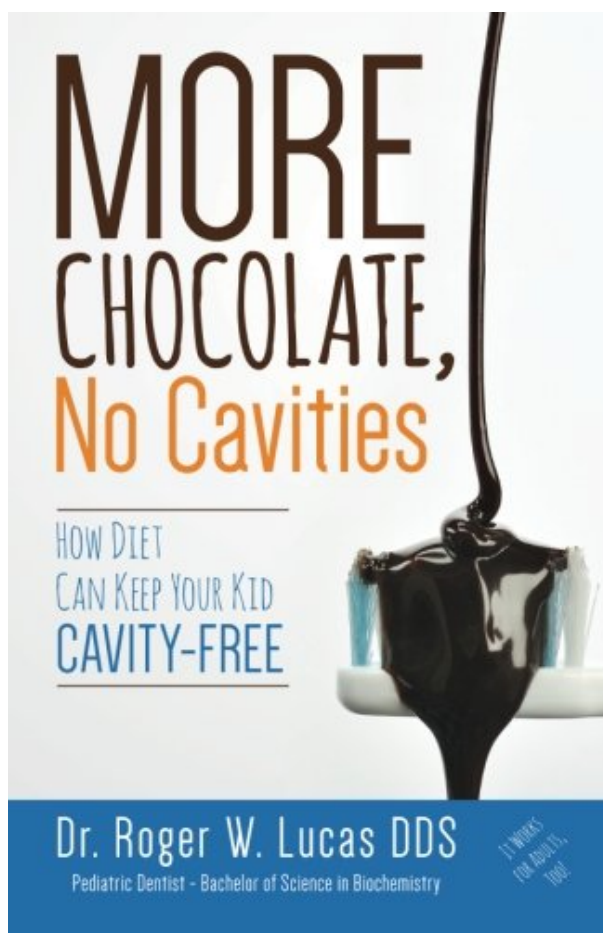
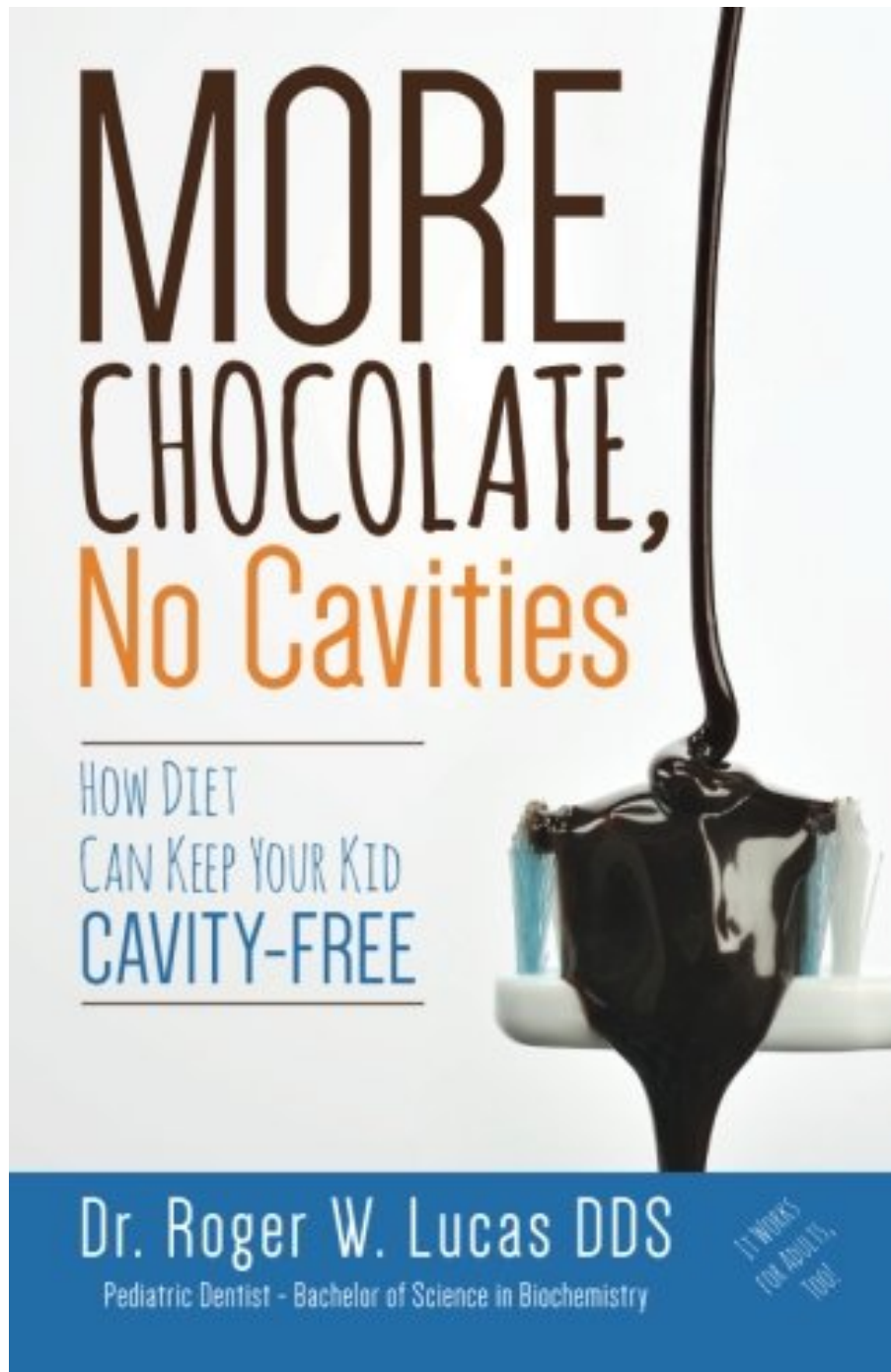


**MORE CHOCOLATE, NO CAVITIES: HOW
DIET CAN KEEP YOUR KID CAVITY-FREE
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About the Author

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.

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PDF

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 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?"

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:

About the Author

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. Most helpful customer reviews 1 of 1 people found the following review helpful.

Great information!

By MadMax

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! 1 of 1 people found the following review helpful.

Excellent book

By Beth S.

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. 0 of 0 people found the following review helpful.

Great book for great teeth and better eating!

By Doctor Dad

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. See all 24 customer reviews...

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