



# 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 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?"

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 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:**

#### **Frances Heath:**

Here thing why this specific More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free are different and reliable to be yours. First of all examining a book is good nevertheless it depends in the content than it which is the content is as scrumptious as food or not. More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free giving you information deeper since different ways, you can find any publication out there but there is no guide that similar with More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free. It gives you thrill reading journey, its open up your own eyes about the thing in which happened in the world which is might be can be happened around you. You can actually bring everywhere like in park your car, café, or even in your way home by train. For anyone who is having difficulties in bringing the published book maybe the form of More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free in e-book can be your substitute.

#### **Donna Macdonald:**

Now a day folks who Living in the era exactly where everything reachable by connect to the internet and the resources in it can be true or not involve people to be aware of each facts they get. How individuals to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading through a book can help persons out of this uncertainty Information especially this More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free book as this book offers you rich data and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it as you know.

#### **Charles Trask:**

Nowadays reading books become more and more than want or need but also work as a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The data you get based on what kind of book you read, if you want get more knowledge just go with education and learning books but if you want truly feel happy read one using theme for entertaining for instance comic or novel. Typically the More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free is kind of book which is giving the reader capricious experience.

#### **Christine Hook:**

Reading a publication tends to be new life style in this era globalization. With reading through you can get a lot of information which will give you benefit in your life. With book everyone in this world can share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their reader with their story or their experience. Not only the story that share in the publications. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on this planet always try to improve their

expertise in writing, they also doing some analysis before they write with their book. One of them is this  
More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free.

**Download and Read Online More Chocolate, No Cavities: How Diet  
Can Keep Your Kid Cavity-Free Roger Lucas #KSI61XG702M**

## **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**