



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

Dr. Roger W. Lucas DDS

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"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 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 your child is one year 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.

Dr. Lucas is a pediatric dentist, biochemist, and father of three cavity-free daughters who has helped thousands of families in his private practice. Many dentists are using his principles after hearing him lecture.

Dr. Lucas discusses the three myths of cavity prevention:

How a child or adult could easily get cavities even if avoiding all sugar and having excellent brushing habits (and even flossing)

You will learn why the foods you give your kids are ten times more important than the time you spend brushing and flossing. (Brushing is still recommended, of course.) Dr. Lucas explains in an easy to understand manner why it is better to switch to whole foods whenever possible for snack time. Even more importantly, he describes what processed foods (such as his favorite 70% dark chocolate, which has higher fat content and a good chemical called theobromine) you can "get away with" so you won't go insane as a busy parent living in modern society, and how you could accidentally get cavities from the wrong whole foods combination. (Don't worry - mac and cheese, pizza, and spaghetti are still allowed!) Dr. Lucas also explains how to use emotion-coaching techniques to be able to set healthy limits for your family. You will also learn many of the common questions and pitfalls that other parents have had so you don't have to experience them yourself. By the time you finish this easy to read book, you will want to pass it on to your dentist, and other parent friends at baby showers once you see that a diet-based paradigm will be the new standard to prevent cavities.

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