

The Braces Cookbooks

Trivia:

In the 1960s, it could take all day to put on braces. Nowadays, it's about a 90-minute procedure.

YouTube Braces Info:

For people considering braces, whether they are the parents or the patients, there's a good new series of short YouTube videos posted at the public outreach website of the American Association of Orthodontists.

Check out the topics at:

<http://www.braces.org/learn/Webisodes.cfm>

So far, there's:

Orthodontics Today
 Health and Beauty through Orthodontics
 Common Bite Problems Seen in Children
 National Facial Protection Month – Play it Safe
 Does My Child Need Braces? Adults and Orthodontics
 Orthodontic Basics

The Braces Cookbook Newsletter

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NEWS

Our Blog Wins Big!

Silver Smile Survival - A Braces Blog

(www.SilverSmileSurvival.blogspot.com) - has been honored as an excellent go-to resource with answers for all sorts of orthodontic and dental questions. Dental Hygienist Schools, an online career organization, has given Silver Smile Survival two awards:

2010 Top Orthodontic Blog (one of just 14 such sites recognized nationwide)

2010 Top Dental Hygiene Blog (one of 34 sites).

"Our award winners are experts in the field of orthodontics and treatment of both adults and children. They have improved millions of smiles and can guide you in changing yours as well," says the Dental Hygienist Schools, the premier online portal for comprehensive information about careers in dental hygiene.

We know that choosing and living with braces can be a complex issue. Even parents who had braces themselves as a teen can use a little help dealing with today's amazing choices for orthodontic treatment. And today more than ever, good dental health has been linked to overall good health for a lifetime.

SimpliClear™ Full – New type of clear wire/bracket braces launched (press release)

We think this looks intriguing --

"The SimpliClear(TM) orthodontic solution from BioMers is based on composite polymer wires made extremely strong through the use of groundbreaking nanotechnology. This patented technology gives SimpliClear(TM) braces mechanical properties similar to traditional metal braces, with the added benefits of high biocompatibility and non-allergenic characteristics. The polymer composite is formed into translucent archwires, which have the tensile strength needed to move teeth into their correct positions." www.biomersbraces.com

Paying for Braces --

The website <http://www.bracesarebeautiful.com/> includes a lot of information about the various options in dental care insurance and treatment facilities (such as going to a dental school for orthodontic care).

Wear your retainer – Forever!

A very insightful blog of ongoing discussions about why you should wear your retainer at night forever –

<http://www.topix.net/alerts/forum/health/orthodontics/T4LIC86MO60GJCSIE>

A wonderful comment posted on our Silver Smile Survival Blog (www.SilverSmileSurvival.blogspot.com):

“My daughter just received this book today, she has had braces since May 2010 and she is really picky about what she eats. For the last 3 hours she has been going thru these books and writing down recipes for my wife to prepare for her. I can say I have never seen her more interested in a book...wow!”

RECIPE

Chef Amee Hoge, co-author of **The Braces Cookbook 2: Comfort Food with a Gourmet Touch**, offers this dreamy milkshake, great for soothing sore teeth – or just for enjoyment.

Honey and Banana Milkshake

Serves 10

This creamy, slightly sweet milkshake will be a favorite with braces-wearers plus all their non-silver-smile friends. Don't worry about sizes of the bananas or “scoops” – the amounts do not have to be exact. Just blend and enjoy!

6 bananas

1/3 cup honey

2 Tablespoons lemon juice

3 cups milk

8 scoops (total) vanilla ice-cream

Break bananas into roughly one-inch chunks, reserving ten smaller slices. In a blender, place the bananas (except for the ten slices), honey, lemon juice and milk. Blend on medium speed until smooth. Add **3 scoops** of the ice-cream to the mixture and blend.

Pour milkshake into ten glasses. Add **half** a scoop of ice-cream (you'll have ten) and one slice of banana on top. Serve cold.

A version of this recipe will be in Chef Amee Hoge's upcoming cookbook, **Playing with Food**.

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