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The Braces Cookbooks

Trivia:

In Paris, Pierre Fauchard (1678 – 1761), wrote the book, The Surgeon Dentist, which has been called the book that made dentistry a profession. It included a chapter on ways to straighten teeth.

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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THE BRACES COOKBOOKS

News

For children and teens who've gotten braces over the summer, going back to school has a new angle – what to pack and eat for lunch. We've got you covered with an article posted on our website: "[got Braces? Easy Ideas for Packing School Lunches](#)"

We also found an interesting news item called a "List of Top 50 Blogs covering Dental and Oral Health Topics" – check out <http://www.mastersinpublichealth.net/top-50-blogs-covering-dental-and-oral-health/>. Some are billed as blogs by individual dentists and orthodontists on topics that interest them, and others are listed as resource centers. Try a few and see what suits you.

The Against all Odds Award was conceived by the British Orthodontic Society (BOS) to illustrate the positive power of orthodontic treatment. Here is a wonderful [success story](#) about transforming a young girl's bullied-life through orthodontics. The before-and-after photos are amazing.

Nanotechnology is finding a role in the world of orthodontics. Read this [news item](#) about investments in a company called [BioMers](#) that spun off from the National University of Singapore to create a strong reinforced polymer composite nanofiber that can be formed into a clear archwire with the strength of traditional wire. Hmm, I wonder if it has the heat-responsive properties of NiTi?...

Recipe of the Month



Zucchini Bread

Are you on zucchini overload at this point, from your garden or a neighbor's bounty? Enjoy this fast-prep two-loaf recipe now, or later on with grated zucchini you've kept in the freezer. You can grate zucchini ahead of time and freeze it in bags of two cups each. Just thaw it in the fridge and drain out about half of the water before using.

1 3/4 cups sugar

3 eggs

3/4 cup vegetable oil

2 cups peeled, finely grated zucchini

1 1/2 teaspoons vanilla

3 cups all-purpose flour

1 1/2 teaspoons salt

1 teaspoon baking soda

1/4 teaspoon baking powder

1 teaspoon cinnamon

Preheat oven to 325 degrees. Bake for 1 hour and 10 minutes.

In a large bowl with an electric mixer, combine all ingredients. (Don't you love this kind of recipe?) Grease two 9"x5" loaf pans and pour in batter. Bake at 325 degrees for 1 hour and 10 minutes.

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