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NO MORE BRACE FACE GRIMACES WHEN IT COMES TO FOOD
Parental Wisdom proudly announces winner of first Good Parenting^{cm} Seal!

Nutley, New Jersey. (May 1, 2006). What do Cameron Diaz, Prince Harry, and thousands of pre-teen have in common? Braces! Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best, proudly announces the winner of the first Good Parenting Seal – **The Braces Cookbook: Recipes You (and Your Orthodontist Will Love)** by Pam Waterman and Brenda Waterman.

Kids and adults dread those words from their dentist “looks like you might need braces.” Despite advances in how braces look, weathering this particular rite of passage is usually done through clenched smiles and longing looks at forbidden foods. Until now, the toughest problem has been what to eat when teeth really hurt!

Pam and her 12-year-old daughter Brenda came up with the idea for **The Braces Cookbook: Recipes You (and Your Orthodontist) Will Love**, through a clever substitution for Pam’s daughter’s craving for ‘forbidden’ caramel apples. The easy-to-read and follow book includes 50 simple, comfort food recipes perfect for tender teeth days. It also includes hints for eating out, packing lunches and creating quick meals off-the-shelf. Best of all, the recipes are teen-tested by 12-year old Brenda so it’s food kids will actually enjoy. For family fun, the book also highlights Orthodontic Tooth Trivia that includes crazy questions such as, “Who invented dental floss?” and “What does NASA technology have to do with braces?”

The wirebound, 96-page book is available at <http://www.bracescookbook.com/> for \$9.95

About the Good Parenting^{cm} Seal

Evaluated by parents, the Seal is awarded to books and media that address parenting issues, and are found to be clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the over thirty thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit www.parentalwisdom.com and click on the Good Parenting^{cm} Seal.

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