



Dear Friends,

Welcome to the Holistic Child Health Newsletter.

The goal of my holistic pediatric practice, and of this newsletter, is to inform and support parents to become more empowered as the primary health care providers for their children.



Extending far beyond Western medicine's conventional treatments, holistic medicine and mindful parenting allow us to boost children's natural immunity, support their optimum health and wellness, safely heal any illnesses, and prevent disease-without dangerous side effects. Holistic medicine provides us with the tools to nurture the physical, emotional, social and spiritual health of your children.

Over the coming months and years, I intend to use this newsletter to address some of your concerns as parents, share information that you might want to add to your knowledge base, and inform you of important issues and current events that are happening in the news, and in your area.

Together we can heal the whole child. Naturally.

Yours in Health,

Lawrence B. Palevsky, MD

STAY CONNECTED WITH DR PALEVSKY



Stay Connected With Us!

IMPORTANT MESSAGE FROM DR PALEVSKY: PLEASE READ

In these difficult times, with more and more pages being removed and voices being censored from certain channels, we hope you will join our mailing list to ensure we can stay in touch with you.

Dr Palevsky can also be found censorship-free (for now) on the platforms listed (with links) below. Please join us there NOW!

On these different platforms, Dr. Palevsky will offer you access to expert opinions, critical thinking, scientific facts, honest reporting, powerful options to take action, like-minded community, and higher consciousness.

It is our hope that on these platforms, you will become better informed, and ultimately, develop your own knowledge base by thinking through the issues, yourselves, while also having the advantage of connecting to a greater global community.

Please Sign Up for these Platforms Now and Find Dr Palevsky Here:

WEBSITE:

www.drpalevsky.com

MAILING LIST:

<https://bit.ly/2YIEZG1>

TELEGRAM:

<https://t.me/drpalevsky>

FACEBOOK (heavily censored)

<https://www.facebook.com/Lawrence-B-Palevsky-MD-110703415650945>

INSTAGRAM:

<https://www.instagram.com/dr.palevsky/>

BITCHUTE:

<https://www.bitchute.com/channel/pAAqDKYEvBbF/>

ODYSEE:

<https://odysee.com/@DrLawrencePalevsky:f>

MINDS:

<https://www.minds.com/drpalevsky/>

MEWE:

<https://mewe.com/i/drlawrencebpalevsky>

CRITICALLY THINKING on ODYSEE:

<https://odysee.com/@CriticallyThinking:3>

DR PALEVSKY SPEAKS



Want to Watch & Listen to Dr Palevsky's

Interviews & Podcasts?

Scroll down this newsletter for some of the newest ones.....
You can watch all of Dr Palevsky's video interviews on either
of these platforms:

ODYSEE:

<https://odysee.com/@DrLawrencePalevsky:f>

BITCHUTE:

<https://www.bitchute.com/channel/pAAqDKYEvBbF/>

To Find Podcasts (Audio Only):

<https://www.drpalevsky.com/podcasts01.html>



Never Miss a Critically Thinking with Dr T & Dr P Episode.

Click Below to catch up with the latest one now!

<https://bit.ly/3thvhjQ>



Critically Thinking *with the 5 Docs*



Dr. Sherri Tenpenny



Dr. Larry Palevsky



Dr. Christiane Northrup



Dr. Carrie Madej



Dr. Lee Merritt

The Five Docs Monthly Update - August 2024

Catch this month's Five Docs update...always intriguing, always informative, always on-point.....

<https://tinyurl.com/2fdydktu>



Dr Palevsky on The Beyond Terrain Podcast

Listen in to this amazing discussion that would benefit parents and anyone on their healing journey. Host, Liev Dalton and Dr Palevsky discuss the problems associated with a victim mindset and why responsibility is paramount when it comes to health. They also discuss the nature of all illnesses, especially childhood illnesses, framed in the context of symptoms being increased functions of the body.

In this interview you will also hear a discussion on parenting styles, focusing on the root causes of illnesses and how important it is to address these. Also covered are a few specific 'disorders,' such as ODD and developmental disorders.

Watch it Here:

<https://tinyurl.com/3cctpb35>



The Story of Solving the Children's Health Crisis with Dr. Lawrence Palevsky on the Innovative Medicine Podcast

Children today are encountering an increasing array of health issues, including obesity, neurological and autoimmune disorders, depression, anxiety, and more. How did we reach a point where our children are so unwell? To answer this critical question, Innovative Medicine welcomes back [@dr.palevsky](#), a renowned pediatrician with over 30 years of experience.

This episode is a must-listen for anyone wanting to improve their child's health.

Topics covered include: • The Truth About Rising Childhood Health Problems • Navigating Antibiotic Advice for Your Child • The Truth About Germs and Our Biological Terrain • Making Better Food Choices for Your Kids • How to Get Your Kids Excited About Real Food • How Technology Impairs Brain and Emotional Development • How to Support a Child with Early Signs of Autism • The Hidden Cause Behind Food Allergies • The Hidden Dangers of Fluoride for Children • How to Make Better Health Choices for Your Children

Watch it Here:

<https://tinyurl.com/muk5n9xm>

READ ALL ABOUT IT



Delve Into this Selection of Articles, Chosen by Dr Palevsky, on Current Events and Important Issues to Inform, Awaken, Educate, Enlighten and, Ultimately, to Empower You....

Read August's Articles Now:

<https://tinyurl.com/cf7tsjp9>

UPCOMING EVENT



STAY AT THE GORGEOUS
DOUBLE TREE HILTON



CME CREDIT TOPICS

EARN 18 CME CREDITS FOR ATTENDING

- INTEGRATIVE PEDIATRICS INNOVATIONS
- GUT HEALTH & MICROBIOME
- NEURODEVELOPMENTAL DISORDERS
- CLINICAL PRACTICE & CASE STUDIES
- NUTRITION & METABOLIC HEALTH
- ENVIRONMENTAL & TOXICANT EXPOSURE

Are You a Practitioner?

If so, DR PALEVSKY invites you to join him at the

MAPS CONFERENCE

2024 September 5th to 7th 2024

We are pleased to share that Dr Palevsky will be speaking at this year's MAPS conference this fall. The Medical Academy of Pediatrics & Special Needs (MAPS) has been a functioning conference for nearly 20 years running and this fall, we are sharing their exclusive invitation to their Fall Functional & Translational Medicine Conference, September 5th to 7th in Scottsdale, AZ.

We would like to invite you to join Dr Palevsky at this special event and we are pleased to be able to offer you 10% off your registration. To

redeem this discount, please use our code at checkout:

PALEVSKY10

This premier event offers three days of cutting-edge education, expert insights, and valuable networking opportunities in integrative special needs & pediatrics, with a mission that Dr Palevsky aligns closely with.

- Cutting-edge research on integrative healthcare.
- Expert speakers covering innovative treatment options from infancy through adulthood.
- Practical strategies for complex medical issues, gut health ADD/ADHD, autism, and more.
- Interactive case studies with leading practitioners.
- Unique sessions for both new and experienced clinicians.
 - Networking opportunities with industry leaders.
 - 18+ CME credits available.
- Virtual attendance option for international participants.

Click Here to Book Your Tickets and to Learn More:

<https://tinyurl.com/4xjskvzn>

RECOMMENDED BY DR PALEVSKY

kris
O R G A N I C S



Introducing Kris Organics

Dr Palevsky is pleased to introduce you to a wonderful family owned business based in Florida. He uses their products and recommends them highly for all (human) members of your family.

Transparent. Simple. Pure. Organic Skincare

100 % organically handcrafted in small batches. No preservatives.

All ingredients are fully listed. Nothing hidden - ever!

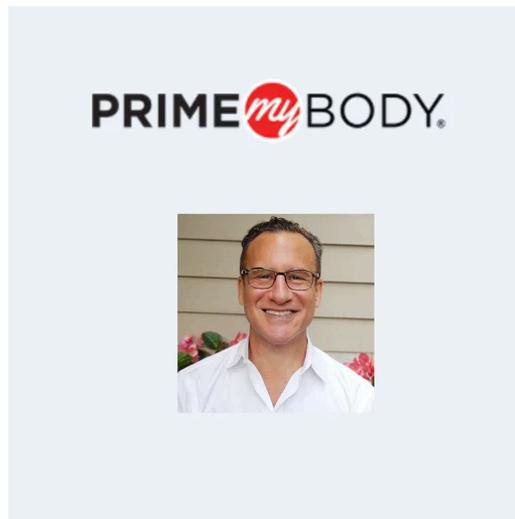
Skincare is the dirtiest industry in the United States. Kris Organics are committed to clean and transparent ingredients. They *only* use **mother earth's raw materials** without refining any natural healing properties. They intend to care for the "whole" person and believe in creating products the entire family can use!

**Check out the Kris Organics website
for all their gorgeous products NOW!**

[CLICK HERE](#)



Let Me Introduce You to **Prime My Body....**



As a pediatrician, I see children dealing with levels of extreme anxiety like never before. The constant fight or flight response affects all aspects of our well-being - sleep patterns, emotional and mental states, ability to focus and manage trauma. It was recently discovered that we have an endocannabinoid system that regulates all of the other systems in our body. This system has become deficient with the overload of toxins and excessive stress from today's world. Hemp, which is a food high in cannabinoids, brings our bodies back into balance when we consume it.

**PLEASE DOUBLE CLICK ON THE IMAGE BELOW TO WATCH
THIS VIDEO MESSAGE FROM DR PALEVSKY**



I specifically recommend the **CALM** Formula, which contains both CBD and CBG, for children as a solution to support the body during these traumatic times and naturally restore their bodies to a state of homeostasis. It can be taken in the morning before school or daily activities and/or at night before bedtime to help with sleep.

- Helps quiet restless, racing brain activity
- Suppresses sleep-inhibiting hormone messaging
- Supports mind & body homeostasis
- Supports composed and balanced well-being
- Promotes the activation of natural melatonin release
- Helps to regulate and balance mood

Some children do better with more CBG and in that case I would recommend the **FOCUS** Formula, which has a higher concentration of CBG along with other terpenes. Many children who have a hard time concentrating would benefit from a dose of FOCUS before school or morning activities. CBG serves as the pre-cursor or mother phytocannabinoid to many others, including CBD and THC.

Because industrial hemp plants are known to produce only trace amounts of CBG, sophisticated measures are taken to only extract CBG for its use in FOCUS.

Having a direct effect on the endocannabinoid system and cannabinoid receptors, CBG provides a wealth of benefits that support preventative, chronic, and acute care.

A major finding of CBG is its neuro-protective and neuro-regenerative traits. It is also a valuable resource for gut health!

- Completes the entourage effect
- Contains anti-bacterial properties
- Promotes neuro-regeneration/protection
- Supports bone health
- Improves mood & gut health
- Supports rest & sleep
- Promotes Natural Analgesic (discomfort relief)

Other children do better with only CBG and for those children I would recommend the **SHIELD** product which only has CBG along with other powerful immune boosting botanicals. SHIELD's 18 carefully curated botanical ingredients + CBG provide a wide-range of immune-supportive benefits that help to protect you. The MCT oil base (unlike the other two formulas) targets the gut and digestive tract so that the body absorbs it differently than the other products that enter directly into the blood stream with their nano-particle size. The elderberry taste is also well received by children or easily added to juice.

- Supports and stimulates optimal immune function
- Minimizes stress that impairs immune health and its response system
- Promotes white cell production
- Supports faster recovery during declined health
- Helps balance endocannabinoid system function

I highly recommend trying a variety of products and doses for your children (and yourself) to see which work best for you. As I mentioned in my video, this is the first time I have ever endorsed any product of any kind, but I believe our cannabinoid systems need to be nourished and have seen improvements in my patients who whose CBD and CBG - and these are products I feel confident to stand behind.

You can learn more about these hemp related products by going to drpalevsky.primemybody.com

Give them a try and please share with us your family testimonials! We want to hear how they work for you so we can begin to document the

results.

Note: Currently only available in US, Mexico, Japan and South Africa

ABOUT DR PALEVSKY

Dr. Palevsky is a NYS licensed pediatrician, who utilizes a holistic approach to children's wellness and illness. Dr. Palevsky received his medical degree from the NYU School of Medicine in 1987, completed a three-year pediatric residency at The Mount Sinai Hospital in NYC in 1990, and served as a pediatric fellow in the ambulatory care out-patient department at Bellevue Hospital, NYC, from 1990-1991. Since 1991, his clinical experience includes working in pediatric emergency and intensive care medicine, in-patient and out-patient pediatric medicine, neonatal intensive care medicine, newborn and delivery room medicine, and conventional, holistic and integrative pediatric private practice.



Dr. Palevsky is a diplomate of the American Board of Integrative Holistic Medicine, and Past-President of the American Holistic Medical Association. He received his pediatric board certification in 1990, and passed his pediatric board recertification exams in 1997, 2004, and 2011.

In his current practice in Northport, Long Island and Manhattan, NYC, Dr. Palevsky offers well-child examinations, consultations and educational programs to families and practitioners in the areas of preventive and holistic health; childhood development; lifestyle changes; nutrition for adults, infants and children; safe, alternative treatments for common and difficult to treat acute and chronic pediatric and adult conditions; vaccination controversies; mindful parenting; and rethinking the medical paradigm.

Additionally, he teaches holistic integrative pediatric & adolescent medicine to parents, and medical and allied health professionals, both nationally & internationally, and is available for speaking engagements worldwide.

For more information, or to contact Dr. Palevsky go to: www.drpalevsky.com

[PLEASE CLICK HERE TO JOIN](#)
DR PALEVSKY'S HOLISTIC CHILD HEALTH
MAILING LIST

HCH will never share your information with any third parties.

Thank You for subscribing to the
Holistic Child Health Newsletter.

If you would like to contact us, please feel free to do so.
We are happy to hear from you.

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For all other Inquiries: info@drpalevsky.com

www.drpalevsky.com

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Disclaimer: All material in this newsletter and on the web site is provided for educational purposes only. Consult with your health care provider regarding the advisability of any opinions or recommendations with respect to your individual situation.

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