



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

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 on this page. 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.



WEBSITE:
www.drpalevsky.com



TELEGRAM:
<https://t.me/drpalevsky>



FACEBOOK:
<https://tinyurl.com/mwvrkj19>



INSTAGRAM:
<https://tinyurl.com/48v8snkr/>



BITCHUTE:
<https://tinyurl.com/3epcmtr6>



ODYSEE:
<https://tinyurl.com/u5b76b8x>



MINDS:
<https://tinyurl.com/mwsh3v8>



MEWE:
<https://tinyurl.com/mwym7kaw>



CRITICALLY THINKING on ODYSEE:
<https://tinyurl.com/bdexnm6a>



DR PALEVSKY'S INTERVIEWS

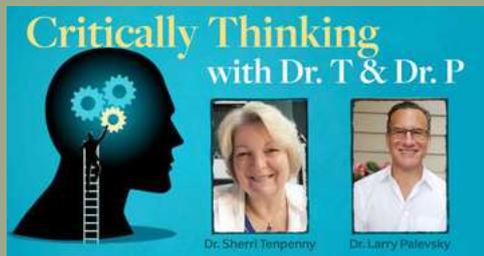
Catch Dr Palevsky's latest interviews!



Critically Thinking with Dr T & Dr P

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>



Catch Up with Dr Palevsky's Interviews

Missed an interview?
Catch up with all Dr Palevsky's interviews today.

<https://tinyurl.com/mvvtse7>



Dr Palevsky Returns to VSRF Live - In Conversation with Steve Kirsch

In this podcast episode, VSRF Live examines one of the most consequential developments in pediatric medicine in years: the American Academy of Pediatrics (AAP) publicly rejecting recent changes to the CDC's recommended childhood vaccine schedule, and what this split means for parents, physicians, and public trust in medical authority. Some of the topics covered in this discussion are:

- * AAP's rejection of the CDC's recent changes to the childhood vaccine schedule
- * How and why clusters of states are now opposing evolving federal guidance
- * What it means when states "go rogue," and how that reversal affects trust and accountability
- * Where mainstream pediatric guidance falls short on long-term health outcomes

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



To watch and listen to Dr Palevsky's past appearances, go to his channel on one of these platforms:

ODYSEE:
<https://tinyurl.com/u5b76b8x>

BITCHUTE:
<https://tinyurl.com/3epcmtr6>

To Find Podcasts (Audio Only):
<https://tinyurl.com/vcy4v3q7>

ARTICLES OF INTEREST



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....

QUESTIONING COVID-19

Changes in Eye Health Linked to mRNA COVID-19 Shots

<https://tinyurl.com/3k39ucct>

NC Court Upholds Decision to Deny Access to COVID-19 Origins

<https://tinyurl.com/32rs9mku>

FOOD FOR THOUGHT

New Food Pyramid Calls for Placing Real Food at the Center of Health

<https://tinyurl.com/57af3awx>

Is the 'Gluten-Free' Label Keeping Us Sick?

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

FDA Commissioner on New Nutrition Guidelines, Flu Surge

<https://thevaccinereaction.org/2026/01/fda-commissioner-on-new-nutrition-guidelines-flu-surge/>

DID YOU KNOW?

Top Aides to RFK Jr. Will Leave Posts

<https://tinyurl.com/4r6pw23d>

What's Really Going On in South Carolina's Measles Outbreak?

<https://thevaccinereaction.org/2026/02/whats-really-going-on-in-south-carolinas-measles-outbreak/>

WHO's New Pandemic Approach: Expediency Over Evidence?

<https://thevaccinereaction.org/2026/01/whos-new-pandemic-approach-expediency-over-evidence/>

Corruption in Big Pharma

<https://thevaccinereaction.org/2026/01/corruption-in-big-pharma-john-abramson/>

Dismissing 49ers' EMF Injury Theory as 'Junk Science' Might be Easy. But It's Missing the Point

<https://www.sfchronicle.com/sports/ostler/article/49ers-power-substation-emf-21324650.php>

Devices Cause Brain Damage in Kids

<https://www.youtube.com/watch?v=EPqItSmEaFE>

ARTICLES OF INTEREST



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VACCINE VIEW

American Medical Association Launches Its Own Vaccine Review Process

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

AAP Sued for Allegedly Misleading Public About Safety of Childhood Vaccines

<https://tinyurl.com/3j69pccp>

Novavax Signs Licensing Agreement With Pfizer for Vaccine Adjuvant Technology

<https://tinyurl.com/mry5sneb>

Rand Paul Introduces Federal Bill to Strip Vaccine Manufacturers of Nationwide Liability Immunity

<https://x.com/JonMFleetwood/status/2022718527195513123>

AAP Issues Its Own Recommended Childhood Vaccine Schedule

<https://thevaccinereaction.org/2026/02/aap-issues-its-own-recommended-childhood-vaccine-schedule/>

Florida Senate Advances Bill Allowing Vaccine Manufacturers to Be Sued in State Court

<https://tinyurl.com/yvz5e3p>

Polio Vaccine Questioned by Chair of CDC Advisory Committee

<https://thevaccinereaction.org/2026/01/polio-vaccine-questioned-by-chair-of-cdc-advisory-committee/>

FDA Requires Vaccine Makers to Include Febrile Seizure Warning on Flu Shot Labels

<https://tinyurl.com/2s4dtcdn>

They're EXPOSING the Truth About Childhood Vaccines, and it's TERRIFYING

<https://www.facebook.com/reel/2155317055201529>

CDC Scientist and Whistleblower Promoted to Lead Childhood Vaccine Adverse Events Research

<https://tinyurl.com/nhsy3df8>

'Not Much We Can Do': Vaccine Makers Lash Out at RFK Jr. as Sales Slide

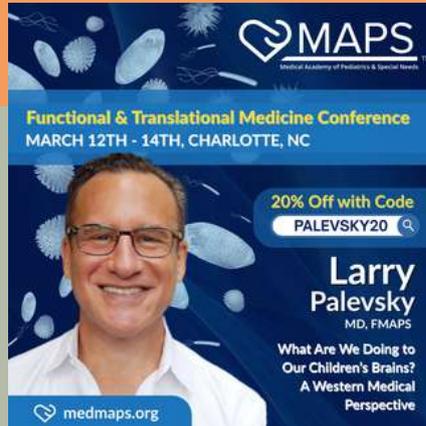
<https://tinyurl.com/bddb6az>

Vaccine Safety Signals Were Detected Early. Why Did Regulators Wait So Long to Act?

<https://tinyurl.com/mrywuh4>

UPCOMING EVENTS

MAPS FUNCTIONAL AND TRANSLATIONAL MEDICINE SPRING CONFERENCE



Dr Palevsky will be speaking at the MAPS Functional and Translational Medicine Spring Conference!

[March 12th to 14th 2026 in Charlotte, North Carolina](#)

If you're a clinician looking to deepen your expertise, connect with leaders in the field, and learn the latest in integrative + functional approaches, this is an event you won't want to miss.

We are happy to extend an offer to you for an exclusive discount when you register — just use the code PALEVSKY20 when you sign up to receive 20% off!

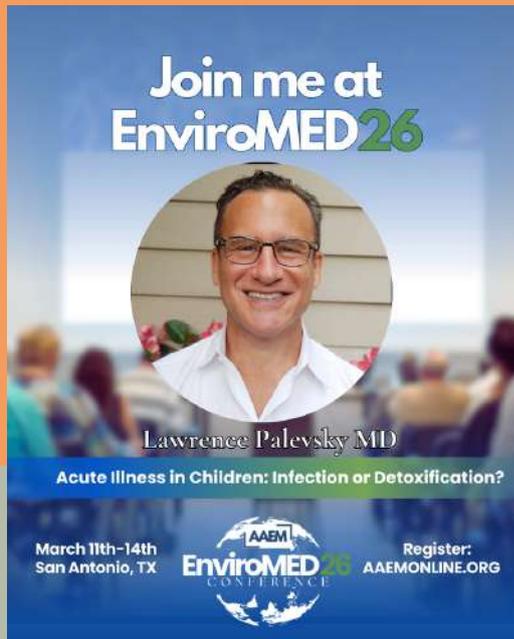
**Join us this Spring for: - World-class speakers - Inspiring colleagues
- Cutting-edge clinical education**

Let's learn, grow, and elevate our impact together.

Use the code PALEVSKY20 when you sign up to receive 20% off!

[REGISTER HERE](#)

UPCOMING EVENTS



ENVIROMED 2026 AMERICAN ACADEMY OF ENVIRONMENTAL MEDICINE

If you're a functional, integrative, or environmental medicine practitioner, this is an opportunity you won't want to miss.

EnviroMED26 brings together leading clinicians and educators in environmental, functional, and integrative medicine to explore how environmental exposures, infections, toxins, immune dysregulation, and root-cause medicine intersect in real clinical practice.

This conference is designed for practitioners who want practical tools they can take straight back to their patients — from deeper diagnostic insight to treatment strategies that expand your clinical toolkit.

**Attendees can also earn up to
18 CME credits.**

March 11th to 14th 2026 San Antonio, Texas

**Use code ENVIROMED26GUESTS
when you register to save 20% off.**

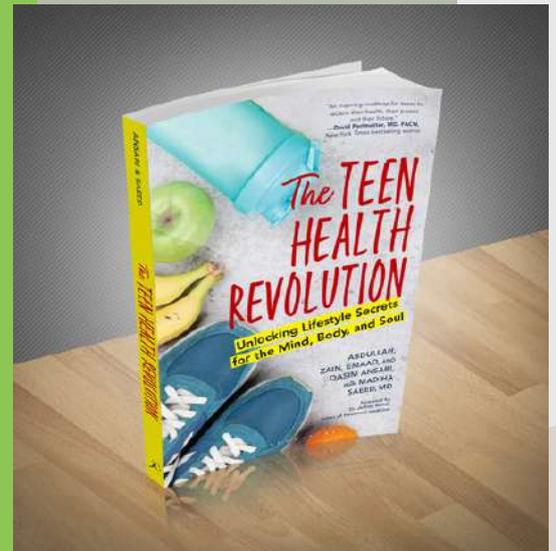
[REGISTER HERE](#)

RECOMMENDED BY DR PALEVSKY

THE TEEN HEALTH REVOLUTION BOOK

What happens when four brothers + their physician mom team up to change teen health? A movement is born.

The Teen Health Revolution is a must read for teens, parents, and educators. Our youngest generation is facing struggles that we never had to overcome at their age. Anxiety, exhaustion, poor sleep, chronic health struggles, and stress overload are seen as completely normal issues instead of serious problems. But here's what's often overlooked: teens are not powerless. In fact, they hold the keys to transforming their health, building resilience, and creating a ripple effect of positive change for generations to come.

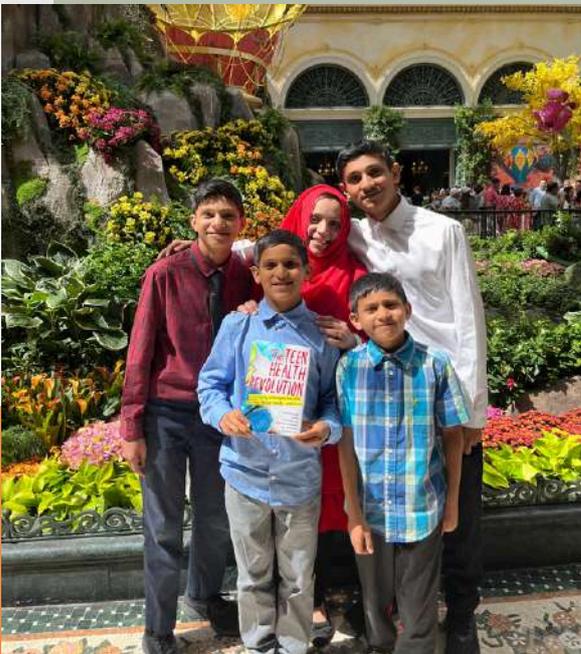


The Teen Health Revolution: Unlocking Lifestyle Secrets for the Mind, Body, and Soul

is a groundbreaking new book written for teens by teens. This practical guide was written by Abdullah, Zain, Emaad, and Qasim Ansari, along with their mother, Dr. Madiha Saeed.

Inside, readers will discover:

- How nutrition and gut health affect mood, energy, and focus
- Simple strategies to manage stress, bullying, and tech overload
- Why sleep, gratitude, and nature are essential for teen well-being
- Practical tools to tackle 20+ common teen health struggles such as acne, anxiety, brain fog, and more ...



This book is more than just information...it's a movement. Teens are given the power to take charge of their health and happiness in real, doable ways. Order a copy for a teenager in your life here: Here's to raising a healthier, happier generation!

[BUY
IT
HERE](#)

RECOMMENDED BY DR PALEVSKY

**INTRODUCING
KRIS ORGANICS**

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!

**GET 10% DISCOUNT ON EVERYTHING WITH
DR PALEVSKY'S LINK BELOW OR USING CODE: DRPALEVSKY**



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



[CLICK HERE](#)

www.drpalevsky.com

RECOMMENDED BY DR PALEVSKY

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.

I specifically recommend the CALM Formula, FOCUS Formula, and the SHIELD Formula.

I highly recommend trying a variety of products and doses for your children (and yourself) to see which work best for you. 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.

Give them a try and please share your family testimonials with us! 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

PRIME **my** BODY®

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

[CLICK HERE](#)

www.drpalevsky.com



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 outpatient 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.





**LAWRENCE B.
PALEVSKY MD**

HEALING THE WHOLE CHILD. NATURALLY.

**THANK YOU
FOR SUBSCRIBING!**



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

**Lawrence B. Palevsky, M.D.
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www.drpalevsky.com



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