



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):

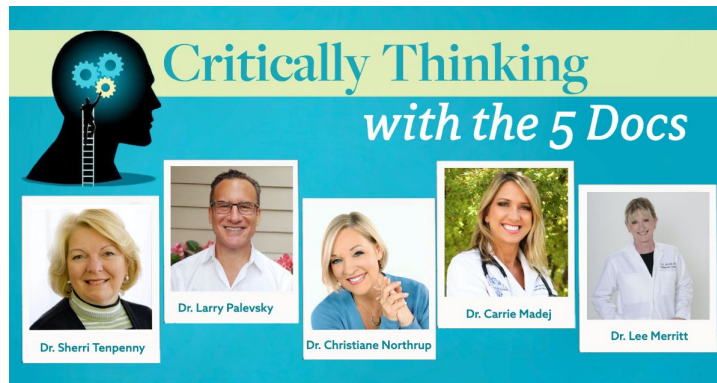
<https://bit.ly/2Rbwj3O>



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>



The Five Docs Monthly Update - April 2023

Listen in to the Docs and enjoy our monthly 'no holds barred' call with these amazing 5 doctors as they share their personal and professional opinions about current events.

Dr Lawrence Palevsky

Dr Sherri Tenpenny

Dr Christiane Northrup

Dr Carrie Madej

Dr Lee Merritt

Watch it Here:

[Episode 141](#)

COVID-19 VACCINE



Hear Me Out: Pediatricians Speak the Truth

<https://rumble.com/v2lojae-hear-me-out-pediatricians-speak-the-truth.html>

‘Proof in Black and White’ AstraZeneca’s COVID Vaccine Caused My Husband’s Death

<https://thevaccinereaction.org/2023/05/proof-in-black-and-white-astrazenecas-covid-vaccine-caused-my-husbands-death/>

Switzerland No Longer Recommends COVID Shot for All Citizens

<https://thevaccinereaction.org/2023/05/switzerland-no-longer-recommends-covid-shot-for-all-citizens/>

More Women Bearing the Brunt of COVID Vaccine Reactions and Injury

<https://thevaccinereaction.org/2023/04/more-women-bearing-the-brunt-of-covid-vaccine-reactions-and-injury/>

Public Health Emergency in U.S. Set to Expire May 11 — But EUA Vaccines, Liability Shields Aren’t Going Away Anytime Soon

https://childrenshealthdefense.org/defender/united-states-covid-eua/?utm_source=luminate&utm_medium=email&utm_campaign=defender&utm_id=20230425

Health Care Workers Offered Money to Raise COVID Shot Uptakes

<https://thevaccinereaction.org/2023/04/health-care-workers-offered-money-to-raise-covid-shot-uptakes/>

U.S. to Spend Billions on New COVID Vaccines Despite Failure to Prevent Infection

<https://thevaccinereaction.org/2023/04/u-s-to-spend-billions-on-new-covid-vaccines-despite-failure-to-prevent-infection/>

Unsafe and Ineffective' Pfizer Are Going to Court!

<https://twitter.com/DrAseemMalhotra/status/1641322215143530497?s=20>

Covid Vaccine Booster Now Does More Harm Than Good, says Prof Angus Dalgleish

<https://www.express.co.uk/comment/expresscomment/1756038/vaccine-booster-covid-health-government-steve-barclay>

Vaccine Harm Analysis Finds \$148 Billion in Economic Damage, Tens of Millions Injure

[Read it Here](#)

Police Charge Big Pharma Boss With Falsifying His Covid Vaccination Status

<https://www.eutimes.net/2022/05/police-charge-big-pharma-boss-with-falsifying-his-covid-vaccination-status/>

OB/GYN Dr. Kim Biss on the Increase in Pregnancy Complications She is Seeing Since 2021

<https://twitter.com/TheChiefNerd/status/1641146275914448900?s=20>

Surfing Legend Kelly Slater Speaks Up

<https://twitter.com/sayerjigmi/status/1640408560818372611?s=20>

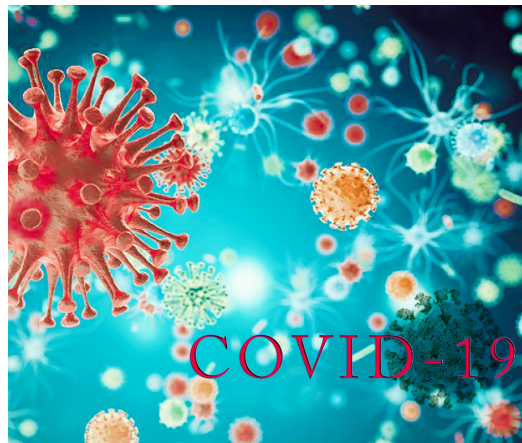
Shocking and Escalating COVID Vaccine Side Effects in Pregnant Women | Dr. James Thorp

<https://thevaccinereaction.org/2023/04/shocking-and-escalating-covid-vaccine-side-effects-in-pregnant-women-dr-james-thorp/>

U.S. Government Pockets \$400 Million from Moderna mRNA COVID Shots

<https://thevaccinereaction.org/2023/04/u-s-government-pockets-400-million-from-moderna-mrna-covid-shots/>

COVID 19



More Young Children Ingested Drugs and Illicit Substances During COVID Pandemic Period

<https://thevaccinereaction.org/2023/04/more-young-children-ingested-drugs-and-illicit-substances-during-covid-pandemic-period/>

From Mikki Willis of Plandemic:

I'm often asked, "how did you know the pandemic was a scam so early on?" My answer, "they warned us."

<https://twitter.com/Plandemic3Movie/status/1644204208881532928>

VACCINE NEWS



The Origins of AIDS: The Polio Vaccine

<https://thevaccinereaction.org/2023/04/the-origins-of-aids-the-polio-vaccine/>

A Once Healthy Teen Is Destroyed By The HPV Vaccine And Now Lives A Daily Hell

<https://www.stopmandatoryvaccination.com/vaccine-injury-2/a-once-healthy-teen-is-destroyed-by-the-hpv-vaccine-and-now-lives-a-daily-hell/>

Blue Cross Blue Shield Paid Pediatricians a \$40,000 Bonus for Fully Vaccinating 100 Patients Under the Age of 2

https://twitter.com/doc_singing/status/1639629401783689222?s=20

EXPLORING EMF'S



How Electromagnetic Fields Affect Our Bodies

We know that electromagnetic fields (EMFs) can both damage the body and can repair it. But how can both be true?

In a paper published recently online Dr Henry Lai and science journalist B Blake Levitt explain this apparent contradiction.

The story begins with the cell, they say. “As the primary building blocks of life, living cells are a true wonder of chemical and electrical activities.” There are many types of

cells that perform many different functions and their activity is determined by microcurrents present in cell membranes.

Because electrical energy is intrinsic to a cell's operation, cells can be affected by external energies from electrical and wireless technologies. The authors say that these EMFs are "speaking the same fundamental "language" in distorted fashion – beginning at the cellular level and affecting the entire organism."

Lai and Levitt explain the process by which EMF damages the body. Firstly, EMF can cause changes in the oxidative status of the cell. "Oxidative changes are the most well-established effect of EMF," they say. This causes molecular damage which triggers the cell's stress response, a "brilliant evolutionary process" that enables cells to return to normal function. Once molecular damage occurs, the cell cycle stops and the cell begins to repair damaged proteins, DNA, and lipids. If the damage is too great to repair, apoptosis (cell death) occurs.

In some cases, the cell neither repairs nor dies, but continues to live and replicate in a damaged or mutated state, potentially causing health problems.

According to Lai and Levitt, these cellular processes can affect the body in different ways.

Cancer

EMFs can both cause and cure cancer, the authors say. When the stress response repairs or kills deviant cells, there can be a beneficial effect on cancer and EMF can be used therapeutically to treat cancer. However, that's not the only possibility. "Under EMF exposure, some cancer cells within a tumour probably go into apoptosis. Thus, there can be an initial decreased risk of cancer incidence. With continued exposure, however, surviving cancer cells can transform into a more resistant and aggressive state, likely leading to increased cancer risk. The actual response would depend on factors such as cell type, duration of exposure, and the characteristics of the EMF," the authors say.

Neurodegenerative diseases

Similarly, EMFs have been shown to both increase risks of neurodegenerative diseases (such as Amyotrophic lateral sclerosis, Alzheimer's and Parkinson's diseases) and to prevent related cognitive disorders. "Cellular stress, and

particularly oxidative stress, can lead to protein misfolding. Aggregation of protease-resistant misfolded proteins can cause cell death and development of neurodegenerative diseases. Apparently, long-term high-intensity EMF exposure is needed to lead to these detrimental effects. On the other hand ... EMF can initiate cellular processes to repair or eliminate misfolded proteins and possibly retard the progress of some of these diseases.”

Behaviour

Exposure to EMFs can cause both improvements and reductions in behavioural performance. Lai and Levitt say this is because EMF changes levels of arousal and anxiety which affect performance. Electromagnetic hypersensitivity (EHS) The authors point out that free radical damage can affect the hypothalamic-pituitary-adrenal axis and, ultimately, the limbic system of the brain. It can also increase levels of nitric oxide which affect the limbic system, too.

Lai and Levitt suggest that some people may have a more sensitive limbic system than others, leading to EHS. They point out that the hypothalamic-pituitary-adrenal axis has been found to be more sensitive in some strains of rats than others.

What determines whether the body will respond in a positive or negative way to EMFs? Lai and Levitt suggest there are different factors that need to be explored in more detail. One is the presence of other stressors on the body at the same time. EMFs can have a synergistic effect with ionizing radiation, heat, and even a psychological stress such as immobilisation, as seen in some animal studies. Another is the characteristics of the EMF (frequency, duration, strength, modulation and so on). And a third is the genetic characteristics of the person or animal exposed.

Implications: This is an important paper because it coalesces decades of scientific research to arrive at a “likely unifying mechanism to explain both the many adverse and beneficial effects” of EMFs.

“[B]iological effects of EMF are simply “cellular stress responses” – a well-investigated cellular/molecular concept,’ Lai and Levitt say. “The fundamental biological dynamic inherent in the ‘cellular stress response’ is a fine balance between two potentially opposing mechanisms – the repair of cellular damage leading to

healthy cell proliferation and survival, or cell death when the former is no longer viable.”

Lai and Levitt’s work has implications for radiation standards and public policy.

The first is that it can no longer be argued that there is no known mechanism to explain how everyday levels of EMF can damage the body.

Another is that harm can occur at very low levels of exposure – levels that comply with Australian and international standards and guidelines.

In other words, these standards don’t protect us.

What’s needed, the authors say, is to change the committees that develop these standards. “There should be a preponderance of committee members with backgrounds in biology, not just physics/engineering as is the case today,” they write.

Lai H, Levitt BB. Cellular and molecular effects of non-ionizing electromagnetic fields. Rev Environ Health. 2023 Apr 7. doi: 10.1515/reveh-2023-0023. Epub ahead of print. PMID: 37021652.

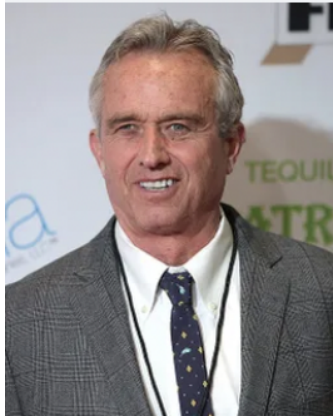
Read the Paper Here:

<https://www.degruyter.com/document/doi/10.1515/reveh-2023-0023/html?lang=en>

Watch the Video Here:

<https://cdn.shopify.com/videos/c/o/v/5430ea570ef943d2aod6ecoda977f38c.mp4>

SPOTLIGHT ON ROBERT F KENNEDY JR



They're Still Trying to Silence Us

http://support.childrenshealthdefense.org/site/MessageViewer?dlv_id=6521&em_id=3821.0

ABC News Makes a Point of Letting Viewers Know They Censored Robert F. Kennedy Jr.

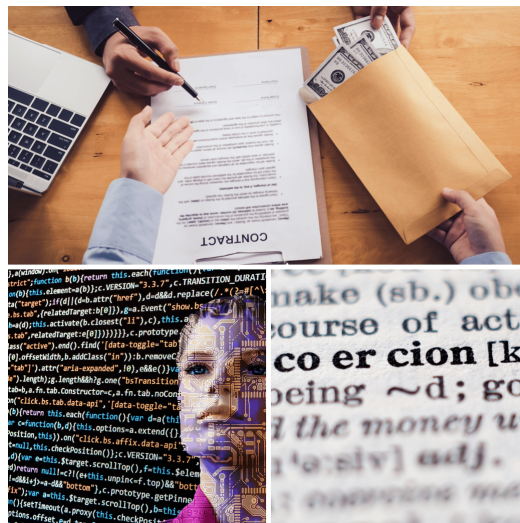
<https://www.youtube.com/watch?v=kaT5pZ1JoQU>

Robert Kennedy Jr:

Pfizer Knew Their Vaccines Would Cause Heart Attacks, and "They Did It Anyway"

<https://twitter.com/VigilantFox/status/1641053517107412992?s=20>

COERCION, CORRUPTION & CONTROL



'One Health' — The Global Takeover of Everything

[https://takecontrol.substack.com/p/one-health?
utm_source=/search/one%20health&utm_medium=reader2](https://takecontrol.substack.com/p/one-health?utm_source=/search/one%20health&utm_medium=reader2)

‘Who Is Telling the Truth?’ Tucker Carlson Calls Out ‘Corrupt’ Media and Politicians

[Read & Watch Here](#)

The UK Moved Forward with Allowing Food to be Genetically Modified to Include Medicine

<https://twitter.com/rycunni/status/1644656685896683520?s=20>

Italian Doctor Valerio Petterle was Publicly Asked About Sudden Deaths

He recommended doing more autopsies to discover why people are dying unexpectedly. For this suggestion, Dr. Petterle was suspended for two months.

<https://twitter.com/VigilantFox/status/1641236459012214787?s=20>

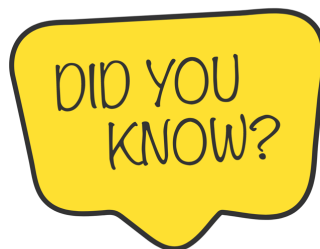
Don't Let The Get Away With It

https://twitter.com/liz_churchill9/status/1640932358109970433?s=20

Panera Bread to Introduce Palm Scanners Next Month that Will Store its Customers’ Biometric Data for its Loyalty Program and Cashless Payment

[Read More Here](#)

DID YOU KNOW?



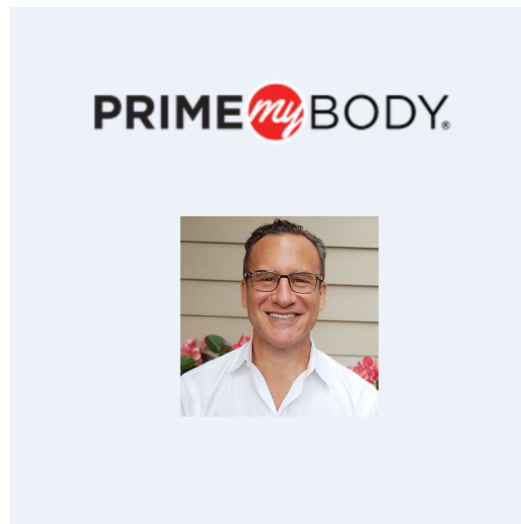
"Transgender" Toddlers as Young as 2 Transitioned by NC Medical System

<https://greenmedinfo.com/blog/transgender-toddlers-young-2-undergoing-mutilationsterilization-nc-medical-syst-01>

NVIC's Truth and Freedom Monument Stands Defending Civil Liberties

https://www.facebook.com/watch/live/?extid=CL-UNK-UNK-UNK-IOS_GKoT-GK1C&mibextid=2Rb1fB&ref=watch_permalink&v=917145586230756

RECOMMENDED BY DR PALEVSKY



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**



PRIME BODY[®]

INDEPENDENT AFFILIATE

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.

CURRENTLY 10% OFF THESE THREE PRODUCTS!

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

CURRENTLY 10% OFF THESE THREE PRODUCTS!

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

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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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