



## 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](http://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

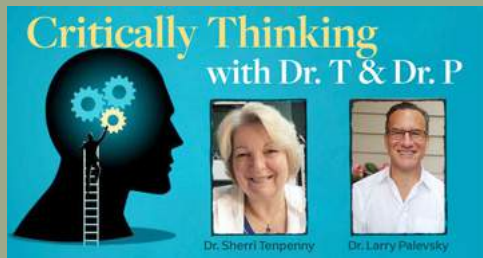


Catch Dr Palevsky's latest interviews!

## 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>



## The Five Docs Monthly Update - January 2026

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

<https://tinyurl.com/j322e448>



## Dr Palevsky's Interviews

Missed an interview? Catch up with all Dr Palevsky's interviews by visiting any of the platforms below, or via his website - [www.drpalevsky.com](http://www.drpalevsky.com)

[ODYSEE](#)

[BITCHUTE](#)

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/ycy4y3q7>

# 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

### **Causal Link Found Between COVID Vaccine and Six Autoimmune Disorders**

<https://tinyurl.com/4jh9uu72>

### **FDA Won't Add "Black Box" Warning to COVID-19 Shots**

<https://tinyurl.com/2e6hr79d>

### **Former CDC Director Says mRNA COVID-19 Shots Should Be Pulled from Market**

<https://tinyurl.com/bdfuc5rd>

### **648 Cases of Side Effects Were Reported to the VAERS System on Breastfed Infants Whose Mothers Received the Covid-19 Vaccine**

<https://tinyurl.com/mr276j87>

### **Pfizer mRNA Found in Over 88% of Human Placentas, Sperm, and Blood – and in 50% of Unvaccinated Pregnant Women**

<https://www.thefocalpoints.com/p/breaking-study-pfizer-mrna-found>

### **Tens of Millions of Americans Experienced COVID-19 Shot Side Effects**

<https://tinyurl.com/42pmdruq>

### **Study Finds COVID Shots Harm Kidneys**

<https://thevaccinereaction.org/2025/11/study-finds-covid-shots-harm-kidneys/>

### **FDA Official Ties Deaths of 10 Children to COVID-19 Shots**

<https://thevaccinereaction.org/2025/12/fda-official-ties-deaths-of-10-children-to-covid-19-shots/>

## DID YOU KNOW?

### **CDC Contractor Exposes What Really Drove the Dramatic Drop in Hepatitis B Cases**

<https://tinyurl.com/27jb2bv2>

### **Children's Health Defense, Los Angeles County Settle Lawsuit Over 5G Towers**

<https://tinyurl.com/5n7cxbx5>

### **Backed by Tech Billionaires, Silicon Valley Startup Quietly Weighs Plan to Make Genetically Engineered Babies**

<https://tinyurl.com/2s37c9vj>

### **'Serious Ethical Concerns': Journal Retracts Key Glyphosate Safety Study, Allegedly Ghostwritten by Monsanto**

<https://tinyurl.com/jf7knttu>

### **Concerns About Medical Errors Grow in More States**

<https://thevaccinereaction.org/2025/11/concerns-about-medical-errors-grow-in-more-states/>

### **AAP and Other Medical Groups Sue Secretary of Health and Human Services**

<https://tinyurl.com/yr6dnddr>

### **789 Cases, Zero Genotypes: The Unasked Questions in South Carolina's Measles Outbreak**

<https://sayerji.substack.com/p/counting-without-context-what-the>

### **Former Top CDC Officials Hired by California to Invalidate CDC's New Public Health Policies**

<https://tinyurl.com/4avve4bv>

### **US Formally Exits World Health Organization, Locking in Trump's Break From Global Health Body**

<https://tinyurl.com/45j7exyc>

### **A Smartphone Before Age 12 Could Carry Health Risks, Study Says**

<https://tinyurl.com/mhx7fuu5>

### **U.S. Stillbirth Rates 17 Percent Higher Than CDC Reporting**

<https://tinyurl.com/mw53u43x>



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## VACCINE VIEW

### **Use of Vaccination Metrics in Physician Payment Programs Discouraged by CMS**

<https://tinyurl.com/5fvt3ee4>

### **When the Vaccine Schedule Changes, the Vaccinators Panic**

<https://conta.cc/4bmTUoB>

### **RFK Jr. Revamps Commission That Advises on Vaccine Injury Program**

<https://tinyurl.com/ywujjfar>

### **The Third Big Lie of Vaccinology**

<https://tinyurl.com/5n8d6hrm>

### **Vaccine Aluminum Adjuvant: Safety Problems Ignored**

<https://tinyurl.com/mvbf4en3>

### **Flip-Flopping Religious Exemptions for West Virginia School Children**

<https://tinyurl.com/4rsua66b>

### **FDA to Probe Safety of RSV Shot for Infants, Citing Deaths Reported in Clinical Trials**

<https://tinyurl.com/sj83maaf>

### **U.K Council Wins Case to Vaccinate Baby Despite Mother's Objection**

<https://tinyurl.com/2r2nbe5a>

### **South Carolina Measles Outbreak Spurs Renewed Debate About MMR Vaccine**

<https://tinyurl.com/2rm5a6ja>

### **Supreme Court Vacates NY Ruling That Amish Cannot Have an Exemption to Vaccination Requirements**

<https://tinyurl.com/5yp89efd>

### **Where Americans Go If They Believe They've Suffered a Rare Vaccine Injury**

<https://tinyurl.com/455zzacx>

### **Epidemiologist's Report Linking Vaccines to Autism Removed from X**

<https://tinyurl.com/yczwnh9q>

### **HHS Announces Tectonic Shift in CMS Vaccine Uptake Tracking for Pediatric Vaccines**

<https://tinyurl.com/p8h6vfm7>

# 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!**

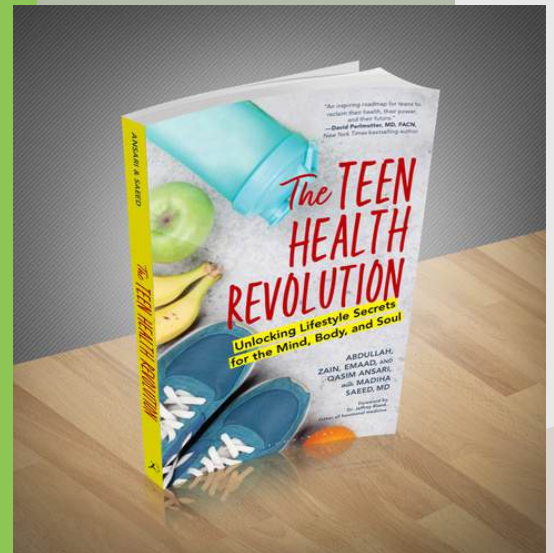
**[REGISTER HERE](#)**

# 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.

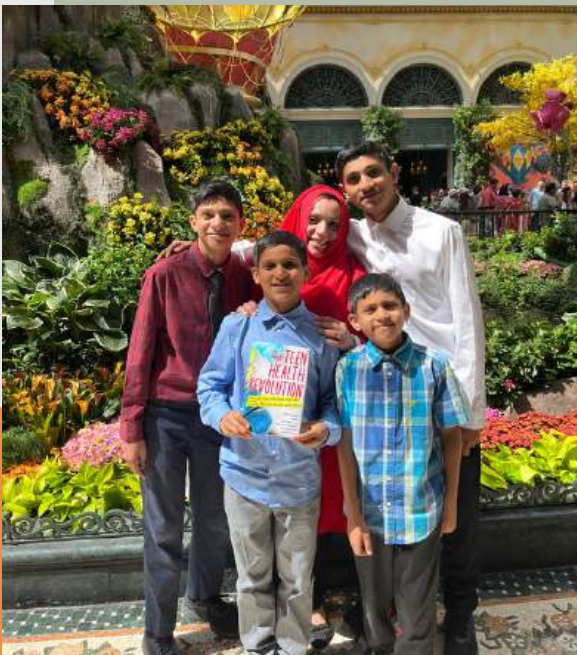


### **The Teen Health Revolution: Unlocking Lifestyle Secrets for the Mind, Body, and Soul**

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](http://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](http://drpalevsky.primemybody.com)

[CLICK HERE](#)

[www.drpalevsky.com](http://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.**

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**[www.drpalevsky.com](http://www.drpalevsky.com)**



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