

Family Health

An Alternative in Pediatric Care

The Center for Health & Healing combines Western and Eastern medicine in treating children

Every parent has different ideas about what's best for their child. Unfortunately, parents choosing to raise their children differently don't always find the information or support they're looking for from a conventional pediatrician.

"There are parents who believe in attachment parenting, who want to feed their children organic foods, and prefer to avoid dairy products and use natural remedies instead of antibiotics whenever possible. We offer these parents an environment where their beliefs are encouraged," says Dr. Lawrence B. Palevsky, pediatrician for Beth Israel's Center for Health & Healing. "Ultimately, we want parents to become empowered and educated so they can be the best parents they can be. That can't happen if they walk out of an office feeling that someone talked down to them or dismissed their concerns."

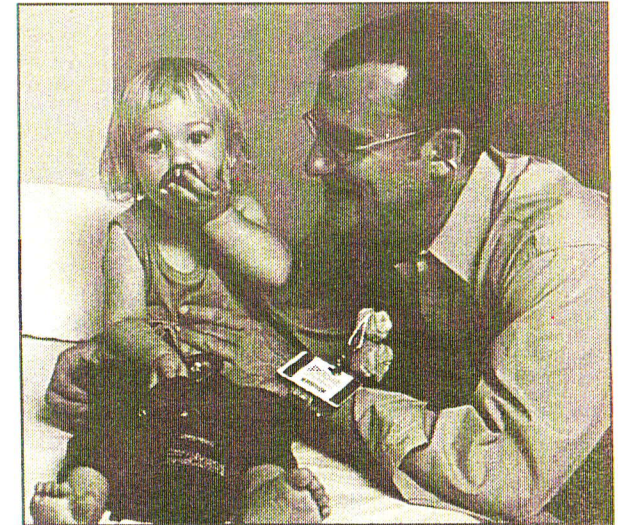
According to Palevsky, more and more parents are concerned about the effects of excessive antibiotic use and how these drugs can suppress a child's immune system. They're also aware of nutrition and the role it can play in keeping their child healthy. "A number of conditions such as asthma, eczema, constipation, reflux or indigestion, inflammatory bowel disease and chronic ear infections can be treated nutritionally with dietary changes alone, or in conjunction with certain modalities — such as homeopathy, chiropractic and acupuncture," he says.

Besides having a pediatrician who takes an integrative approach to care by combining theories of Western and Eastern medical practices, the whole experience of care at the center differs greatly from a typical visit to a pediatrician. "Our ultimate goal is to keep children well and out of the office," says

Palevsky. "To do that, we spend a lot of time talking to parents. We schedule appointments for a half hour, so no one feels rushed."

He's also interested in treating the family as a whole. "Often when a child is sick and parents are doing everything they can possibly do, we investigate whether a change in a child's home environment or routine might be creating added stress that manifests in illness. I guide parents in finding their own solutions to reduce these stressors."

For more information about the Center for Health & Healing, call (646) 935-2220.



A VISIT to the Center for Health & Healing at Beth Israel differs greatly from a typical visit to a pediatrician. Above: Dr. Lawrence Palevsky and patient.