

The holistic pediatrician Lawrence B. Palevsky, MD, FAAP



"Children are ideal candidates for integrated THERAPIES BECAUSE THEY ARE SO RESPONSIVE—physically, mentally, and emotionally."

It's hard to imagine a more circuitous path to integrative medicine than the one **Lawrence B. Palevsky, MD, FAAP**, has taken. After training in pediatrics, the 41-year-old pediatrician practiced for nine years in New York City in the most rigorous medical settings, including pediatric and neonatal intensive care units, emergency departments, and hospital inpatient floors. You might expect that an immersion in such crisis-driven, conventional arenas would have fostered a conventional view toward the medical care of children. Not so, says Palevsky.

Now a pediatrician at the Continuum Center for Health and Healing in New York City, Palevsky explains that his intense medical experiences taught him the principles on which he now bases his holistic pediatric and adolescent medicine practice. He learned, he says, that the personal

connection between the health care provider and the patient is one of the most important links to health (in addition to the link between parent and child). He also believes that children have an innate ability to heal, irrespective of intervention by health care practitioners. "They have not had years of exposure to environmental factors that create and deepen illness in the body," he explains.

Working closely with children and their families, Palevsky spends a lot of time reframing the meaning of health and illness, presenting them as dynamic rather than static processes. Integrative medicine, he believes, offers patients the chance to see symptoms of illness as a possible road to healing. "Integrative medicine," he says, "provides an opportunity for patients to use health problems to learn, grow, possibly heal, and take charge of their own lives." >



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