



# THE VOICE

A Bi-Monthly Newsletter

Pediatrics Issue - Number 13 - November/December 2011

## **Pediatrics From a Holistic Perspective**

Read our interview with Lawrence Palevsky, MD and learn about his philosophy towards treating children.



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## **My kid has ADD/ADHD**

Matt Angove, ND discusses treating kids with ADD and ADHD in a natural way without drugs.



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## **For Our Members**

A message from ACAM's Membership Dept. and a new ACAM survey for you to submit your information to be a possible presenter at a future ACAM event.

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## **Classifieds**

Looking for a new position? We have several practices listed from coast to coast looking for Integrative Medicine practitioners to join them!

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## **A Winter Recipe for You**

We love this recipe for Wheat-Free Zucchini Muffins With Almond Flour from our friends at the Price-Pottenger Nutrition Foundation.



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## **Welcome to our Pediatrics Edition!**

Welcome to the final edition of The Voice for 2011! For our final topic of the year we've chosen pediatrics. We're happy to bring you an interview with well-known holistic pediatrician Lawrence Palevsky, MD the expert in pediatrics shares his holistic philosophy and his way of treating children. Also enjoy an article on an integrative approach towards treating kids with ADD and ADHD from ACAM member Matt Angove, ND.

We look forward to bringing you future editions dedicated to important topics in 2012. If you have an article you'd like to submit for consideration for inclusion in The Voice or if you have any comments or suggestions, please send them to [thevoice@acam.org](mailto:thevoice@acam.org).

Thank you for your continued readership and support!

## **A Look Back at 2011**

This year proved to be a busy and successful year for ACAM! Our first weekend module back in 2010 was such a hit that we brought back two more weekend modules in 2011. Our first took place at the Mandarin Oriental luxury hotel in Las Vegas, Feb. 18-19, 2011, where we offered Dr. Walter Crinnion's on-going Environmental Medicine module and a Hands-on Hyperbarics course together with the International Hyperbarics Association.

Our second weekend module took place in Fort Lauderdale, June 2-4, 2011, marking ACAM's first-ever Summer Camp for health care providers. Attendees learned from integrative medicine experts in the fields of Chelation Therapy, Nutrition, Hormones, and Hyperbaric Oxygen Therapy and also had the opportunity to certify in Chelation Therapy before the weekend's end.

ACAM broke ground this year with the collaborative event iMosaic. iMosaic - Integrative Medicine Offering Science-based Alternatives in Collaboration - was a combined conference between the American Academy of Environmental Medicine (AAEM), ACAM, the American Holistic Medical Association (AHMA), and the International College of Integrative Medicine (ICIM). Together we welcomed over 500 guests to Minneapolis, Minnesota for five days of scientific, integrative medicine education.

To finish off 2011, we've teamed up with AAEM once again to bring our guests Exchange 2011 - An Exchange of Knowledge and Ideas. Taking place in Portland, Oregon, Nov. 16-20, 2011, exciting new courses will debut and returning well-known courses from both organizations will be offered as well.

Look forward to more exciting and innovative education opportunities from ACAM in 2012!



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## Pediatrics From A Holistic Perspective - Interview With Lawrence Palevsky, MD



**ACAM:** What made you switch from practicing conventional pediatrics to holistic pediatrics?

**Dr. Palevsky:** I still practice conventional medicine, but I use it more as an alternative, I practice mostly holistic medicine. It was a gradual switch from practicing in a pediatric emergency room, ICU, Neonatal ICU, and inpatient pediatric medicine, towards recognizing that there are additional ways to help care for children. I also realized that there are other ways to practice preventive medicine and safer ways to help children through their illnesses in addition to what I was taught in medical school. So, I don't remove what I was taught in medical school, but I don't need it or use it as often.

My practice is based on a different philosophy than what I was taught in medical school. What I was taught was to treat symptoms, treat disease, use drugs, use vaccines, and use surgery. What I realized is that symptoms play an important role in the body and children develop symptoms because their body is actually working to get healthier. So, suppressing their symptoms is not necessarily the right thing to do. In medical school we're taught that children have illnesses because they have infections, I've come to understand through the years that they may not be infections at all, and therefore our approach to treating kids needs to change. In changing my philosophy of how I now treat kids I realize

that it works. The philosophy I was taught in medical school has a role but it does not need to be the predominant one. There is a way to take care of and treat children differently and practice preventive medicine without most of the drugs and vaccines that we are taught are necessary.

**ACAM:** Do you think that more doctors are starting to adopt this approach as well?

**Dr. Palevsky:** There are definite gradations of where a lot of doctors are. I think it's pretty clear that there are people that only practice conventional medicine, will never practice anything else, and swear by the lay of the land. Then there are others whom recognize that there is a need to increase our knowledge of how to treat kids. Then there's those like me, who are recognizing that the model using the philosophy of conventional medicine may not be the most optimal way of taking care of kids on a day to day basis. So, there is a whole range of physicians that are looking to increase their knowledge and clinical skills and each physician has his or her own comfort level as to how far away from conventional medicine he or she is willing to practice. We're talking about two factors here: First is a philosophy and second is the actual practicality of what they can do in the office. Most medical doctors whom were trained in conventional medicine continue to uphold the philosophy of conventional medicine: Treat disease, treat symptoms. Many of them are trying to use nutritional supplements, essential oils, or herbs instead of drugs. That's still practicing under the same philosophical structure of Western medicine: Treat the disease, treat the symptoms.

The perspective that I take has shifted all the way to a different philosophy. My philosophy is that the actual disease does not necessarily need to be suppressed and treated the way we do. The physiology, immunology, biochemistry, neurology, and all the systems of the body are built to try to keep us well and when we develop symptoms and disease it's not because we need drugs or lack vaccines, it's because our bodies are attempting to recalibrate to come to another state of health. Our bodies are trying really hard to become

more well than we were before and there are either wastes, toxins, or accumulations of wastes and toxins that have gotten in the way of the cells operating at an optimal level. So, the goal is not to necessarily suppress the symptoms or to treat the disease, but to allow for the child's body to effectively remove what is in the child's way so that the child can become more well. This is a completely different philosophy that embraces the concept that the body has the innate capacity to heal. This philosophy is not taught or embraced in the conventional medical paradigm. When I need to call on conventional treatment I do, but it's not what I lead with on a day to day basis.

**ACAM:** When did you realize vaccines were doing damage/causing harm?

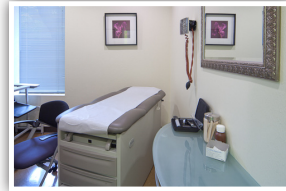
**Dr. Palevsky:** Originally my practice was in pediatric emergency medicine and I wasn't in the office setting where vaccines were given on a regular basis, but vaccine policies that were starting to be implemented in New York state made me question whether there was wisdom in the policies. We were starting to recommend vaccines for babies where there weren't diseases prevalent for their age groups, which meant all of a sudden we were no longer trying to prevent disease in that age group, there was something else going on. So I started to wonder, 'What are we doing here?'

Simultaneously I had parents starting to express their concerns about vaccine ingredients, side effects and the overall dangers of vaccines. My mentors taught me to always listen to the mother because she knows her child best. So, rather than telling the parents that they didn't know what they were talking about, I became interested in what it was that they were exploring. I started to realize that many of the parents were actually on to something. They were right about the dangers of vaccines and to have concerns about their safety and the way in which they are manufactured or studied. The more research that I've done, the more I've come to embrace a principle that again is not part of the Western medical paradigm, and that principle is the Precautionary Principle, which says: We need to be a little more sure about



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the things that we're going to do before we go ahead and do them.

**ACAM:** Can you explain the difference between natural immunity and vaccination immunity?

**Dr. Palevsky:** There are trillions of microorganisms that are in the environment. We breathe them in, eat them, and we touch them on surfaces, and these trillions of microorganisms get onto the linings of our bodies, noses, sinuses, airways, mouth, intestines, skin and in women they get into the vaginal canal and uterus. These trillions of organisms in and of themselves are right up against the body's immune system, but we're not sick from them. Therefore, by definition, the presence of these organisms and not getting sick from them means that our bodies are developing a natural immunity to them. Natural immunity is the ability to live in relationship with organisms that we have been exposed to (exposure being: breathing, eating, and putting on the skin). Vaccine immunity is a forced challenge to the immune system with the belief that the injection is

going to give an immunity against something that the body is not already exposed to. Then if at some point the body is exposed to the organisms (the ones injected through the vaccine) the body will already be prepared to fight them because it's been injected with a piece of them. But, the immune system of the body is built to know immunity through the linings of the body: airway, intestines and the skin. That exposure is what delivers natural immunity to our bodies. The injection of these viruses and bacteria falsely mounts an immune response but it doesn't necessarily give us immunity to what we are being injected with.

**ACAM:** Do you believe in administering any vaccinations, or none at all?

**Dr. Palevsky:** In my philosophical approach I automatically assume exposure even if the child is not sick. The body would never be exposed by an injection. I'm assuming that since we are already exposed to trillions of organisms that are living in and on our bodies all the time, we are more likely to already be exposed to the organisms that we vaccinate against than not. We only vaccinate children

against 42 microorganisms - 21 bacteria and 21 viruses. Yet we are exposed to trillions. So, my philosophy says that just from a statistical analysis alone we are more likely to be exposed to these organisms even though we are not sick from them. Therefore injecting them into the body makes no sense because exposure is already more than likely even if there is no disease from them.

I don't recognize the injection of bacteria and viruses through vaccines as a plausible intervention because it does not make medical sense. It makes no sense to think that the germs that we are worried about come from the outside only because the body is already inhabited by trillions upon trillions of microorganisms and we are living fine. Pertussis, for example, is an airborne bacteria, but people believe that the only time you see pertussis bacteria is when you have the disease whooping cough. In actuality, pertussis bacteria lives freely in the air and you can be breathing in the bacteria at any time, but that doesn't necessarily mean you're sick from it. If an individual doesn't have

pertussis illness it doesn't mean he or she hasn't breathed in pertussis bacteria. But, the people in the community are made to believe that the only time the bacteria are around is if someone is sick from them. So, the big philosophical difference is that I assume since we are breathing the air, we are breathing everything.

**ACAM:** Besides avoiding vaccinations, what are other things parents should be looking out for to protect their children?

**Dr. Palevsky:** A lot of families ask me, 'How do I keep my kids strong?' That tells me that families are already starting from the perspective that their children are weak. I automatically assume the child is strong and the question I ask parents is, 'How do we prevent your child from weakening?' One of the ways I help teach parents how to prevent their children from weakening is by teaching them how to feed their children real food. Food is to the body as gasoline is to the engine of a car. If you don't put gasoline into a car the engine won't run, and if you don't put

real food into the body the body won't work. The difference between the human body and a car is the human body is resilient and a car isn't. You can't get away with putting things into a gas tank of a car that aren't gasoline because there is no capacity for the engine to run. The blessing of the body is that it is resilient and the curse of the body is also that it is resilient. Therefore we are able to abuse it and it will still run, but it starts to break down quicker when we start to give it things that aren't real food. To me, real foods are: vegetables, fruit, herbs and spices, legumes, whole grains (not whole grain products), raw nuts, raw seeds, grass fed animal products, water, and human breast milk. That's all the body needs. Those are the gasoline for the body. Anything else that we consume is pushing the body past its capacity, but because we are so resilient a lot of the times we tolerate it until we can't. Then we get sick because the body has been fed things that doesn't match its ability to stay well.

### **About Dr. Palevsky:**

Dr. Palevsky received his medical degree from the NYU School of Medicine in 1987. He completed a pediatric residency at the Mount Sinai Hospital in NYC, and a fellowship at Bellevue Hospital-NYU School of Medicine in the pediatric outpatient department and emergency room by 1991.

Dr. Palevsky is a Fellow of the American Academy of Pediatrics, Past – President of the American Holistic Medical Association, co-founder and President of the Holistic Pediatric Association, a Diplomate of the American Board of Integrative Holistic Medicine, and a medical advisory board member to the Natural Gourmet Institute for Food & Health in New York City, Developmental Delay Resources and the National Vaccine Information Center.

### **My kid has ADD/ADHD by Dr. Matt Angove**

No doubt, genetic susceptibility plays into the whole ADHD paradigm but that goes for



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everything. Whatever your state of being, good or bad has to do with how you bathe your genes.

I find it to be a modern day miracle that more people aren't suffering from ADHD, depression, anxiety disorders, bipolar, schizophrenia, and the like considering the laboratory derived concoctions we douse our bodies with daily.

Before you put your child on Ritalin, a compound that has marked similarities to amphetamines and actions consistent with cocaine, just dampened somewhat, let us consider our options.

### Let us Consider

Consider the Red No. 40, Yellow No. 5, MSG, aspartame, Splenda, partially hydrogenated oils, high fructose corn syrup, soybean oil (Is there anything in a box it is not in?), caffeine (Monster drinks, Red Bull, Soda, coffee), phosphorus (soda pop) and refined sugars.

Consider the refined foods and naked grains they are consuming.

Consider the hormone buffed and corn stuffed meats they are putting on their sandwiches.

Consider the hours of reckless television and video games that are being sprayed across their eyes and mind.

If you or your child is consuming items such as JELL-O, Lucky Charms, Pop-Tarts, Butterfinger bars, Skittles, Hostess Twinkies or Frito-Lay Doritos, to name a few, you should fully expect marked neurological dysfunction. It is only natural!!!

Nutritionally based therapies for ADHD can be EXTREMELY beneficial!!! Understand that 8-10% of school age children are considered to be in this spectrum. So, there are plenty of children who are suffering and in most cases, I would suggest needlessly.

### Available therapies

- Sports
- Avoidance of possible food sensitivities (start with gluten, refined sugars, dairy, chocolate, citrus, peanuts, eggs, soy) –an

elimination and reintroduction diet may be in order.

- Elimination of synthetic sweeteners, colors and whatever isn't FOOD from the diet.
- Evening Primrose oil coupled with Fish Oil
- Flaxseed oil with Vitamin C
- Nutrient optimization ( Magnesium, Zinc, Calcium, Iron, Potassium, B vitamins)
- Probiotics
- Amino acid combination's (as monitored by your health provider)

### Lifestyle is High Style

You have to realize that getting ADHD under control isn't an overnight affair. Just like any other chronic condition, you must set forth and live out a lifestyle conducive to the sustaining of life. I know it is not easy. Our current available knowledge state has given everyone the opportunity for abundant health. However, the societal pace rarely allows us to utilize and practice that knowledge.

You simply have to choose what lane you want to live in.

### About the author, Dr. Matt Angove:



We first met Dr. Matt a little over two years ago when he joined us at ACAM Vegas as our Hollywood Nights contest winner. He was a student then and has since graduated

from Bastyr University and is in practice at The Health and Wellness Institute in Mountlake Terrace, Washington.

Matt Angove is a licensed naturopathic physician who received his medical training at Bastyr University (one of only 4 accredited Naturopathic programs in the United States). Dr. Matt played college basketball at Warner Pacific College, before transferring to Oral Robert's University where he received his

undergraduate degree in Health & Exercise Science with an emphasis on pre-medicine. At graduation, he was awarded the distinction of Most Outstanding Student in the Health Sciences. He is an American College of Sports Medicine certified Personal Trainer and has helped people of all ages and shapes get the utmost from their bodies for the last 10 years. Dr. Matt has interned with Don Colbert, M.D., one of the foremost authorities in Integrative Medicine. Dr. Matt makes every effort to emulate and to practice what he has gleaned from Dr. Colbert over the years.

Dr. Matt focuses on MAXIMIZING patient health at every age and stage of life. He is dedicated to staying on the cutting edge for the sake of his patient's well-being and his own.

Dr. Matt practices general medicine, but also has specific interests in cancer, autoimmune conditions and digestive diseases, as well as anti-aging medicine, obesity and cardiovascular issues. He is currently working toward a Master of Acupuncture and Oriental Medicine.

Visit Dr. Matt's website at: [www.drwholeness.com](http://www.drwholeness.com)

### Member's Corner

As we approach a new year, ACAM would like to thank all of our membership supporters. It is thanks to you and your contributions that we were able to exceed our goals, and expand our membership services. Thank you for making 2011 a great year in Membership.

We are also proud to say that ACAM has established itself as a leading provider of evidence-based continuing medical education, and a premier source for practice referrals. ACAM is a great place to call your professional home.

We look forward to serving you once again in 2012, in providing you with an unmatched membership experience that is of value to you and your practice. If you have any questions, comments or suggestions please direct them to [info@acam.org](mailto:info@acam.org)

We wish you a New Year filled with health, joy and meaning!

We also have a new survey calling for 2012 speakers. Please visit our Survey Portal at [www.acam.org](http://www.acam.org) under "Give us Feedback" at the bottom of the home page to submit your information to be considered as a future presenter for ACAM.

## Classifieds



### Integrative Physician Needed in Riverhead, New York

#### Physician Needed

Physician, M.D., D.O., B/C, B/E Internist, Allergist or FP, wanted to join a primary care (CAM)/allergy practice in Riverhead, New York. Participation in insurance plans a must.

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#### Ingredients:

- \*3 cups grated, organic zucchini (about 2 medium zucchini)\*
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- \*1/2 cup melted butter
- \*1/4 - 1/2 cup honey
- \*2 tsp. cinnamon
- \*1 tsp. baking soda

#### Directions:

Mix zucchini and eggs together.  
Mix honey and butter in pan over low heat until it mixes well.  
Mix nut flour with cinnamon and baking soda.  
Add all of above together.  
Place in muffin cups. Bake at 350° for 20-30 minutes.

\* You can substitute the zucchini with fresh or frozen blueberries.

\*\* It is ideal if you soak the raw nuts overnight in quality water, then dry them before grinding.

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