

Caspar ([00:00:01](#)):

There's a wonderful Nelson Mandela quote: there can be no keener revelation of society's soul than the way in which it treats its children. Well, children everywhere are suffering, or so it seems. Suffering from obesity, neurological conditions, autoimmune conditions, depression, anxiety, and the list goes on. Where did we go wrong to allow children to become so sick? We're bringing back a guest to help answer this question. He's a pediatrician with over three decades of expertise, including pediatric emergency and intensive care, neonatal and delivery room medicine. This is the Story of Solving the Children's Health Crisis with Dr. Lawrence Palevsky. Dr. Palevsky, glad to have you back on second time. It's been a while.

Dr. Lawrence Palevsky ([00:00:43](#)):

It's great to be back. Casper. Thanks for inviting me. I look forward to our conversation.

Caspar ([00:00:48](#)):

So I wanted to start with is that, are the data points right from your experience that children are getting sick? Or is the data lying and we just seeing a fear porn kind of thing going on here? Are, are kids worse off than they ever were? Health-Wise?

Dr. Lawrence Palevsky ([00:01:04](#)):

Well, having six decades of being on this earth, I can say that, and I was very keen to what was going on when I was a kid. I mean, I was 10, 11 years old fifth and sixth grade, and I was running a tutoring program in reading and math for my grade school. And I was able to manage it myself with one teacher who basically said, okay, just go and do it and let me know. I get students to help doing the tutoring. And it was manageable for me, one student in fifth and sixth grade to handle a public school group of kids who are in need of help with reading and math. And now you have multiple classes in each grade of kids in cities all over the country and all over the world who need help with more than just reading and math. Mm-Hmm. <affirmative>. And so we're seeing one in five kids with neurodevelopmental disabilities, which means this isn't a genetic problem.

Caspar ([00:02:03](#)):

Nope.

Dr. Lawrence Palevsky ([00:02:04](#)):

And so there's some environmental slash toxic change that has occurred that's affecting kids' brains and nervous systems. One in 36 children with autism, one in 10 children with ADHD, and one in 20 children under the age of five with seizures. And that's from January of 2016. And I'm constantly seeing kids with seizures, although I do get a skewed, you know, selected population. But there's a large increase in neurodevelopmental disabilities. And then you have the anxiety, the depression, the social anxiety, the addictions, and the suicide ideations. And certainly covid exaggerated what was already there. I don't think it's necessarily, oh, COVID brought these out new, you know, I think they were already there and they just got exaggerated. I think we're in trouble. And only those people who don't look under the rock are the ones who are not gonna be able to figure it out.

Caspar ([00:03:16](#)):

Right. And, and, you know, it seems that children everywhere. And, and this is the one thing I remember it also that when you were growing up, you didn't hear about people with autism. And this wasn't, you know, too long ago that I remember that. And, and you didn't have kids really. You had the hyperactive maybe a little bit. It wasn't ADHD, you didn't have people that were really obese or autoimmune. You, you knew about that child who had diabetes in the whole grade. Maybe a few of those would, you know,

have that. But the one thing I'm, I'm thinking about that I see a lot of, and I can't recall this is, is do you feel that children's immune systems are weaker than ever because of all the times they're getting sick? So I'll take my nephew and niece, you know, multiple times, ear infection, you know, strep throat, tummy ache, all of that. Now I remember having some of that child, I just, I honestly don't remember if the frequency was as much and whether or not we were putting them on antibiotics as much.

Dr. Lawrence Palevsky ([00:04:12](#)):

Correct. Well, we're dealing with two different paradigms here. Casper o one paradigm says, if you're sick, you're weak.

Caspar ([00:04:22](#)):

Mm-Hmm. <affirmative>.

Dr. Lawrence Palevsky ([00:04:23](#)):

And that's why you get sick 'cause you're weak.

Caspar ([00:04:26](#)):

Yep.

Dr. Lawrence Palevsky ([00:04:27](#)):

And then the other paradigm, which is the one in which I operate, when you're acutely ill, it means your immune system is actually strong. The old paradigm, the first paradigm, if you get sick, your immune system is weak, only believes that an acute illness in children is caused by an infection. And so they therefore will use constant over the counter medicines, antibiotics, and pharmaceuticals to make the symptoms go away. But in the new paradigm, the one that understands that when children get acutely ill, they're not getting sick 'cause they're weak, they're getting sick 'cause they're strong, we understand that the reason for the illness is because the normal ways in which a body gets rid of toxins, wastes, impurities and inflammation are no longer able to keep the kid in the same state of health.

Dr. Lawrence Palevsky ([00:05:35](#)):

And so an accumulation, an increased sensitivity, all are going to push the child past his or her threshold by which the child can hold the accumulation of waste, toxins, impurities, and inflammation. And when it reaches that point, which is different in every kid, the kid has to get sick to complete the process. And you know, you'll always hear someone say, as soon as I say that, well, what about multiple kids getting sick at the same time? And so this leaves out the possibility that people getting sick at the same time is not related to contagiousness of a germ, but due to something else that's happening all the time. But then expresses itself when a lot of people get sick. Mm-Hmm. <affirmative>. And that is a synchronization of frequencies. Mm-Hmm. <Affirmative> and a synchronization of energy systems in a certain area. And that is difficult for most people to accept.

Dr. Lawrence Palevsky ([00:06:43](#)):

You know, they'll accept the fact that when you walk into a room, you know automatically, which people you're not gonna get to talk to, and you know which people you're going to talk to. They won't step back and say, well, what does that? Well, it's your nervous system, it's your energy field that already attunes to the people Yes. And the people. No. And then when you're sitting in a room and somebody yawns and all of a sudden you yawn, even though you're not tired, you're not gonna step back and say, why did that happen? I caught your yawn, but yet nothing in your body came and deposit itself in me to cause me to yawn. But yeah, well, nothing came in your body, but there was a synchronization of rhythms, an energy

sequence that synchronized, that caused you to express a set of symptoms in the same way that someone else did.

Dr. Lawrence Palevsky ([00:07:42](#)):

And so when you have children or adults who get sick at the same time, there's never the contemplation that frequency synchronization energy systems are what created the expression of similar symptoms. It's that non-smelling, non-tasting, non-hearing, non-feeling entity that exists all the time, but is ignored all the time. And so, yeah, contagiousness can be from a synchronization of energy frequencies, but the same illness appearing in different kids can also be because all those kids were exposed to the same toxins in the environment. Mm-Hmm. Or the same emotional stressors, or the same silly foods, or the same pollutants, or the same wireless technology, or the same test taking.

Dr. Lawrence Palevsky ([00:08:57](#)):

So they were responding appropriately together because they were together exposed, and therefore their bodies were strong enough to say, get this out. Yeah. And I've been practicing this way for over 20 years, and I see it work pretty much all the time, so I don't have to give the kids over the counter medicines and pharmaceutical medicines and antibiotics. And so what happens if you continue to treat them with over the counter medicines and antibiotics and pharmaceuticals? That's when you weaken them. Mm. Because the effort to rid yourself of waste, toxins, impurities, and inflammation is thwarted. And so what happens to those accumulations if they're not allowed to get out of the body because your body is expressing a really strong effort to clean you out? Well, they recirculate. Mm-Hmm. <affirmative>. And now that they recirculate, you're weakening your body. And then you did nothing to realize that choices that you were making in your diet, your lifestyle, your sleep, your air, your 5G, your technology, your relationships, your consumption, that wasn't changed.

Dr. Lawrence Palevsky ([00:10:29](#)):

So you continue to bring the waste, toxins, impurities, and inflammation in, and now you're bringing it into a weaker system that is very quickly, several weeks later, a month later, going to get sick again. Yeah. And so if you're gonna go back to the same system that suppressed you with over-the-counter medicines, antibiotics, and pharmaceuticals, then you're gonna get the same treatment. And so here's the definition of insanity. You're doing the same thing over and over again thinking you're gonna get the same, a different result, but yet you keep getting sick, you keep getting medicine, and then you keep getting sick. And isn't it enough to say, oh, wait a second, I gotta get off this rollercoaster. I gotta get off this gerbal wheel. Maybe this is not the right way to do things. And that's very hard for people to adjust to because they think in the ma majority or dominant paradigm, if you get sick, you caught an infection, period. Mm-Hmm. <Affirmative>, If you get sick, you are weak. Period. And yeah, of course there are situations where you are weak. Yes. But the majority get sick because their bodies are strong and the suppression of those symptoms is a mistake.

Caspar ([00:12:03](#)):

It, it sounds like for most parents listening that you need to shift that mentality of children being like Petri dishes and more understanding they are sponges within an environment. Correct. And they are going to take in all of these different factors and react to the environment as a whole. Correct. Including what other energies are out there, the attitudes, a parent, all these things, the stressors, everything at once. So if you have a parent, and I think that a big part of this is not everyone could have a pediatrician like you, and not everyone you know, has access and they end up with a pediatrician that is probably soaking some fear and saying, you have to put a child on this antibiotic. They have strep throat, let's say. And so you wanna put a child directly on that antibiotic. And as a fearful parent thinking you're doing the best for your child, and you know, alleviating suffering and bringing them back to a state of health, you go along with it. So what

would your advice be for a parent that's changing that attitude? Okay, my child's not a Petri dish environment we should look at, but my doctor is still telling me as my child is sick right now, that I need to go on an antibiotic. What would be your advice there?

Dr. Lawrence Palevsky ([00:13:17](#)):

So the, the, the first thing that I try to educate parents on is what is the end game of the body? They look at me, they say, well, if the body could tell you what its purpose is, what would it tell you? And their silence, because, you know, they've never asked this question <laugh>. And so I say, if the body could talk, it would tell you my job is to get rid of as many wastes, toxins, impurities, and inflammation as quickly and as often as possible. And so there's this stunned look, of course. And then I say, okay, so let's, let's ask these questions. Why does the body exhale? No answer. Why does the body urinate? Why does the body have a bowel movement? Why does the body sweat or smell? Why does the body rest or sleep? And the sixth thing, why does the body produce mucus?

Dr. Lawrence Palevsky ([00:14:40](#)):

So here we have the lung system, the intestinal system, the kidney system, the intestinal system, the skin system, the nervous system, and the immune system. Why are those six systems doing what they're doing? And the answer is to rid the body of waste, toxins, impurities, and inflammation. And the fact of the matter is, we do it without getting sick, we exhale, we urinate, we stool, we sweat, and we smell, we sleep, rest, even exercise, even scream, which is a way of the nervous system to open itself up and clear itself out. And then we produce mucus. So all of this is happening without us consciously recognizing it other than the fact, well, I need to go to sleep or I need to go to the bathroom. But we don't say, Ugh, I need to breathe. We just do it. We don't say, Ugh, I need to sweat. We just do it. Although going into a sauna is definitely an added benefit.

Dr. Lawrence Palevsky ([00:16:00](#)):

So we are getting rid of waste, toxins, impurities and inflammation all the time. No symptoms. And so where do we get symptoms? Airway, oh, I guess now we're coughing. So a cough is an exaggeration of an exhale. Mm-Hmm. <affirmative>. So it's merely the exhalation trying to upregulate its attempt to accumulate, to get rid of whatever accumulation of material has to come out through the lungs. Or we bed wet or we urinate more, or we have accidents, we might stool more. We might have diarrhea, we might have a rash, we might sleep more. We might be more irritable as a way of that primal scream gone in another direction, or we might produce more mucus. So essentially the lung system, the urinary system, the intestinal system, the skin system, the nervous system and the immune system are all helping us get rid of waste, toxins, impurities and inflammation. And if we're good at it, we won't feel it. But when the, the scales are tipped and there's either too much coming in that's irritating or too much sensitivity to what's coming in, or an actual weighing down of the body's ability to eliminate, like constipation can be a huge setup for the lungs to get sick. Right? So the body has to work hard to get rid of those waste and overcome our dietary, environmental, nervous system choices.

Dr. Lawrence Palevsky ([00:18:10](#)):

And so we have to get sick. And that's a twist, that's a mind twist out of the paradigm of, well, everything is an infection. Mm-Hmm. <affirmative> to, well, what's going on here? Now, the, I think the hardest concept for all parents, everyone to accept is the fact that they've been lied to about germs. Right? What is the, one of the main, what is one of the main ideas that we're taught that is parroted and sheepified throughout. You don't get sick unless someone is sick with a germ and gives it to you. In other words, you couldn't possibly have the germ until it's going around.

Dr. Lawrence Palevsky ([00:19:14](#)):

And so that's false because most parents are not aware that we have over a hundred trillion bacteria lining our body all the time. And every time you touch something, every time you eat something, every second, every breath you make, every brushing of the teeth, every sexual relations, every wiping of the behind you are not only exposed, but you're putting it all into the bloodstream. And so the hardest part is teaching parents that there is never a second in your life where you aren't exposed to bacteria. So I know that's a double negative, but you're never not exposed to bacteria and you're touching people and you're hugging people and you're eating off their fork and you're drinking from their cups, and you're shaking hands and you're wiping your noses and you're having relations and you're never not exposed to bacteria.

Dr. Lawrence Palevsky ([00:20:28](#)):

But only when you're sick do they tell you you're catching a bug from someone else. The other hard part of this is teaching parents why those bacteria are on your body in the first place. Why from nose to lungs, mouth to anus, all over the skin. And in the women's reproductive system, those bacteria are there in the first place because they're there and there are over a hundred trillion of them. And they're always there because we breathe, we eat, and we touch. We're never not exposed and we're never not colonizing. So why are they there?

Dr. Lawrence Palevsky ([00:21:22](#)):

Well, they're there to help the body stay well. Mm-Hmm. But you are made to believe that you are not gonna get any of them until someone's sick and gives 'em to you. Right? So you couldn't possibly have strep in your throat because it would only be there if someone is sick and gave it to you. But it never would be there all along without overgrowing for any reason because you have no symptoms. And that's false. Right. And just because you put a swab into the throat, and when you're well and go to swab, go to culture it and no strep grows, doesn't mean no strep is in there. It just means you didn't catch it on the swab. So this is hard because the paradigm says, no, you don't have strep in your throat. And if you did and you were not sick, something's wrong. And that's not true either.

Dr. Lawrence Palevsky ([00:22:27](#)):

And so the reason the bacteria are there is 'cause they're responsible for keeping us well. They're there to protect anything that gets on the linings of the body. They're there. They, they provide a barrier and they provide continuous immune system regulation and nervous system regulation. There's a constant antenna like communication between the bacteria and the nervous system and the immune system and the liver and the lungs and the reproductive systems. Constant. And so they're providing a barrier. They're providing communication, they're providing defense, and they help you get rid of to wastes toxins, impurities and inflammation.

Caspar ([00:23:23](#)):

And isn't that also part of the role of the tonsils?

Dr. Lawrence Palevsky ([00:23:27](#)):

I'm gonna get to that.

Caspar ([00:23:28](#)):

Yeah, I was gonna say, yeah. That, that sounds a lot like, because I know a lot of children have that and parents have that idea of, oh, you have tonsillitis, we need to remove this unnecessary, you know, body parts

Dr. Lawrence Palevsky ([00:23:39](#)):

Never happened. So you, you came in at the right time because you saw I was building up to Sorry, sorry, I had to <laugh>. No, you were perfect. Perfect, perfect, perfect. I knew that I was, I I realized I was making the right story. Yes, yes. Because the bacteria are always there to help us rid ourselves of waste, toxins, impurities and inflammation. In fact, it's the bacteria that are in the rectum and in the colon that signal the, the wall of the colon, Hey, hey, hey, it's time to evacuate. And that's why people don't understand that the bacteria are playing a vital role in keeping us well in constant interaction with the immune system in the nervous system. You know, one of the reasons you smell at the end of the day is 'cause the bacteria, we're helping your body remove the wastes through the skin. Mm-Hmm. <Affirmative>.

Dr. Lawrence Palevsky ([00:24:36](#)):

So these microorganisms are doing their job over the linings. Everywhere, wherever there's a lining, there are bacteria doing their job. And one of those linings is the nose, the sinuses, the adenoids, the tonsils. And what people, and doctors completely forget this, Casper, they forget that the tonsils, the adenoids and the sinuses are part of the 24 feet of Galt gut associated lymph tissue. Galt, GALT. It's part of the entire intestinal system that is responsible for helping to clean the lymph. And for people who are interested in the lymph, the lymph tissue gets everything in the body that the blood doesn't get. So just a little technical science, when blood goes to the tissues, the material in the blood goes into the cells, but the, the juncture between the blood vessels and the cells is a little leaky. And then when the cells give off material to go back into the blood vessels, well it's a little leaky and it's the lymph that picks up the leak and transports that material to get out of the body.

Dr. Lawrence Palevsky ([00:26:24](#)):

And so the gut associated lymph tissue includes the tonsil, the sinuses, the adenoids, and the tonsils. And so if you have inflammation in the adenoids, sinuses and tonsils, you have inflammation in 24 feet of lymph tissue. Which is why when kids get a sore throat, what's the other complaint? They almost always have stomach ache because the tonsils are part of the 20. Well, in kids it's 26 feet. As we become adults, it's 24 feet, but the kids get sick in the stomach and in the throat 'cause It's all one system. And so we think we're brave that we can just go in there and get out what's on the tonsils without understanding that what's on the tonsils is on 24 feet of lymph tissue. And its responsibility is to clear out the wastes, toxins, impurities and inflammation that overwhelmed the intestinal system in the body.

Dr. Lawrence Palevsky ([00:27:38](#)):

And that the lymph tissue, which is why you produce more mucus, because mucus is responsible for extravasated the toxins and delivering it out with the overgrowth of the bacteria that gets it out as well. So if bacteria and mucus are responsible for helping the body rid itself of waste, toxins, impurities, and inflammation, then when they overgrow, they're just doing an increased augmented job of what they ordinarily do. And so the job is not to suppress it, the job is to support it. And so if you keep getting sore throats, it's not because you lack antibiotics. And it's not because you keep catching microorganisms. No. If you keep getting a sore throat or enlarged adenoids or congested sinuses, it's because your body is continuously trying to rid itself of increased wastes, toxins, impurities and inflammation that you're not paying attention to, that are predominantly coming from your diet.

Caspar ([00:28:56](#)):

That was going to be my next point because as you go through this you know, paradigm change, which it sounds like the first step, and correct me if I'm wrong, for a parent, should be to embrace this new, this different paradigm that it's environment toxins not germ. It's basically, you know, biological terrain, terrain theory versus germ theory. You have to switch over. Correct.

Dr. Lawrence Palevsky ([00:29:19](#)):

The challenge there is not to call it germ theory or terrain theory. Okay. For me, the challenge is to get people to understand that the microorganisms are acting on our behalf.

Caspar ([00:29:31](#)):

Mm. It's the shift in mentality that, you know, macro to micro, I always make this, you know kind of analogy that, that we are inhabitants of this earth you know, goes both ways. We must treat it well, it treats us well and everything. Now let's go into a micro. Within us, we have inhabitants of if we are earth, our bodies have inhabitants of germs, you could say they are, and that also is something we have to live with. It is both ways symbiotic. And when you have a society that is kind of falling apart and ruining the earth in a sense, things go bad.

Dr. Lawrence Palevsky ([00:30:11](#)):

Right. But again, that's, that's because your thought process is you are always dealing with an enemy. Right? The, the, the we're taught that the bacteria are enemies and that if you're well, you don't have the bad bacteria. Not true.

Caspar ([00:30:35](#)):

Right.

Dr. Lawrence Palevsky ([00:30:36](#)):

They're just not expressing what they need to express at the level that you would be aware of it. And so the idea is not to suppress what the body is doing naturally. The idea is to support what the body is doing naturally. And in my experience of doing this over the 20 whatever years I've been doing it, I mostly have to get parents to have the experience in the new way of treating their children for them to go, I can do this. Mm-Hmm.

Caspar ([00:31:20](#)):

<Affirmative>.

Dr. Lawrence Palevsky ([00:31:20](#)):

And then there's the constant check, check-in and back and forth, reassurance, support. So they understand that the children are getting sick 'cause they need to, it's part of growth, it's part of development, it's part of pruning, it's part of maturing of the immune and nervous system. It's sort of the rites of passage. And the idea that there's an enemy is actually, that's where your propaganda is.

Caspar ([00:31:57](#)):

And the idea that breeds the actions such as antibiotic use, hand sanitizer, you know, just sterilization of everything with chemicals that are toxic. Right. Spraying everything down with your lysols and everything else like that, that are creating an toxic environment for the child. Correct. Correct. That, that's probably one of the biggest switches, is to rid your mind of that idea, which is false, and then start to implement based on the new idea that these are actually good things for you and stop trying to kill them. Right.

Dr. Lawrence Palevsky ([00:32:34](#)):

What's the, who said the expression, let 'em eat dirt. This is one of those you know sweeter ways of saying it. Let them eat dirt. Let the kids, you know, how many times parents are stopping kids from, you

know, putting their hands in their mouth or putting objects in their mouth. And I'm like, well, as long as it's not a choke factor, and as long as they're not gonna cut themselves, it's great for their immune system.

Caspar ([00:32:59](#)):

Five second rule, right?

Dr. Lawrence Palevsky ([00:33:01](#)):

<Laugh>. Yeah. We extend that <laugh>.

Caspar ([00:33:03](#)):

I was gonna say, what is it? What is it before? It's like maybe not <laugh>.

Dr. Lawrence Palevsky ([00:33:08](#)):

But I still have parents who just won't let the kid eat something if it falls on the floor. Like, and they're, they're like, it's dirty. And I'm like, well, I just need to let you know that every space you go into has wind currents. Yes. Every space. So what you breathe in, in the air is somewhat of a reflection of what is on the floor. You know, and there's sort of this, you know, wooden nickel and slot machine look on their faces like, this does not compute well, I still don't want them eating off the floor. Like, okay, yeah,

Caspar ([00:33:51](#)):

<Laugh>, you don't need to feed children off the floor. Right. <laugh>. But if things inevitably do drop and they put it in their mouth, that isn't the end of the world, if not possibly a positive thing. Yeah. And isn't that, isn't that the hygiene theory? Right? Sure. Of like, kids that play in dirt have greater microbiome and greater immune system

Dr. Lawrence Palevsky ([00:34:11](#)):

Through allergies, robustness. Right? Yeah. Yeah. I mean, think about it. I mean, how many months does your baby crawl? Three, four, sometimes five months, and your baby's crawling in your house. And unless you are walking around with no shoes on in your house, your kid is crawling exactly on what you walked before you got into the house. Yes. So again, there's this, I I I'm not saying, you know, literally feed your kid dirt in a cup, <laugh>. That's not what I'm saying. Right. But what I'm saying is that our, our focus is a little skewed around the idea of germs and dirt. I I think it's, it's a, it's really difficult Casper for, for people to wrap their heads around the fact that bacteria actually are working in our favor.

Caspar ([00:35:13](#)):

Sure. I think that belief system is ingrained at a very young age, at bacteria are the enemy. Right? Right. And once you have a, a belief system that's so deeply ingrained, subconsciously it's very hard to get rid of that.

Dr. Lawrence Palevsky ([00:35:25](#)):

So here's an unappealing, but yet strong example, when we die, if we're, we're not cremated, if we're buried, we know that our bodies decompose. Why? How? And that is that the bacteria that remained on the linings of our body actually trued, chewed up essentially all of our tissue. And so why? Because there was no oxygen at all. And so what does that say about the importance of healthy cells when we're alive? So if you don't want the bacteria to invade your body and chew you up alive, keep yourself well oxygenated Mm-Hmm. Which means obviously exercise and proper breathing, but if you feed your cells crap, you diminish oxygen to those cells because those cells go into a stress response and they become



weaker. So in that case, yeah, there are germs that are responsible for potentially chewing your body up. So if you treat your cells properly and don't reduce oxygen and give it crappy nutrients, then the bacteria living on you will continue to help you stay well until you have no more oxygen. And then you will decompose. It's so clear in my view, like if you die, your bacteria will start to destroy, you. It'll decompose you. So don't provide the setting for your body to die while you're alive.

Caspar ([00:38:02](#)):

Yes. But we've done a terrible job at that because most of our food supply is pretty bad for us. Let's be honest. It's gotten worse and worse <laugh>.

Dr. Lawrence Palevsky ([00:38:13](#)):

Right. But let, let's, let's, I just wanna do a caveat to what you said. Sure. We haven't gotten bad at it. We have trusted a system Yeah. That has told us what we are being provided with is good for us.

Caspar ([00:38:32](#)):

That's right.

Dr. Lawrence Palevsky ([00:38:33](#)):

Right. And we are allowing the advertisement Mm-Hmm. <Affirmative>. And we are allowing schools to push an agenda of items that are, we are tricked into believing are good for us.

Caspar ([00:38:54](#)):

And this is where it gets tricky because most parents don't know that. So if they come to you and, and again, even if they do know that their child is in a system, sometimes they can't just break free of or feel they can't break free of that is feeding them this. So what is your advice to that parent that's saying, well, I'm in a system that's doing this <laugh>.

Dr. Lawrence Palevsky ([00:39:15](#)):

Right. Well, one of my New York sarcastic remarks is well, if everyone is jumping off a bridge, are you going with them <laugh>?

Caspar ([00:39:26](#)):

It's a very New York remark. Yeah. Yeah.

Dr. Lawrence Palevsky ([00:39:29](#)):

Because really, I mean, well, but I don't want my kid to feel bad. Yeah. What is your job as a parent?

Caspar ([00:39:40](#)):

That's it.

Dr. Lawrence Palevsky ([00:39:41](#)):

It's your job as a parent to give your children what he or she wants so he or she will feel good, or as your job as a parent to make choices that are in your child's best interest. Mm-Hmm. <Affirmative>. Because a child will always err on the side of, I want, before ever considering is this good for me?

Caspar ([00:40:08](#)):

Yes.

Dr. Lawrence Palevsky ([00:40:09](#)):

Right. And so I realize that there are going to be times when parents are going to say, I know this isn't in my child's best interest, but I'm gonna choose to give it to him or her anyway. And as long as there are no consequences to that choice, you might have been okay. The problem is when the parents ignore the consequences.

Caspar ([00:40:40](#)):

Yes.

Dr. Lawrence Palevsky ([00:40:40](#)):

When the kids get sick. And I often will tell parents, do me a favor, let your kid eat that. And if your kid gets sick, try to use it as a teaching tool.

Caspar ([00:40:53](#)):

Mm-Hmm. <Affirmative>.

Dr. Lawrence Palevsky ([00:40:54](#)):

Hey, did you notice that you had a stomach ache after you had that? Oh, mom. Really? <laugh>? Yeah. Well, I'm just wondering, you know, 'cause you didn't have a stomach ache and then you ate that and then you had a stomach ache. You think maybe it's related. Oh, mom, really? Okay. And then the kid does it again and the stomach ache happens again. And you go, okay, now are you seeing the pattern here? Yeah, I guess so. And those to me, are much more valuable than making sure your kid doesn't eat that at all. Mm-Hmm.

Caspar ([00:41:31](#)):

<Affirmative>.

Dr. Lawrence Palevsky ([00:41:31](#)):

Right. Because you have to give your child a chance to learn through experience. But sometimes some of those experiences are really toxic and you just have to be better discerning it. That's all.

Caspar ([00:41:47](#)):

Yeah. I, you know, I think a big part of that also comes from the awareness of what is good or bad. There are so many parents out there that truly believe the kind of, you know, fortified cheerios and all these other things are, are good because again, the advertising is there and there isn't you know, anything to try and combat that, that's so in their face. And other parents are doing it. The whole jumping off the bridge again analogy. Yeah. Yeah. Yeah. So where, where does one then start to understand how to feed a child? And, you know, how do we bring the importance back to that, you know, building up of the awareness. Okay. Because it, it seems like so many parents are confused in this world and don't know what to do and kind of running around blindly as their children get sicker and sicker.

Dr. Lawrence Palevsky ([00:42:35](#)):

Well, again, the, the, the major teaching in society from a neurologist to a dermatologist, to a pulmonologist, to a cardiologist to an ENT doc, your kid can eat anything, it won't affect their health. To a rheumatologist. Right. And that's a hard position for parents to be in. 'cause You want to trust your

doctors. Mm-Hmm. <affirmative>. And you wanna believe that if the doctor has said something, it, you know, they should know. Right. But more and more parents are realizing that when a doctor says, no, you can eat anything, it doesn't matter. More and more parents are going, oh, you're an idiot. You're, you're a really <laugh>.

Dr. Lawrence Palevsky ([00:43:31](#)):

And so the first thing is to recognize that every cell of your body is made up of proteins, fats, carbohydrates, vitamins, minerals and water. And so the quality of the cells and the health of the cells are all determined by the quality of the proteins, fats, carbohydrates, vitamins, minerals and water that you put in. So that's one thing to look at. Another is, if you are thinking of putting something that you think is food into your child's body, first put it on the counter in the kitchen and look at it in a day. Look at it in three days. Look at it in a week. Look at it in three weeks. Look at it in three months. Look at it in three years. And if that material that you believed was okay to put into your child's body is still intact, newsflash, it wasn't food.

Caspar ([00:44:46](#)):

Right. It was a product of some sort, but it wasn't food.

Dr. Lawrence Palevsky ([00:44:51](#)):

It wasn't food. And, and as I often say, there's no such thing as junk or food, junk food. It's either junk or food. Yeah. But if you take something and you put it on the counter and in hours to days it disintegrates it's food. So the fact that I even have to talk about what to give kids to eat is a testament to the idea that we forgot what food is. And if it's coming out of a box and it has a huge shelf life, it's probably not giving your child much in the way of vitality. Yes. Because that's the other thing. You know, it could say protein has this much protein in it, this many carbs and this much fat, and this percentage on the RDA of calcium or magnesium or selenium. But we forget that food is also energy. Mm-Hmm. <affirmative>. And the body is energy. And if you're putting something inside the body that has no vitalic, vital vitality, no vital energy, you are spending more energy to break it down than it's giving back to you. And so that's how you weaken the immune system by putting material into the body that has no vitality.

Dr. Lawrence Palevsky ([00:46:26](#)):

And so I don't care if it has extra calcium in it, or if it says it's high in protein, if it has no energy, which is basically a packaged food. Mm-Hmm. <affirmative> your body is being weakened because you're using more energy to digest it than you're actually getting back from the digestion. And so this is hard because we just think, oh, well, you know, this food is good for you. Well, no, but energetically you'll spend more energy breaking it down than you will getting it back. And I see that a lot in kids who are, who are failing to thrive. You know, even though they're eating enough, they're failing to thrive because the energy it takes to digest what they're eating is greater than or equal to the energy that the food would've given to them, but didn't because they burned it up in trying to digest it. So one, i I do the counter test, two I talk about the energy of food. Mm-Hmm. <affirmative>. So eating seasonally, eating organic, you know, I'm sorry, but eating strawberries in the northern hemisphere in the middle of January does not make any sense. Nope. And eating bananas at all in this part of the country makes no sense either even during the summer. But I get so much crap for that. It isn't funny.

Caspar ([00:47:59](#)):

People love their bananas. I know.

Dr. Lawrence Palevsky ([00:48:02](#)):

<Laugh> <laugh>. But the last thing that I often say, I'll look at a kid, especially a kid that who is old enough to, you know, logically think, I'll say, do your parents have a car? Yeah. I say, let's say your parents bring, you bring me their car and the the gas tank gauge is empty. And they ask me to fill it up and I fill it up and the parents go to turn the ignition, it doesn't turn over. And they look at me like, what happened? I said, what do you mean? Well, what happened? I said, I don't know. I filled up your gas tank. It says F Right. It is a nice full.

Dr. Lawrence Palevsky ([00:48:51](#)):

Yeah, but what'd you put in it? I said, what does it matter? You asked me to fill the gas tank <laugh>. Yeah. But it matters what you put in the gas tank. Oh, really? Why? Why? You just asked me to fill it. And they said, well, what you put in? I said, oh, some milk, juice, soda, <laugh>, Gatorade, water. Yeah. But you can't put that in a gas, in a gas tank and expect the car to run. And I say, exactly. So why do you have greater respect for the resilience of a car than you have for the resilience of your body? Because I hear all the time, Casper, well, I have to give my kid something. Mm-Hmm. <Affirmative> my kid. I needed to give my kid something to eat. And that's no different than, well, I had to fill up the gas tank. It, I just had to fill it. And we are being irresponsible. And I know I'm gonna get flack for that. We're being irresponsible by making sure the kid at least eats something when again, the return on what they're eating is less than optimal.

Dr. Lawrence Palevsky ([00:50:12](#)):

And it's not enough to just give your kid something to eat just to make sure that your kid ate. And you know, I've had parents say to me over the years, oh, it's too hard to do what you're suggesting Dr. Larry. Yeah. And I say to them, you are right. It is too hard. I said, but I have a question for you, which is harder, the condition in which you're coming to me with regarding your child and continuing on the path that you're continuing on or trying something new and seeing if there's a light at the end of the tunnel. Because what you're doing is you're coming to me and saying, what I've been doing for years is not working. It's hard. My kid is still sick. Kid has still has these symptoms. There's chronic problems. This is hard to live with this.

Dr. Lawrence Palevsky ([00:51:16](#)):

And now I'm giving you something hard as well. So you think you were looking for something easy, <laugh>, but I gave you something hard. But the only reason it's hard is 'cause number one, it's new. Number two, you're not asking the doctor to do it anymore. You're actually having the responsibility and accountability tossed back to you. And number three, I'm asking you to be an adult and I'm asking you to do some adulting and take responsibility and be accountable for what is right for your child. And then number four, see if it makes a difference. Don't trust me. Try it.

Dr. Lawrence Palevsky ([00:52:06](#)):

And when I get to number four and parents are willing, they're curious enough to do it, and they see the results, they fly. They fly because they realize that it was hard. But now they have a different kid with a different health status and they realize that they could be responsible. Whereas they were waiting for the doctor who said, nah, diet has nothing to do with it. Nah. Putting your kid to sleep at a reasonable hour has nothing to do with it. Nah. Taking the cell phone outta the kid's room had nothing to do with it. Right. Yeah. It had a lot to do with it.

Caspar ([00:52:53](#)):

Wouldn't you say one of the healthiest actions any parents can do is to start to cook with their children real foods.

Dr. Lawrence Palevsky ([00:53:05](#)):

Once parents truly understand, oh, wait, I, I'll go back a second. What is, what is the most common complaint that parents have about their kids? They don't listen. And the reason kids don't listen is because they're not supposed to. If we were to truly tap into how children connect to us best, the answer is they connect to us best by modeling, copying, and imitating. So if you want your kid to learn something or have interest in something, do it. Mm-Hmm. <Affirmative> and provide the opportunity for the kid to show interest. Now, toddlers, copy everything and preschoolers copy everything and talk about it and tell stories. So invite them into what you're doing. Mm-Hmm. Instead of, here, here's my phone, I gotta go to the kitchen. Invite them in, give them an opportunity, get them a stool, get them a chair. Get them a mixer. Get them a spatula.

Dr. Lawrence Palevsky ([00:54:24](#)):

Get them safe utensils that they could do whatever they do. And let the dust go. Let the flour go. Let the, you know, the carrots hit the floor, you know, let the pounded meat, you know, flop onto the, into the sink. Let it happen. But let kids be part of it. Mm-Hmm. <Affirmative>. And they will want to eat. You know, at Caspar, you, you know this, a lot of people know this. When children are learning how to plant and nurture and harvest fruits and vegetables and, and whole grains and, and legumes when they're there in the fields, they have a much greater interest in eating it and trying it. Mm-Hmm. <Affirmative> and cooking it than if they just go to the store and get it. Yes. And so, you know, do field trips, go to these places and let your kid experience or grow your own garden in the back. Right. Let the kid use the hose or the watering can. Teach your kid how to weed out the leaves, you know, show the kid what it looks like at different stages of growth. Take pictures. Wow. Look at that. Keep them part of the process.

Caspar ([00:55:55](#)):

Yeah. And I could imagine, you know, for so many parents that that seems incredibly difficult because time is, you know, so precious. It is. It is. And and that's the thing. It's, it's, it takes sometimes the hard actions to get a healthy child. But again, like you're, you're saying it's gonna be way harder for you when that child has a chronic condition. Correct. And that's for the rest of their life, unless they take a different approach. But if you go to your conventional doctor pill after pill, worse year, year after year, getting worse for a very long time ahead of them.

Dr. Lawrence Palevsky ([00:56:28](#)):

Here, here's what's hard. What's hard is wasting time on devices when you could be spending time doing what we just discussed.

Caspar ([00:56:41](#)):

Yeah.

Dr. Lawrence Palevsky ([00:56:41](#)):

What's hard is wasting time on devices when you could be reading a book or reading something about how to do the project that you want to do. What's hard is kids watching parents sit in front of their screens for hours. That's hard. And then expecting the kid is gonna somehow develop.

Caspar ([00:57:07](#)):

Mm-Hmm. <Affirmative>.

Dr. Lawrence Palevsky ([00:57:09](#)):

So if, if you, if, if you want hard, keep doing what you're doing, keep spending hours on the devices, keep putting the kids in front of the devices, and then you'll see hard, you'll see hard in a very significant way.

Caspar ([00:57:24](#)):

Are you in the camp that children should not have cell phones available to 'em before teenage years?

Dr. Lawrence Palevsky ([00:57:31](#)):

Yes.

Caspar ([00:57:32](#)):

Yeah. And again, this is the camp of multiple developmental psychologists these days and understanding that that sort of, you know, that impact on the negative of living in this 2D right in front of you, addictive you know, non developmental prone type of reality we are.

Dr. Lawrence Palevsky ([00:57:52](#)):

Here's the facts, and these are facts. No one can dispute what I'm about to say. They're not my facts. They're real facts. When we start out in life, the baby begins with a brain that says, I want, if I don't get I'll die. It's a survival brain. It's a helpless brain. It's a primitive brain. It's the brain of a reptile. It's all fight or flight. It's all adrenaline. It's all immediate gratification. As we get older, our brain development is supposed to move us out of that brain towards a more experiential brain and a more thinking brain. Okay. Those devices stop on a dime. Ugh. Okay. That means it must be true. If I'm sneezing,

Caspar ([00:59:01](#)):

<Laugh>,

Dr. Lawrence Palevsky ([00:59:02](#)):

Those devices stop on a dime.

Caspar ([00:59:09](#)):

Very true.

Dr. Lawrence Palevsky ([00:59:10](#)):

Take three.

Caspar ([00:59:11](#)):

<Laugh>,

Dr. Lawrence Palevsky ([00:59:13](#)):

Those devices stop on a dime. Brain development. Mm-Hmm.

Caspar ([00:59:18](#)):

<Affirmative>,

Dr. Lawrence Palevsky ([00:59:19](#)):

Anything that, that puts the brain physiology into a place of I have to have this or I will die. Halts brain development. It halts emotional development. It halts sensory development. It halts motor and physical

development, and it halts brain development. No thinking, no ideas, no reason, no logic, no problem solving, no focus, no paying attention, no awareness, no consciousness. So as long as you maintain that brain physiology in a place of I have to have this or I will die, you'll stunt your child's brain development. And I will tell you that I've been watching it happen, and I am watching children who have slowed brain development. Right. And I mean, emotional quotient as well as intellectual quotient. And it's more the EQ, but a lot of the IQ, because parents are utilizing the devices during times of tremendous brain development. And that brain development is go out of your fight or flight brain, have experiences, do your research, explore the world, observe, discover. Mm-Hmm. <Affirmative>, examine, be in relationship.

Dr. Lawrence Palevsky ([01:01:13](#)):

And these devices are halting the movement out of that fight or flight brain. And so brain development is slowing it, it's, it is slowing and it is halting. And I'm watching young kids, teenagers and young adults with very little problem solving ability. Mm-Hmm. <affirmative> very little initiation or motivation. Yeah. Very little curiosity. Almost no critical thinking, no ability to figure out how to solve a problem. Like what are the necessary questions I need to ask? Right. What are the things I need to consider? All because the reptilian part of the brain is maintained as the primary site of brain usage, which is, if I don't get this, I will die. I need this now I need my dopamine fix. Hmm. And it's pure animalistic. Yep. And if I might go into the area of conspiracy theorists,

Caspar ([01:02:27](#)):

Please.

Dr. Lawrence Palevsky ([01:02:28](#)):

This is done by design, because those who make the videos, the devices, the apps all know that any addictive behavior stunts brain development.

Caspar ([01:02:46](#)):

Mm-Hmm. <affirmative>.

Dr. Lawrence Palevsky ([01:02:48](#)):

And what you end up having Casper is an obedient, helpless, anxiety ridden, simple mind that won't think will just obey. And so parents, I know, I know I speak to no one when I say this because it falls on all deaf ears. You are crippling your kid by giving them these devices. You really are. Yeah.

Caspar ([01:03:23](#)):

And this is well known. I mean, Stanford Labs many years ago in the early two thousands was, was basically developing applications for telephones. And they were, they made it so it was addictive based on psychological trends and everything, and especially addictive to children, you know, that, that, that is well known. And this is the, the, you know scene is the starting point of where we place these apps onto these phones and handed them as pacifiers to children.

Dr. Lawrence Palevsky ([01:03:52](#)):

Casper, it's always been about destroying children. And that's the sad part.

Caspar ([01:03:56](#)):

Yeah. It's

Dr. Lawrence Palevsky ([01:03:57](#)):

Always been about ripping them of their growth and development, because, so then they would be become obedient and these, these devices, these, you know, like, you know, sort of hit the bell, get a reward, hit the bell, hit a, you know, the, the, these devices are doing that. And there are whistleblowers who have left Silicon Valley who have been very vocal about our purpose in designing these phones. Our purpose in divining the designing these apps was to keep you addicted.

Caspar ([01:04:35](#)):

Yes.

Dr. Lawrence Palevsky ([01:04:38](#)):

Our purpose in making the foods that you buy was to make you want it so that you would buy more our purpose in serving these fast foods. Our purpose in putting 50 ingredients into this food was to make it such that when it chemically hit your body, it would ring a bell that says, I want more. So it's all been designed to feed the addictive brain, to feed the dopamine surge, to feed the immediate gratification. If I don't get this now, I'll die. Die. Which halts brain development. Yeah. It's just that simple.

Caspar ([01:05:23](#)):

And it, it takes me back to the initial quote I used when we started this from Nelson Mandela about the revelation of a society's soul based on how we treat children. And we are absolutely, in this sense, abusing them for profit's, control and, and, you know a very negative, you know, dark stain on our soul if this is what we allow. Correct. But it's through, you know, a parent still has these choices and decisions to make over their child that can change that. And so, you know, I wanted to respect your time and just get to a few last questions from parents that I received, and hopefully you could shine some light on it. One of them was about autism as you said, one in 10 or so increasing, incredible growth in that. And it was, what steps do you recommend for a parent, for parent of a child who displays early onsets of autism?

Dr. Lawrence Palevsky ([01:06:16](#)):

So if you go by the, the, the conventional wisdom, and I, I think that's another oxymoron, <laugh>, it's like jumbo shrimp and military intelligence. If you go by conventional wisdom, you're gonna be told therapy is what your kid needs. Special education is what your kid needs. Your kid will always be like this. There's nothing you can do.

Caspar ([01:06:45](#)):

Yeah.

Dr. Lawrence Palevsky ([01:06:47](#)):

And a lot of parents believe that. More and more parents recognize that most of their child's neurodevelopmental disability happened either in regression or after a series of events in the doctor's office, whether it was pharmaceuticals or injections or both. And it's important to ask yourself, what do you think? Every time I work with a family who has some neuro, whose child has some neurodevelopmental disability, I ask them, what do you think happened to your child? And when I initially did this years ago, fewer and fewer parents knew. Most of them said, I don't know. We're not aware. We don't understand it. And almost a hundred percent of the time now, the new parents come in and say, oh, it was the shots. Oh, it was the shots.

Caspar ([01:08:00](#)):



Mm-Hmm, <affirmative>.

Dr. Lawrence Palevsky ([01:08:03](#)):

And my child had these symptoms after the shot. And what did my doctor say? Oh, that's normal. Oh, that's normal. Oh, oh, that's normal. And more and more parents are going no. No, no. And so I ask the parent, and in order to answer that question I ask you first, what do you think happened to your child? Because the majority of the children who do regress or never progress have very high states of chronic inflammation in their bodies. So they have a high accumulation of wastes, toxins, impurities, and inflammation.

Dr. Lawrence Palevsky ([01:08:53](#)):

And in order to help them, we have to do three things. One, we have to make sure that every area in their bodies through which they rid themselves of waste, toxins, impurities, and inflammation are open and functioning. So good, exhaling, good breathing, adequate lung function, good urination, good stooling. Mm-Hmm. <Affirmative>, you can't do anything if you're constipated. And in fact, anyone who says that a child only has to poop once every day, once every other day, once every three days is lying to you. Everybody needs to stool at least once a day, if not two to three times a day. So that's so exhaling, urinating, stooling, good skin. Mm-Hmm. <Affirmative>, you gotta make sure that the skin is sweating, the skin is aerating. There's plenty of openness to the sun, which is necessary, sleep. And so before I do anything, Casper, I work on the bowels and the sleep. Mm-Hmm. <affirmative>, Because the part of the nervous system that operates most during sleep is the part of the nervous system that enhances detoxification.

Dr. Lawrence Palevsky ([01:10:24](#)):

So if a child isn't sleeping well, the child is in a higher state of adrenaline. And if a child is in a higher state of adrenaline, detoxification fails. So those are the two things I work on. First, bowels and sleep. And then of course, making sure the immune system is producing the mucus it needs to produce to get it out. And then after that, we have to talk about the diet. The diet, the diet, the diet, the diet, the diet, the diet. Because the most, the the hardest thing to do for these kids. 'cause What do parents say when they have a child with autism? Always a picky eater. He only eats three things. He'll only eat this. And of course, my New York sarcasm comes back and says who does the shopping? Does the kid do the shopping? Who does the food preparation? Well, but that's all he'll eat. No, no. That's all you'll give him. But he won't eat anything else. Yes. That's because that's all you'll give him. Right? So these are the addictive properties, and there are major food reactions that kids with neurological dis d disabilities have. And those food reactions are most commonly seen in the following food groups. Sugar, baked goods, so flour products, casein and whey. Those are the proteins in any type of dairy, even if it's raw. These kids initially don't do well with any sugar, baked goods.

Dr. Lawrence Palevsky ([01:12:15](#)):

Casein and whey dairy products, peanuts, soy, and nuts. So those are the most common. And even fruit is under the category of sugar, because if you have brain inflammation, you really wanna reduce even fruit because all of the studies show that neurodevelopmental and neurological conditions don't do well with sugar. In fact, you will decrease brain function with sugar and you will increase adrenaline, addiction, aggression, excitement, impulsivity, behavior, pullout problems, tantrums, panic, anxiety, depression, fight or flight, immediate gratification. You will increase all of that with sugar, even fruit, even juices, even smoothies. So that's where you start. And you, you've gotta get the kid sleeping through the night and you gotta get the kid eating real food. And I am okay if the kid doesn't eat. Mm-Hmm.

<Affirmative>. And you know, that's, that's, that's pulling at the umbilical cord of every mother. Mm-Hmm. <affirmative>, right? Because they'll think that the kid will die if the kid doesn't eat. And in fact

years ago, 20 years ago, when I first started working with children on the spectrum, I'd see kids who had high fevers and stopped eating. And the non-speaking kids, Caspar who stopped eating, would start talking.

Dr. Lawrence Palevsky ([01:14:06](#)):

And then once the parents return the foods to their diet, they stop talking. So I'm okay if a kid starves because what has to happen is they need to go through the withdrawal of the addictive of the addictions they have of the foods that they're craving and the need to break it. And necessity is the mother of invention, as they say. Mm-Hmm. <Affirmative>, when a child is hungry, child will eat. And if you are eating the foods you want your children to eat, your child will eat them. But none of this special menu stuff. Yeah. Plus most of the children with whom I've worked have deadened taste buds and deadened olfactory senses. Mm-Hmm. <affirmative>, most of that's because of the inflammation, but most of that's also because they were formula fed. And so there was no diversification of taste buds in the first year of life. Life. And so what is the entry point into the mouth? Well, besides the eyes, it's the nose. The nose. And so the children must smell good aromas to ignite their digestion. You

Caspar ([01:15:36](#)):

Know, another question here that I see, and I see generally a lot of confusion about foods is why children have food allergies and sensitivities, and why that's grown so much and why those numbers continue to go up with so many kids having more and more allergies. I have heard this from others, such as, we know Bobby Kennedy believes it's a glyphosate issue more so than anything else that's disrupting children's guts and causing so many children is own to have allergies. But, but what is your general recommendation for any child's how to eat if they have allergies and sensitivities. Yeah.

Dr. Lawrence Palevsky ([01:16:13](#)):

So this is one of those, the emperor has no clothes, you know, there's a dead horse on the, on the front lawn, and nobody sees it or smells it. The food allergies are coming directly from childhood shots because the very food allergies and sensitivities that children have, you can find the proteins of those foods in the childhood shots.

Caspar ([01:16:41](#)):

Hmm.

Dr. Lawrence Palevsky ([01:16:42](#)):

And what you'll hear from the conventional wisdom, and I purposely use that term again because it's an oxymoron, is, oh, come on. There's just so little of those food proteins in the shots. You don't think they contribute to food allergies, do you? Number one, that's not science. Number two, yes. I do believe because the food proteins are in the shots and the food proteins more than likely are bound to the adjuvants in the shots. And anything that's bound to the adjuvant in the shot will cause the immune system to see it as an enemy and form an immune reaction to fight it. And then you give your child that food and the immune system has been primed to fight it. And many of these children will have an immune reaction against it. So that's where you get your fevers, your colds, your mucus, your ears, your tonsils, your adenoids, your eczema, your wheezing, your bedwetting, your behavioral problems, your trouble sitting still. But these kids also develop morphine-like reactions to the foods because of the injections. And that's why that's all they'll eat because the injection of the food created a morphine-like reaction that caused their bodies to need it, want it, and insist on it. And once you take it away from them, you let them withdraw and then they eat.

Caspar ([01:18:38](#)):

And I'm sure there's a, you could probably plot that as we increase the number of shots we're giving to children, the number of allergy sensitivities, just general neurological issues in autoimmune, both of those can be put in the same camp with what shots can produce have arisen. Correct?

Dr. Lawrence Palevsky ([01:18:55](#)):

Yes. But remember Caspar, nobody's minding the store. Yeah. So nobody knows what's in these shots anyway. Yeah. There's no quality assurance. Mm-Hmm. <affirmative>, there's no safety testing. The HHS was given the job of writing a report every two years after the 1986 National Childhood Vaccination Act and National Childhood Injury Compensation Act. And they were supposed to write a report every two years updating the American public on safety updates of the shots. And they've never written one report. So ladies and gentlemen, the government is hard at work at not protecting you.

Caspar ([01:19:45](#)):

Nothing new there. Maybe for some, but <laugh> for the rest of us, we've seen this over and over. Two more questions i, I got for you. One of them has to do with fluoride. Many parents are told by dentists that their children require fluoride kind of treatments as well as toothpaste. What are your thoughts on that?

Dr. Lawrence Palevsky ([01:20:05](#)):

Well, I guess I would throw it back to the parent and say, what are your thoughts on that?

Caspar ([01:20:10](#)):

Yeah.

Dr. Lawrence Palevsky ([01:20:12](#)):

Like, have you read what fluoride does when it gets into the brain, or when it gets into the thyroid, or when it gets into the reproductive organs or when it gets into the eyes? Ha have you read about it? First of all, the fluoride that's used in water treatments and in dental offices is fluoride that comes from factory waste off factory wastes. And second of all, fluoride is neurotoxic. And because the children are injected with materials that contain aluminum, aluminum and fluoride together are ghastly neurotoxic. Yeah.

Caspar ([01:21:09](#)):

Hard. No, there <laugh>.

Dr. Lawrence Palevsky ([01:21:11](#)):

That's a hard no. Yeah. <Laugh>.

Caspar ([01:21:14](#)):

It's, it's still wild that, that these profe, I, I find dentistry kind of, at least the conventional side of dentistry, there are wonderful biological dentists out there, but between fluoride, mercury, root canal, like all these things, it's like, wow, we are still living in the dark ages in some ways when it comes to dentistry, especially again with children, with children who are developing minds, sponges, that's where we do this too.

Dr. Lawrence Palevsky ([01:21:37](#)):

Conventional wisdom. That's where you got it.

Caspar ([01:21:39](#)):

Yep. The oxymoron. One more question here, <laugh>, and I'll let you go, but is there any supplements you recommend for boosting the immune system in children?

Dr. Lawrence Palevsky ([01:21:48](#)):

Good question. And

Caspar ([01:21:49](#)):

Children need supplementation at all if they're eating properly.

Dr. Lawrence Palevsky ([01:21:51](#)):

Good question. Okay. So I always love it when people ask me, what do I do to boost or strengthen my child's immune system? And my answer is as follows, do you believe your child's immune system is weak? Because it sounds like you do, because otherwise you wouldn't ask me to strengthen it or boost it. So I come from the perspective that children are already strong and don't need boosting. The real question I want to hear parents ask me is, how do I prevent weakening my child's immune system? Mm-Hmm. And now go back to the beginning of this interview. And that's

Caspar ([01:22:55](#)):

<Laugh> it's, it's, it's about prevention, optimization, not waiting for things to happen and then asking what supplement. Correct.

Dr. Lawrence Palevsky ([01:23:02](#)):

Yeah. I mean, what makes you think your child needs strengthening? Well, I just wanna make sure, make sure what is anything happening in the child's life that makes you concerned? No. So your kid's strong. Yeah. But yeah. But what, yeah. Remember if you're asking the question, what do I do to strengthen my child's immune system? You're starting from the perspective of lack

Caspar ([01:23:28](#)):

Yeah.

Dr. Lawrence Palevsky ([01:23:29](#)):

Insufficiency and of weakness. And I don't start from that place. I start from the place that your child is strong. Mm-Hmm. <affirmative>, I'm gonna suggest ways that you learn not to weaken your child any further.

Caspar ([01:23:44](#)):

Yeah. You know, my father always said an uncompromised child has a incredible healing capacity anyway, and is already in such a un, you know, still new. Everything should be working fine. It's not like 30 years of things that have gone wrong or anything. That's why they make perfect patients in some ways. He says they don't have biases, they don't have, you know, really strong belief systems. Whether something works or not or anything, they're excellent. Usually excreters. Right. Always going to the bathroom. A toddler just pissing everywhere, you know, pooping. So they, they, they really are already in a state of great self-healing if the environment around them is proper.

Dr. Lawrence Palevsky ([01:24:25](#)):

Correct. Correct. And that's the reason 38 years ago, I made the decision to go into pediatrics and not adults.

Caspar ([01:24:32](#)):

Hmm. Because

Dr. Lawrence Palevsky ([01:24:33](#)):

They're uncomplicated.

Caspar ([01:24:34](#)):

Yeah. It's

Dr. Lawrence Palevsky ([01:24:36](#)):

So,

Caspar ([01:24:36](#)):

The parents, the parents. That's a different story. <Laugh>. Yeah.

Dr. Lawrence Palevsky ([01:24:38](#)):

Well, yeah. That's another lecture. Another that's a lecture. Not even an interview. <Laugh>.

Caspar ([01:24:45](#)):

Well, I think we got to a lot here that can help a parent become you know, a better advocate for their child's health and find the ways to prevent an optimize rather than waiting for issues to happen. And that's what we need. We don't need this trend to continue on, because it really is a, a very alarming one. I mean, when you got, you know, the bodies above saying, you know, children should be on ozempic and gastric bypass and all these for overweight and then all this other, that's just insane to hear, really? Yeah. But this is, you know, government bodies saying this, that people trust.

Dr. Lawrence Palevsky ([01:25:20](#)):

So, so this is a great place to close it out. Yeah. To, you know, from where we were at the top. You, you have a choice as a parent. You can live blindly and unconsciously and just do whatever you want, eat whatever you want, or drink whatever you want. Breathe the air, whatever you want. Put skin products on whatever you want, inject whatever you want. But there are consequences to that. And the conventional wisdom tells you, you don't have to worry because none of those choices matter. We've got things to help you. Or you could be accountable and responsible. You can be curious and create experiences. You can try things. You can observe the choices that you make and the consequences of those choices. And you could try to look at the root causes and the root contributing factors of what may have brought those conditions on in the first place. Mm-Hmm. <Affirmative> and I, I promise you, you don't need the conventional wisdom to put a stamp of approval on it. Mm-Hmm.

Caspar ([01:26:44](#)):

<Affirmative>.

Dr. Lawrence Palevsky ([01:26:45](#)):

It's your job and you are the consumer, and you get to take responsibility and accountability. And as long as you're looking for them or anyone to save you, make it better. Rescue you, fix you, you're not doing the kind of work that's gonna allow you to really heal what you are concerned about.

Caspar ([01:27:15](#)):

Absolutely. A wonderful place to, to end this. Always. Such a pleasure speaking with you, Dr. Palevsky. Where can people learn more about you, connect with you?

Dr. Lawrence Palevsky ([01:27:25](#)):

So I have a website, Dr. Palevsky, D-R-P-A-L-E-V-S-K-Y.com, drpalevsky.com. I have a newsletter that comes out twice a month and I have videos, interviews like this podcast that I've done. I also do a podcast every Thursday night called Critically Thinking with Dr. T and Dr. P Mm-Hmm. <Affirmative>, Dr. Tenpenny. Dr. Sherry Tenpenny is my comrade in crime. Mm-Hmm. <Affirmative>. And that's every Thursday night at 7:00 PM Eastern Time. And once a month we have a critically thinking with the five docs, which is always, always fun when five of us get together to critically think. I also have platforms on Facebook, Instagram, telegram, Mewe, Rumble, and a number of other places. And just so you know, that every time I put something that's of value on there, they somehow drop my numbers of followers, <laugh> and shadow ban me. But I will let you know I don't care 'cause I don't pay attention to the numbers. I just know I keep doing my thing and let you guys just keep spreading it around as much as you think is possible.

Caspar ([01:28:46](#)):

Well, you, you put out incredible information, I must say. And even though they try and sense you, I know it's getting out, I hear such great things. Anytime I share anything about you, people go wild for it. So thank you. Keep doing what you're doing. Always a pleasure. And

Dr. Lawrence Palevsky ([01:29:01](#)):

Oh, it was a pleasure, Caspar. Be well, have a great summer and let's do this again. I love, I

Caspar ([01:29:07](#)):

Love that. Oh, absolutely. I love it. I love it. So as you heard, please visit dr palevsky.com for more information. Go to all of those resources talked about. And until next time, continue writing your own healing story.