

With the Wind with Dr. Paul – Show 208: Pediatric Perspectives: Nature, Sun & Real Play: Get Your Kids Outside This Summer with Larry Palevsky, M.D.

Host:

Dr. Paul Thomas, MD (Retired)

Guest:

Larry Palevsky, M.D., pediatrician

Series:

Pediatric Perspectives

Air Date:

September 16, 2026, 11:30 a.m. PT

Length:

Approximately 29 minutes

Summary

In this episode of *With the Wind with Dr. Paul*, Dr. Paul Thomas is joined by pediatrician Larry Palevsky, M.D. for a wide-ranging conversation on keeping kids healthy and safe over the summer, covering sunburns and sun exposure, wound care and tetanus, firework and burn safety, water safety, diet and free play, and a home first-aid kit built around homeopathy and tissue salts.

Key Points

- 00:00:59 — Dr. Paul opens the episode and welcomes back Dr. Larry Palevsky to talk about summer child-health topics
- 00:02:00 — Dr. Palevsky on sunburn prevention, sun exposure, and an antioxidant-supportive diet for skin
- 00:05:00 — Wound care and tetanus: why oxygen and irrigation matter, and when a booster is and is not needed
- 00:11:00 — Dr. Paul recounts a tetanus case from his practice involving a stitched, unirrigated scalp wound
- 00:14:00 — Firework and burn safety heading into July 4th and summer barbecues
- 00:16:00 — Water safety around pools, lakes, and oceans, plus home remedies for swimmer's ear
- 00:19:00 — Summer diet, screen time, and the value of unstructured outdoor free play
- 00:21:00 — Zinc-oxide-only sunscreen as Dr. Palevsky's preferred option
- 00:23:00 — Air-travel tips for kids with ear fluid, including homeopathic and tissue-salt remedies

- 00:27:00 — Closing message: get kids outdoors, off devices, and into natural sunlight

Quote

"I do believe that the sun is not our enemy."

— Larry Palevsky, M.D.

Resources

- Nature, Sun & Real Play CHD TV Episode Page
<https://live.childrenshealthdefense.org/chd-tv/shows/pediatric-perspectives-with-paul-thomas/nature-sun-and-real-play-get-your-kids-outside-this-summer-show-page/>
- Vax Facts
<https://vaxfactsbook.com>
- Kids First 4Ever
<https://www.kidsfirst4ever.com/>
- Doctors and Science
<https://www.doctorsandscience.com/>

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The information shared in this episode is for educational and informational purposes only and is not intended as medical advice. It does not establish a doctor–patient relationship. Always consult a qualified healthcare professional regarding medical decisions.