

NEW YORK SPIRIT

Enlightened Urban Living in New York City * April & May '01

FOOD & YOUR HEALTH

with Annemarie Colbin.

Certified Health Education Specialist

The Fine Line: (W)holism & Science

To see how those at the front lines handle the philosophical dichotomy, I asked some of my holistic physician friends the following question. How do you see the relationship between the scientific and the wholistic aspects of your practice?

Larry Palevsky, a pediatrician with a practice at the Beth Israel Continuum Center for Health and Healing, answered the question this way: "I use what I consider good scientific information, properly researched scientific information, as part of the way in which I approach the whole patient. To me, science is only one fourth of the knowledge base that goes into how a patient stays healthy and gets sick. In addition to science, in working with children there is the experience and knowledge of the mother and father as another fourth of the knowledge base. Then there is the parents' intuition as to how to take care of their child. And the fourth quarter is an unknown way in which information comes to us as a group exchanging information, and something new comes up and we don't know why." This latter comment relates to what I mentioned above, regarding complex adaptive systems: the group of parents, child, and physician become a complex adaptive system and new information emerges from their interaction. □

