

Media Library

[Click here](#) to download highlighted media archive files.

Email [to request Resource Article](#) or Call 416-533-6488 to arrange an interview with Dr. Mel Borins.

You can access a large number of articles by Dr. Borins at [ResearchGate.net](#)

*Bali - A Great Place to Visit

melborinscreative
09.06.21
Â

*Burnout: How to Support Doctors During COVID-19

Zaya COVID-19 Healthcare Conference
04.19.20
Â

*Exploring America: Take a Trip to Texas

Family Lawyer Magazine
04.11.19
Â

*National Pap Test Campaign Video

South West Regional Cancer Program
04.03.19
Â

*"Physician Burnout" - interview

"Nightside" NEWSTALK1010 Radio
08.28.18
Â

*I Can't Sleep: Insomnia and the Family Lawyer

By Dr. Mel Borins

Family Lawyer Magazine
08.24.18

Â

*Nashville strikes a chord

Doctor's Review

10.27.17

Â

*Dr. Borins talks about grief & the death of Gord Downie

Breakfast Television

10.19.17

Â

*Grief a lonely place in the health care system

Healthy Debate

06.08.17

Â

*What Does It Mean to Escape into Music?

Noisey

12.22.16

Â

*How to survive the holidays: advice from U of T experts

U of T News

12.09.16

Â

*12 Reasons You're Experiencing Holiday Burnout

Best Health

11.15.16

Â

*Travel for the Health of it

By Dr. Mel Borins

Family Lawyer Magazine

02.19.16

Â

*"A Doctor's Guide to Alternative Medicine" interview

Sanitas Radio

01.05.16

Â

*"A Doctor's Guide to Alternative Medicine" interview

"The Conversation" HPR-2 Radio

12.07.15

Â

*The Thrill of Sandhill Cranes

By Dr. Mel Borins

Doctor's Review

08.15.15

Â

*Family fun in Tennessee

By Dr. Mel Borins

Doctor's Review

05.05.15

Â

*"A Doctor's Guide to Alternative Medicine" interview

with Thomas C. Wilmer

04.17.15

Â

*"A Doctor's Guide to Alternative Medicine" podcast interview with Dr. Ronald Hoffman

Intelligent Medicine

03.19.15

Â

*"A Doctor's Guide to Alternative Medicine" radio interview with Dr. Michelle

LA Talk Radio "On the Couch"

03.06.15

Â

*Mindfulness-Based Stress Reduction to Help You Deal with Stress

By Dr. Mel Borins

Family Lawyer Magazine

02.04.15

Â

*"A Doctor's Guide to Alternative Medicine" radio interview

The Dr. Pat Show

01.28.15

Â

*"A Doctor's Guide to Alternative Medicine" radio interview

WOCA the Source Radio

01.21.15

Â

*"A Doctor's Guide to Alternative Medicine" radio interviewÂ with Liz Sommers

KISW FM

01.18.15

Â

*5 Steps in Talking With Patients About Alternative Medicine By Dr. Mel Borins

MedPage Today

01.14.15

Â

*The Natural Nurse and Dr. Z â€“ Dr. Mel Borins

PRN.fm

12.16.14

Â

*"A Doctor's Guide To Alternative Medicine" radio interview

with Jerry Agar

CFRB NEWSTALK1010

11.12.14

Â

*A doctor's take on alternative medicine

By Michael Kennedy

U of T News
10.26.14
Â

*Virginia is for Lovers “ of Trains and Trails

By Dr. Mel Borins

The Medical Post
06.24.14
Â

*Quebec’s Gaspe is (Great) for the Birds

By Dr. Mel Borins

The Medical Post
05.06.14
Â

*Grief and Loss: An Approach for Family Physicians

By Dr. Mel Borins

DFCM Open
04.10.14
Â

*Students Stress, Suicide Rates On The Rise

By Dilara Kurtaran

Humber Et Cetera
11.08.13
Â

*Traffic Stress And How To Deal With It

680 News
10.29.13
Â

*Photosongbook Review

By Maria Grande M.D.

GP Psychotherapist
Fall 2013
Â

*Tips For Colorado Avalanche Coach Patrick Roy To Control His Temper

By Curtis Rush

Toronto Star
10.08.13
Â

*Welcome To Wisconsin, Where The "Door"™ Is Always Open

By Dr. Mel Borins

Metro News
10.00.13
Â

*Ann Arbor: A College Town With Class

By Dr. Mel Borins

The Medical Post
08.00.13
Â

*A Whale Of A Time On The St. Lawrence River

By Dr. Mel Borins

The Medical Post
05.00.13
Â

*Doctor Spotlight

Ontario Medical Association
03.00.13
Â

*New Year's Resolutions

Dr. Marla Show CTV News

12.31.12
Â

*Stress of the Holiday Season

Le Drew Live CP24 News
12.05.12
Â

*Holistic Holidays

Huffington Post
12.05.12
Â

*Travelocity.ca Presents The Health Benefits of Travelling, with Dr. Mel Borins

Travelocity.ca
11.20.12
Â

*Awash in Colour in India

By Dr. Mel Borins

The Medical Post
10.00.12
Â

*Holidays are Good For You Panel Discussion

Travelocity.ca Media Release
06.25.12
Â

*Eastern Quebec Has Plenty For The Flower Lover

By Dr. Mel Borins

Metro News
03.00.12
Â

*Kerala: India's Tropical Paradise

By Dr. Mel Borins

The Medical Post
10.00.11

Â

*Off the Beaten Path in Lanai

By Dr. Mel Borins

The Medical Post
05.00.11
Â

*Integrated Health - Panel Discussion

Let It Heal TV
05.13.10
Â

*How Sweet it is-Sampling Quebecâ€™s Maple Syrup

By Dr. Mel Borins

The Medical Post
03.00.10
Â

*Galapagos Galore

By Dr. Mel Borins

The Medical Post
11.00.09
Â

*Savouring Quebecâ€™s Gourmet Route

By Dr. Mel Borins

The Medical Post
09.00.09
Â

*Back In The Saddle Again

By Dr. Mel Borins

The Medical Post
09.00.09
Â

*Supernatural Sooke

By Dr. Mel Borins

Just for Canadian Docs
09.00.09
Â

*When love dies, go to relationshipobit.com

by Nick Kyonka

Toronto Star
06.21.09
Â

*Return to Rab

By Dr. Mel Borins

The Medical Post
06.00.09
Â

*Wildly Beautiful Alaska

By Dr. Mel Borins

The Medical Post
04.00.09
Â

*Chills and Thrills at Quebec Winter Carnivale

By Dr. Mel Borins

The Medical Post
01.00.09
Â

*Choosing cruising

By Dr. Mel Borins

Just for Canadian Doctors
09.00.08
Â

*Take Only Photos, Leave Only Footprints

By Dr. Mel Borins

Just for Canadian Doctors
07.00.08
Â

*Seaside Sojourn - Florida's Panhandle

By Dr. Mel Borins

Just for Canadian Doctors
06.00.08
Â

*Green Getaway

By Dr. Mel Borins

The Medical Post
06.00.08
Â

*Quebec City fetes 400 years

By Dr. Mel Borins

The Medical Post
05.00.08
Â

*Unleash Your Artist-Take Time Off To Get Creative

By Dr. Mel Borins

Just for Canadian Doctors
04.00.08
Â

*It's Wise to Retreat

By Dr. Mel Borins

Just for Canadian Doctors
01.00.08
Â

*Maui Wowee

By Dr. Mel Borins

The Medical Post
02.00.08
Â

*A Stitch in Time

By Patricia Post

Sideroads of Halton Hills
12.03.07
Â

*Miami on the Cheap

By Dr. Mel Borins

The Medical Post
12.00.07
Â

*Just the Two of Us

By Dr. Mel Borins

Just for Canadian Doctors
11.00.07
Â

*Dear Diary - Keeping A Journal Or Travel Dairy

By Dr. Mel Borins

Just for Canadian Doctors
10.00.07
Â

*Melatonin for Jet Lag

By Dr. Mel Borins and Carol Chan

Canadian Journal of Diagnosis

09.00.07

Â

*The Joy of Cruising

By Dr. Mel Borins

Just for Canadian Doctors

09.00.07

Â

*Go Away-For the Health of It

By Dr. Mel Borins

Just for Canadian Doctors

08.00.07

Â

*Pain in the Neck? Try Acupuncture

By Dr. Mel Borins

Canadian Journal of Diagnosis

07.00.07

Â

*Take a tour-many benefits of guided vacation tours

By Dr. Mel Borins

Just for Canadian Doctors

06.00.07

Â

*The Best of Bangkok, Five Sights Not to Miss

By Dr. Mel Borins

Just for Canadian Doctors

06.00.07

Â

*Healing Herbs: Treatment for Back Pain

By Dr. Mel Borins

Canadian Journal of Diagnosis

06.00.07

Â

*Off the Beaten Path

By Dr. Mel Borins

The Medical Post

05.25.07

Â

*All Bent Out of Shape: Yoga for Lower Back Pain

By Dr. Mel Borins and A. Jennifer Fink

Canadian Journal of Diagnosis

05.00.07

Â

*Healing The Hurt: Acupuncture for Tennis Elbow

By Dr. Mel Borins

Canadian Journal of Diagnosis

04.00.07

Â

*Education is A Trip!

By Dr. Mel Borins

Just for Canadian Doctors

04.00.07

Â

Zinc for the Common Cold

By Dr. Mel Borins and Cheryl Pearson

Canadian Journal of Diagnosis

03.00.07

Â

* The Risk of Vitamin D Deficiency

By Dr. Mel Borins

Canadian Journal of Diagnosis

02.00.07

Â

*Me? Take a Cruise?

By Dr. Mel Borins

The Medical Post
02.00.07
Â

*Sun Sets on Bali of Old

By Dr. Mel Borins

The Medical Post
01.23.07
Â

*Headaches and Acupuncture Treatment

By Dr. Mel Borins

Canadian Journal of Diagnosis
01.00.07
Â

*L Carnitine: What the Studies Show

By Dr. Mel Borins

Canadian Journal of Diagnosis
12.00.06
Â

*North American Ginseng

By Dr. Mel Borins

Canadian Journal of Diagnosis
11.00.06
Â

*Oscillocoquinum: A Flu Treatment

By Dr. Mel Borins

Canadian Journal of Diagnosis
10.00.06
Â

Vitamin E Treatment of NAFLD/NASH

By Dr. Mel Borins

Canadian Journal of Diagnosis
08.00.06

Â

*Calgary Stampede

By Dr. Mel Borins

The Medical Post

07.04.06

Â

Folic Acid for Depression Treatment?

By Dr. Mel Borins

Canadian Journal of Diagnosis

07.00.06

Â

Finding yourself in a Strange Place

By Dr. Mel Borins

The Medical Post

06.00.06

Â

*Horse Chestnut Seed Extract and Venous Insufficiency

By Dr. Mel Borins

Canadian Journal of Diagnosis

06.00.06

Â

* Manipulation for Asthma

By Dr. Mel Borins

Canadian Journal of Diagnosis

04.00.06

Â

*Vacationing with Kids Helps Family Reconnect

By Dr. Mel Borins

The Medical Post

03.28.06

Â

*Ginseng: The Imperial Herb

By Dr. Mel Borins

Canadian Journal of Diagnosis
03.00.06
Â

*A Swing Through Mazatlan

By Dr. Mel Borins

The Medical Post
02.14.06
Â

*Omega 3 Fatty Acids: Are they Beneficial

By Dr. Mel Borins

Canadian Journal of Diagnosis
02.00.06
Â

*Problems with Herbs

By Dr. Mel Borins

Canadian Journal of Diagnosis
01.00.06
Â

*Tea Tree Oil

By Dr. Mel Borins, Jason Mackie, Cheryl Tanaga and Heather Boon

Canadian Journal of Diagnosis
12.00.05
Â

*Volcanic Delights Abound in Magical Hawaii

By Dr. Mel Borins

The Medical Post
11.00.05
Â

*Multitasking with Coenzyme Q10

By Dr. Mel Borins

Canadian Journal of Diagnosis

11.00.05

Â

*Echinacea: How it can Help Combat URIâ€™s

By Dr. Mel Borins

Canadian Journal of Diagnosis

10.00.05

Â

*Letting Nature Do the Healing

By Dr. Mel Borins

The Medical Post

09.06.05

Â

*Go Away Just For The Health of It: Interview

With Norm Goldman and Lily Azerad

Sketch and Travel.com

09.03.05

Â

*Go Away Just For The Health of It: Interview

With Norm Goldman, Editor

Bookpleasures.com

09.03.05

Â

*Mindful Based Stress Reduction: Meditating on the Benefits

By Dr. Mel Borins

Canadian Journal of Diagnosis

09.00.05

Â

*Job Security Fears Cut Into Vacation Time: Survey

Canada Press

09.00.05

Â

*Preventing AMD: Using Vitamins, Minerals and Lutein

By Dr. Mel Borins

Canadian Journal of Diagnosis
08.00.05
Â

*Dr. Mel Borins Interview on Stress and Anxiety

Global National
News
07.15.05
Â

*Poking Around: Acupuncture for OAK

By Dr. Mel Borins

Canadian Journal of Diagnosis
07.00.05
Â

*Finding Yourself In a Strange Place

By Dr. Mel Borins

The Medical Post
06.28.05
Â

Practice Tips: Being a Camp Doctor

By Dr. Mel Borins

Canadian Family Physician
06.00.05
Â

*Back Pain Manipulation: Can it Help?

By Dr. Mel Borins

Canadian Journal of Diagnosis
06.00.05
Â

*Saw Palmetto Extract: An Alternative for Prostatism

By Dr. Mel Borins

Canadian Journal of Diagnosis
05.00.05
Â

*Glucosamine: An Osteoarthritis Alternative

By Dr. Mel Borins

Canadian Journal of Diagnosis

04.00.05

Â

*Complementary Medicine: A Guide to Alternative Health Practices

By Dr. Mel Borins

Parkhurst Exchange

04.00.05

Â

*Permission to Play

By Polly Campbell

Family Circle Magazine

03.08.05

Â

*Probiotics: Do they work?

By Dr. Mel Borins

Canadian Journal of Diagnosis

03.00.05

Â

*Massage Therapy-A Universal Alternative

By Dr. Mel Borins

Canadian Journal of Diagnosis

02.00.05

Â

*St. John's Wort: An Alternative for Depression

By Dr. Mel Borins

Canadian Journal of Diagnosis

01.00.05

Â

*Letter from Mexico

By Dr. Mel Borins

Canadian Family Physician
01.00.05
Â

*Back to Sri Lanka

By Dr. Mel Borins

The Medical Post
01.00.05

Â

*Travel Can Help Mend a Fractured World

By Rick Steves

USA Today
12.18.04
Â

*Acupuncture for Nausea and Vomiting

By Dr. Mel Borins

Canadian Journal of Diagnosis
12.00.04
Â

*A Timeshare May Be Just What the Doctor Ordered

Media Release

Coyne Public Relations
11.17.04
Â

*Alternatives for Depression: Does Exercise Work?

By Dr. Mel Borins

Canadian Journal of Diagnosis
11.00.04
Â

*Peak Experiences

By Dr. Mel Borins

General Practice Psychotherapist

10.00.04
Â

*Take Caution! Traveling with Diabetes

By Dr. Mel Borins

Canadian Journal of Diagnosis
10.00.04
Â

*Alternatives for Post-Traumatic Stress Disorder

By Dr. Mel Borins

Canadian Journal of Diagnosis
10.00.04
Â

*Antibiotic Resistance and AECB

By Dr. Mel Borins with Drs. Zhanel and Balter

The Medical Post
10.00.04
Â

*Americans Shortchanging Themselves

By Peter Yesawich

PR Newswire
09.30.04
Â

*Traveler Heal Thyself

By Dr. Mel Borins

Outpost Magazine
09.10.04
Â

*Break Away From Work: the Restorative Value of Effective Vacationing

By Michael Kaufmann, MD

Ontario Medical Review
09.00.04
Â

*Alternatives for Menopausal Symptoms

By Dr. Mel Borins

Canadian Journal of Diagnosis

09.00.04

Â

*Overworked Ready for a Break

By Amy Joyce

The Miami Herald

08.30.04

Â

*Vacation Deprivation

Canada AM Interview

CTV

08.24.04

Â

*Vacations are Good for All, So Take Them

By Michael Kinsman

San Diego Union-Tribune

07.20.04

Â

*Forget Your Troubles: Itâ€™s Good For Your Well-being

By Susan J. Landers

AMNews

07.20.04

Â

*38% of Working Canadians Donâ€™t Use Up Holidays

By Chris Kitching

Toronto Star

07.16.04

Â

*Take off and Turn it Off

By Judy Gerstel

Toronto Star
07.16.04
Â

*Vacation Time

By MaryAnn Hulick
The Mid-week Caledon Enterprise
07.07.04
Â

*Working Hard but Playing Less

By Evelyn Lee
Metro New York
06.14.04
Â

*Staying in Touch on Vacation

By Nick Easen
CNN
06.09.04
Â

*Take Charge of Your Health

By Pippi Wysong
Homemaker Magazine
06.00.04
Â

*Going on Vacation can Save your Life

By Barbara Hollingsworth
Northern Virginia Journal
05.28.04
Â

*Go Away " Just for the Health of It!

Omega Source
Health Digest News.com

05.26.04
Â

*Time Away from Work Gives Americans a Kick in the Career

Media Release
Adelman Public Relations
05.11.04
Â

* Early Show

CBS
05.07.04
Â

*The Best Medicine

RCI Ventures Magazine
05.06.04
Â

*Risky Hires may Regret this Search

By John Eckberg
The Cincinnati Enquirer

05.02.04
Â

*Doctorâ€™s Orders: Take a Longer Vacation

By Coyne Public Relations

Media Release
04.29.04
Â

*Doctorâ€™s Orders: Buy a Timeshare

By Alicia Agugliaro
Â
04.15.04
Â

*Update on Homeopathy

By Dr. Mel Borins

Patient Care Canada

KTRK-ABC
News
04.00.04

04.01.04

Â

*One Last Stop with Dr. Mel Borins

By Geri BainÂ

RCI Venture Magazine

CFTO NEWS

WOFL-FOX

News

04.00.04

03.30.04

03.26.04

Â

*Go Away Just for the Health of It

Satellite Media Tour

03.25.04

Â

Dr. Mel Borins Interviews
Medstar National 80 Stations

WJBK-FOX - Detroit - Live

KSAZ-FOX- Phoenix - Live

KMAX - UPN - Sacramento - Live

WBRC-FOX â€™ Birmingham

WOFL-FOX - Orlando

WVIT-NBC- Hartford - Live

WGHP-FOX - Greensboro â€™ Live

ABC Radio - National

WBNS-CBS - Columbus - Live

WHKY-IND - Charlotte

WDAF-FOX-Kansas City - Live

WAVE-NBC-Louisville â€™ Live

KFTY-IND-San Francisco

FOX2NWS-Houston

KMAX-UPN-Sacramento

WGHP-FOX-Greensboro

KMPH-FOX-Fresno-Visalia

KMPH GOOD-NEWS

WICS-NBC-Champaign

WHNT-CBS-Huntsville

KBFX-FOX-Bakersfield

Â
Â

*The Beach Less Travelled

By Dr. Mel Borins
The Medical Post
02.03.04

Â

* Complementary Medicine: What You Should Know

By Dr. Mel Borins
The Canadian Journal of CME
01. 00.04
Â

Letter to the Editor: Homeopathy

By Dr. Mel Borins
Canadian Journal of Diagnosis

10.00.03

Â

*The Road to Health

By Pippi Wysong
MD Canada
10.00.03

Â

*Homeopathy in Medicine: Is there an Alternative

By Dr. Mel Borins
Canadian Journal of Diagnosis
09.00.03
Â

*Are You Suffering From a Laugh Deficiency Disorder?

By Dr. Mel Borins
Canadian Family Physician
06.00.03

Â

*You Could be Dying for a Vacation

By Chris Rodell
National Enquirer
05.06.03

Â

*Our Best Medical Advice

By Dr. Mel Borins
Dreamscapes Magazine
05.00.03

Â

*Is There a Place for Love in Healing?

By Dr. Mel Borins

GP Psychotherapist
04.00.03

Â

*Cutting Work is Good for You and Skipping Can Kill You

By Sue Shellenburger
The Wall Street Journal
03.28.03

Â

*You Asked Us

By Dr. Mel Borins
Dreamscapes Magazine
03.00.03

Â

*Benefits of Taking A Vacation

By Fraser Brenneis
Canadian Family Physician
02.00.03

Â

*MDs Discuss Alternative Therapies

By Susan LaBlanc

The Tears With a Clown

By Dr. Mel Borins
The Sunday Herald

The Medical Post

06.02.02

04.00.02

Â

*From the Editorâ€™s Travel Bag

By Donna Vieira
Dreamscapes Magazine
03.00.02

Â

*Sandy Sanibel

By Dr. Mel Borins
The Medical Post
01.22.02

Â

*Holidays Sometimes the Best Medicine Researcher says

By Professor Thomas McIntyre
U of T Research News
01.22.02

Â

*Traditional Mexico

By Dr. Mel Borins
The Medical Post
11.06.01

Â

Homeopathy: Is It Safe for My Patient?

By Dr. Mel Borins

Patient Care

08.00.01

Â

*Hereâ€™s Another Reason to Take a Break and Recharge

By Vanessa Thomas

Toronto Star

04.09.01

Â

*The Benefits of Retreat

By Dr. Mel Borins

Omega Source

04.00.01

Â

*Benefits of Vacations

Dr. Mel Borins Guest Appearance

Canada AM CTV

03.07.01

Â

*Ginger for Nausea and Vomiting

By Dr. Mel Borins

Patient Care Canada

02.00.01

Â

*Take a vacation, Itâ€™s Good for

Your Health, Professor Says

National Post

01.24.01

Â

*Dr. Mel Borins Guest Appearance

Breakfast Television

CITY TV

01.24.01

Â

*Getting Away for the Health of It

By Michael Oâ€™Riordan

WEB MD Canada
12.27.00
Â

*Go Away Doc!

By Nikki McManus

Medical Post
12.05.00
Â

*Take a Holiday: Itâ€™s Good for You

By Dr. Mel Borins

Canadian Family Physician
12.00.00
Â

*Go Away Just for the Health of It

By Dr. Mel Borins

Doctorâ€™s Review
11.00.00
Â

*Avoid Those Post-Vacation Blues

By Dr. Mel Borins

Dreamscapes
11.00.00
Â

*New Holistic Book Helps Unlock The Mystery of â€˜Kiâ€™

By Dr. Mel Borins

The Medical Post
10.00.00
Â

*Beauty and Deceit

By Dr. Mel Borins

The Medical Post
09.26.00
Â

*Are you a Traveller, Tourist or Pilgrim?

By Dr. Mel Borins

The Medical Post
09.19.00
Â

*The Train Keeps a Rollinâ€™™

By Dr. Mel Borins
The Medical Post
09.05.00
Â

How Does He Find The Time?

Dr. Lynn Wilson
Family Medicine Times
07.00.00
Â

Training General Practitioners to do Psychotherapy

By Dr. Mel Borins

The Medical Post

04.00.00

Â

*Chelation Therapy for Angina

By Dr. Mel Borins

Patient Care
01.00.00
Â

*Coping With Insomnia

By Dr. Mel Borins

Toronto Star
10.09.99
Â

*Gourds and Grass Skirts

By Dr. Mel Borins
The Medical Post
08.10.99

Â

*What to Tell Your Patients About Herbs

By Dr. Mel Borins

Hospital Medicine
08.00.99

Â

*How I Treat Neck Pain

By Dr. Mel Borins

Family Practice
06.23.99

Â

*Keeping your Mouth Healthy

By Dr. Mel Borins

Toronto Star
05.28.99

Â

*Tantalizing Hawaii

By Dr. Mel Borins

The Medical Post
11.17.98

Â

*Ear Candling Benefits, Safety Questioned

By Dr. Mel Borins

Patient Care Canada
11.00.98

Â

*Is There a Place for Love in Healing?

By Dr. Mel Borins

The Medical Post
08.25.98

Â

*The Danger of Using Herbs: What Your Patients Need to Know

By Dr. Mel Borins

Postgraduate Medicine
07.00.98
Â

*Forget 1 st Class-Hereâ€™s No Class

By Dr. Mel Borins

Family Practice
06.15.98
Â

*12 Basic Communication Strategies for Psychotherapy

By Dr. Mel Borins

Patient Care Canada
06.00.98
Â

*Have Family Will Travel

By Dr. Mel Borins

Family
05.06.98
Â

*Falls in the Elderly

By Dr. Mel Borins

Toronto Star
04.10.98
Â

*Orangutans! Meeting Sumatraâ€™s â€˜men of the forestâ€™

By Dr. Mel Borins

The Medical Post
03.31.98
Â

*Trouble in Indonesia

By Dr. Mel Borins

Family Practice
03.19.98

Â

*Spiritual Interventions in Bali

By Dr. Mel Borins

Canadian Family Physician

02.00.98

Â

*Remembering

By Dr. Mel Borins

Stitches

02.00.98

Â

*Emotions and Heart Disease

By Dr. Mel Borins

Toronto Star

01.23.98

Â

Chinaâ€™s Medicine-A Perfect Mix

By Dr. Mel Borins

Family Practice

11.00.97

Â

*Essential Geriatrics: Managing 6 Conditions

By Dr. Mel Borins , Drs. Goldist and Turpie

Patient Care Canada

09.00.97

Â

*Letter from Taiwan

By Dr. Mel Borins

Canadian Family Physician

09.00.97

Â

*â€™Regroup Your Energiesâ€™ with a Travel Diary

By Dr. Mel Borins

Family Practice
07.21.97
Â

*Traditional Healing: An Old Solution

By Dr. Mel Borins
The Family Doctor
07.00.97
Â

*Teaching your Patients How to Relax

By Dr. Mel Borins

Canadian Journal of Diagnosis
05.00.97
Â

*Sinking to New Depths

By Dr. Mel Borins
Family Practice
04.07.97
Â

*Lifeâ€™s a Beach-So Take Five!

By Dr. Mel Borins

The Medical Post
Â
Â

*Taiwan: Where a Touch of the West meets the East

By Dr. Mel Borins

The Medical Post
02.18.97
Â

*A Worthwhile Trip off Chinaâ€™s Main Roads

By Dr. Mel Borins

Family Practice
02.03.97
Â

*What Does it Mean When Your Patients Canâ€™t Sleep?

By Dr. Mel Borins

Canadian Journal of Diagnosis
12.00.96
Â

*Integrate Acupuncture into your Practice?

By Dr. Mel Borins

Patient Care Canada
11.00.96
Â

*Suzhou: the Venice of China

By Dr. Mel Borins

The Medical Post
10.08.96
Â

*Birds of a Feather Flock over to Algonquin Park

By Dr. Mel Borins

Toronto Star
08.19.96
Â

*Preventing Accidents

By Dr. Mel Borins

Toronto Star
07.20.96
Â

*The Multitudinous Masses of Beijing

By Dr. Mel Borins

The Medical Post
06.04.96
Â

*Some Remedies Made with Herbs may be Toxic

By Dr. Mel Borins

Toronto Star

04.25.96

Â

*In the Jungle the Lions Didn't Sleep at Night

By Dr. Mel Borins

Family Practice

04.08.96

Â

*When Men Need Check-Ups

By Dr. Mel Borins

Toronto Star

03.30.96

Â

*The Healing Powers of "Chi"

By Dr. Mel Borins

The Medical Post

03.26.06

Â

*Why We Need to Grieve

By Dr. Mel Borins

Toronto Star

03.09.96

Â

*Holidays for Health's Sake

By Dr. Mel Borins

Leisureways

02.00.96

Â

We Pay Dearly When Ontario Cuts Spending

By Dr. Mel Borins

Toronto Star

02.00.96

Â

***Psychosocial Aspects of Cardiovascular Disease**

By Dr. Mel Borins New Zealand
Family Physician
02.00.96
Â

***When the Breasts are Lumpy and Painful**

By Drs. Mel Borins, Pickering and Myers

Patient Care Canada
02.00.96
Â

***Death Helps Relieve Burnout**

By Dr. Mel Borins

Humane Health Care International
01.00.96
Â

***Healing Through the Eyes of Traditional Cultures**

By Dr. Mel Borins
Horizons Magazine
01.00.96
Â

***Native Healing Traditions must be Protected & Preserved for Future Generations**

By Dr. Mel Borins

Canadian Medical Association Journal
11.00.95
Â

***Laughter is the Best Medicine**

Dr. Mel Borins Guest Appearance

Breakfast Television

CITY TV
09.08.95
Â

***A Laugh a Day Keeps the Pupil Awake**

By Dr. Mel Borins

Horizons Magazine

09.00.95

Â

*Coping with Insomnia

By Dr. Mel Borins

Toronto Star

09.00.95

Â

*Holidays for Healthâ€™s Sake

By Dr. Mel Borins

Canada Wide Magazine

07.30.95

Â

*Preventing Accidents

By Dr. Mel Borins

Toronto Star

07.20.95

Â

*Grief Counseling

By Dr. Mel Borins

Canadian Family Physician

07.00.95

Â

* 24-hour BP monitoring: When? How to Interpret?

By Dr. Mel Borins and Drs. Pickering and Myers

Patient Care Canada

07.00.95

Â

*Practical Tips in Marital Counseling

By Dr. Mel Borins

Patient Care Canada

07.00.95

Â

*Role of Family Physicians in Counseling and Psychotherapy

By Dr. Mel Borins and Dr. Morris

Canadian Family Physician

05.00.95

Â

*Is it Physical Disease or Depression?

By Dr. Mel Borins

Patient Care Canada

04.00.95

Â

*Be a One-Minute Manager

By Dr. Mel Borins

Outlook

04.00.95

Â

*Carrying a Weapon Can be A Frightening Experience

By Dr. Mel Borins

The Medical Post

02.14.95

Â

*Humour in the Doctorâ€™s Office

By Dr. Mel Borins

Canadian Medical Association

02.00.95

Â

*Drawing Nightmares

By Dr. Mel Borins

Toronto Star Lifeline

02.10.95

Â

*Health and Prayer

By Dr. Mel Borins

Toronto Star Lifeline

12.24.94

Â

*Most FP Donâ€™t Routinely Screen Infants for TB

By Dr. Mel Borins , Drs. Morris and Jhirad
Family Practice
12.00.94
Â

*Travelersâ€™ Spirit of Giving

By Dr. Mel Borins
Family Practice
11.00.94
Â

*Happiness Is â€“ Letting Go of Fear

By Dr. Mel Borins

Ontario Medicine
09.00.94
Â

*Homeopathic Remedies: Skepticism Abounds

By Dr. Mel Borins

Canadian Family Physician
06.00.94
Â

*Funeral-Burial Rites of Torajan People are Nothing Short of Shocking

By Dr. Mel Borins

The Medical Post
05.17.94
Â

*Anxiety Disorders in Family Practice

By Drs. Mel Borins, Rosser and Audet

Canadian Family Physician
01.00.94
Â

*Doctor Breeds Clean Living in Japanese Healthcare Garden

By Dr. Mel Borins
The Medical Post
12.00.93
Â

*Bali High: Spiritual Celebrations on this

Tropical Paradise are an Intoxicating Experience

By Dr. Mel Borins
The Medical Post
11.30.93
Â

*Algonquin Bound

By Dr. Mel Borins

The Medical Post
06.22.93
Â

*Dealing With Difficult Patients

By Dr. Mel Borins

Physicianâ€™s Management Manuals
03.00.93
Â

*Cook Islandsâ€™ Messengers From Heaven

By Dr. Mel Borins
The Medical Post
02.16.93
Â

Getting Away From It Allâ€!Again

By Dr. Mel Borins

The Medical Post
02.09.93
Â

*Role of Insomnia in Depression

By Dr. Mel Borins
Canadian Psychiatric Review
10.00.92
Â

*Galungan â€“ Here Comes Our Ancestors

By Dr. Mel Borins

Doctors Review
10.00.92
Â

*Telephone Therapy

By Dr. Mel Borins

Physician's Management Manuals

10.00.92

À

*Orthopedics: A Medicine Dating to Hypocrates

By Dr. Mel Borins

The Medical Post

08.24.92

À

*Communicating With Patients

By Dr. Mel Borins

Humane Medicine

07.00.92

À

*Afghanistan: I'll Be Back Again

By Dr. Mel Borins

The Medical Post

05.05.92

À

*Nightmares in Children

By Dr. Mel Borins

Canadian Family Physician

05.00.92

À

*Laughter: It's the Best Medicine

By Marta Marychuk

The Guardian

10.23.91

À

*Finer Points of FP Psychotherapy

By Dr. Mel Borins

Ontario Medicine

09.16.91

Â

*The Life Cycle of a Laugh

By Dr. Mel Borins
The Medical Post
06.25.91
Â

*Bernie Siegel: Peace, Love and Healing

By Dr. Mel Borins

Humane Medicine
05.00.91
Â

*First World should Help Third World Maintain Traditional Healing Practices

By Dr. Mel Borins
Canadian Medical Association Journal
05.00.91
Â

*Go to Goa before Goa Gets Gone!

By Dr. Mel Borins

The Medical Post
04.30.91
Â

*Cremation Taught Lesson in Living

By Dr. Mel Borins

Ontario Medicine
03.18.91
Â

*FPs Needed to Help Save Psychotherapy

By Elaine McNinch

Family Practice
03.09.91
Â

*Healthy Back Depends on Lifestyle

By Peter MacDonald
Hospital News
03.00.91
Â

*MDs Food Drive a Triumph

By Caroline Gray

Ontario Medicine

10.22.90

Â

*Bali-ho!

By Dr. Mel Borins

The Medical Post

10.02.90

Â

*MDs As Advocates for the Poor

By Dr. Mel Borins

Family Practice

10.00.90

Â

*Food For Thought

By Staff Writer

The Medical Post

09.04.90

Â

*Traditional Healing Around the World

By Dr. Mel Borins

Humane Medicine

07.00.90

Â

*Laughter the Best Medicine at York Central

By Bethany Keddy

Hospital News

03.00.90

Â

*My Son Cried for His Fuzzy Friend, the Sacrificial Lamb

By Dr. Mel Borins

The Medical Post
02.13.90
Â

*What To Do With Old Charts

By Dr. Mel Borins

Ontario Medical Review
01.00.90
Â

*Escape to Kashmir

By Dr. Mel Borins

Doctors Review
01.00.90
Â

*Laughter is the Best Medicine

Dr. Mel Borins Guest Appearance

The Dini Petty Show

CITY TV
11.30.89
Â

*Yorkshire Sculpture Park A Vast Open-air Art Gallery

By Dr. Mel Borins

Toronto Star
11.00.89
Â

*How to Calm Those Anxiety Disorders

By Dr. Mel Borins

Ontario Medicine
12.05.88
Â

*Laughter Matters

By Cheryl Conacchia

Montreal Gazette
11.27.88
Â

*Lots of Play Keeps the Doctor Away

By Dr. Mel Borins

Toronto Star
10.00.88
Â

*Hereâ€™s Proof Laughter is the Best Medicine

By Dr. Mel Borins
Toronto Star
10.00.88
Â

*Holistic Medicine â€“ Itâ€™s Wholly Realistic says Dr. Siegel

By Dr. Mel Borins
The Medical Post
09.06.88
Â

*Dealing with Those Emotional Problems Behind Physical Complaints

By Dr. Mel Borins

Ontario Medicine
05.00.87
Â

*Traditional Medicine of India

By Dr. Mel Borins

Canadian Family Physician
04.19.87
Â

*Biofeedback, Relaxation Techniques and Attitudinal Changes

In Adolescents with Migraines: A Feasibility Study

By Dr. Mel Borins and Crystal Hawke

Canadian Family Physician
02.00.87
Â

*New Poems

By Dr. Mel Borins

Nuclear Madness

By Dr. Mel Borins
MD's Companion

Canadian Medical Association Journal

12.00.86

04.00.86

Â

*Healing Through the Eyes of Traditional Cultures

By Dr. Mel Borins

Canadian Doctor

12.00.84

Â

*Traditional Healing on an Island Paradise

By Dr. Mel Borins

The Medical Post

10.16.84

Â

*Holistic Medicine in Family Practice

By Dr. Mel Borins

Canadian Family Physician

01.00.84

Â

*Book Review: An Apple A Day

By Drs. JJ and N. Hajec

Toronto Dimensions

02.23.84

Â

*Review: An Apple a Day, A Holistic Health Primer

Homemaker Magazine

The Medical Post

South China Morning Post

03.00.83

Â

*Australian Doctor Dedicates Life to Healing

By Dr. Mel Borins

The Medical Post

09.24.82

Â

*Orthopedics: A Medicine Dating to Hypocrates

By Dr. Mel Borins

The Medical Post

08.24.82

Â

*Snakes, Monkeys used in Oriental Healing

By Dr. Mel Borins

The Medical Post

06.01.82

Â

*Ancient Herbal Remedies Hit the Spot in Thailand

By Dr. Mel Borins

The Medical Post

12.00.81

Â

*Recalling the Horrors of Hiroshima

By Dr. Mel Borins

The Medical Post

11.17.81

Â

*Traditional Healing in Thailand

By Dr. Mel Borins

Kissan World

08.00.81

Â

*Tahunga Know-How is Passed Down Through Family

By Dr. Mel Borins

The Medical Post
07.28.81
Â

*Never Knock the Local Healer

By Dr. Mel Borins
The Medical Post
06.02.81
Â

*Have Some Faith, Come to Fiji and Get Healed

By Mel Borins

The Medical Post
06.16.81
Â

*How to Stay Healthy- the Holistic Way

By Marcia Johnston
South China Morning Post
05.03.81
Â

*Holistic Pioneer Practices Conventional Medicine, Too

By Peter de Vries

Â
04.21.81
Â

*Gairâ€™s Statement on Health Supported By Visiting Doctor

Otago Daily Times
02.18.81
Â

*Review: An Apple a Day, A Holistic Health Primer

By C. Norman Shealy, M.D., PhD

American Holistic Association News
02.00.81
Â

*Go Away Doc!

By Nikki McManus

Medical Post
12.27.80
Â

*Welcome 1981 with Plans for a Brand New You

By Lillian Newberry

Toronto Star
12.27.80
Â

*Illness Can be Good For You

By Lillian Newberry
Toronto Star

12.18.80
Â

*How I Treat Vaginal Discharges

By Dr. Mel Borins

University of Toronto Medical Journal
01.00.73
Â

*Traditional Healing Around the World

Dr. Mel Borins

Guest Appearance TAKE 30 CBC Television
Â
Â

*They Who Laugh Last

By Dr. Mel Borins
Wellness MD
Â
Â

*Yield to Vacation Temptation for Health

By Kristen Brownell
Humber Ecetera
Â
Â

*Lifeâ€™s a Beach, So Take Five

By Dr. Mel Borins

The Medical Post

Â
Â

*Go Away Just for the Health of It

Omega Source

Global News

Â
Â

Dr. Mel Borins on

*Crime Fear in Children

*Grief Counseling by Jillian Robinson

* Dying Young

Â
Â
Â

* Travel for Health by Laura Zilke

Money Wise

Â
Â

Giving and Health

By Dr. Mel Borins

The Medical Post

Â
Â

*Doctors Must Listen To Patients

By Dr. Rosana Pellizzari

Â
Â
Â

*Vacation for the Health of It

By Neil Chesanow

Â
Â
Â

*Mitzvah Technique Aims at Improving Posture

By Karen Shopsowitz

Â
Â
Â