

Go Away Just For the Health Of It.

By Mel Borins, M.D.

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Torontonian Borins has no doubt that holidays are healing. He says that when we're on vacation, the mind and the body start to repair themselves from the stress and strain of everyday life.

If you are out of shape, for example, a fitness spa or ski vacation might be needed to build your strength, stimulate your heart and tighten up your muscles. If you are suffering from burnout, stretching out on an isolated island without television or telephones would be a step towards rejuvenation. If you are feeling spiritually drained, then spending a few weeks in a yoga ashram, a Tibetan monastery or a religious retreat may help you to revive your spiritual connection and put you back on a new path.

The book is full of travel tips to get you started and to use along the way. There is practical advice on how not to get sick while away, packing, photography, and not getting robbed.

The book is a travelogue, with stories of Borins travels to such exotic locations as the Cook Islands, Fiji-Kava, Afghanistan, China, even Canada and Algonquin Park. He describes lessons he has learned about the various healing modalities found at each destination around the world. Short chapters make for an easy read.

What are you waiting for? Life is short and unpredictable. This book helps to enlighten, stimulate and inspire us to have the courage to taste the freedom of travelling. (kk)

